# 4 weeks out bikini competition diet plan chart pdf download

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Platforms Design Team This month's plan lets you enjoy festive favorites such as lamb, cookies, and pie, as well as delicious Good Housekeeping recipes, all while keeping your calories and nutrients in line. Go ahead: Indulge without the bulge! Substitutions You may switch ingredients in these recipes if they contain foods you dislike ¢ÃÂÂ just be sure you substitute foods with a similar calorie count (USDA National Nutrient Database for Standard Reference). For example, if you don't like fish, you may substitute the same number of calories' worth of chicken; if you abhor tomatoes, you may substitute green beans. If you prefer peaches on cereal instead of strawberries, peaches are peachy with us. Drinks The following calorie-free drinks are allowed anytime: water, flavored seltzer, diet iced tea (lemon wedge is fine) or diet soda. Attention, Dieters with a Sweet Tooth!Many days of this meal plan contain a sweet treat. But sometimes we've used up those calories on pizza, alcohol, or another perk. If having a sweet each day helps you stay on track to lose weight, here's how to get it in: If we've included alcohol, replace the drink with a similar-calorie treat (80 calories for a 4-ounce glass of wine, 100 calories for a 12-ounce light beer). On other days, cut out 1 cup of fat-free milk, replace it with a 90-calorie treat, and take a 300 mg calcium supplement. Note: Do this only on days we haven't provided a sweet ¢ÃÂÂ otherwise, just enjoy the plan as is. A Note About Coffee and Tea Try not to exceed three cups of (regular, caffeinated) coffee a day or four cups of (regular, caffeinated) tea. Less is even better. You don't have to limit decaffeinated coffee or tea. Keep in mind that each teaspoon of sugar is 16 calories, and each little prepackaged container of cream is 21 calories. Try switching to 1% milk for just 12 calories per fluid ounce (about 2 tablespoons) and limit sugar to about 2 teaspoons daily. Monday's Menu: Breakfast ¢ÃÂ¢Â Maple Walnut English Muffin 1 full English muffin, top each half with 1 tablespoon of light cream and 2 thin slices of green apple, and sprinkle 1 teaspoon of maple syrup and 1 teaspoon of chopped walnuts on each half. Serve with 1 glass of lean milk and finish the apple. Lunch Caesar Shrimp Salad Make shrimp early and serve this cold salad. Blend together 2 tablespoons of light Caesar salad dressing, 1 tablespoon of lemon juice and a black pepper shake. Throw 6 large prawns into the dressing and cook in a non-stick pan over medium heat for 3 minutes on each side or until prawns turn pink. Refrigerate until lunchtime. Make a salad with 2 cups of romaine lettuce and 1 slice of tomato. Top with chilled shrimp, 2 tablespoons light Caesar salad dressing, 1 tablespoon Parmesan, and 1/2 cup of seasoned croutons. Serve with 1 fresh orange. Snack “Pecan Trail Mix Combine 1/8 cup of half pecan with 1/2 cup of Cracklin' Oat (or 1/3 cup of lean muesli). Dinner Â”GH Exclusive Recipe: macaroni and cheese This recipe will serve 6 instead of 4. Make some minor changes: For breadcrumbs, use whole-grain bread, and use light margarine and 33% low-fat cheddar cheese. Take 1 serving now, keep 3 servings in the refrigerator and store the remaining 2 servings in the freezer for next meals. Serve with 2 cups of cooked broccoli flowers seasoned with 1 tablespoon of fat-free margarine. For dessert, take 1 Fudgesicle popsicle (up to 110 calories per bar). Total daily calories: 1,526Fat: 55 gPercentage of daily calories from fat: 18%Saturated fat: 18 gPercentage of daily calories from saturated fat: 10%Carbohydrates: 209 gPercentage of daily calories from carbohydrates: 52%Fibre: 33 gProteinins: 69 gPerc daily calorie content from protein: 17%Cholesterol: 134 mgCalcium: 1.208 mgSodium: mg Are you still hungry? Check out these low-calorie snacks! Tuesday Menu: Breakfast Macaroni and Cheese Sandwich Toast 2 slices of wholemeal bread; fill with half serving of hot macaroni and cheese of --> -->. Serve with with cup of milk without fat and 1/4 of raisins. Lunch is rapid chinese peak 1/2 cup of full rice cooked with 3 chik'n pepper without heated boca meat or 1 chicken cake with low fat (cut into small pieces) and 1 cup of frozen Chinese -style vegetables; Lancies with 1-2 tablespoons of rice vinegar, 2 teaspoons of sesame oil and 1 tablespoon of sesame seeds. Snack ã ¢ âvelop holiday biscuit enjoy a 3 -inch homemade homemade chocolate or sugar biscuit. Have 1/2 cup of orange mandarin full of juice. Dinner is âvelop with spinach pasta adds 1 cup of cooked pasta, any variety, with 1/3 cup spaghetti sauce and 1/2 cup of cutting leafy spinach and top with 2 tablespoons of cheese In the shape of a grease cherdar reduced to 33%. Heats in the microwave to dissolve the cheese. Serve with 1 cup of frozen grapes. Do in advance: make a recipe tonight so you can burst in the oven when you wake up. Total daily calories: 1,468fat: 38 gperte of daily calories with fat: 22%saturated fat: 12 gperte of daily calories with saturated fats: 7%of carbohydrates: 241 gpertent of daily calories with carbohydrates: 63%in fiber: 24 gprotein: 59 Gpertent: 59 Gpercent: 59 Gpercent: 59 Gpercent: 59 Gpercent: 59 Gpercent: 59 Gperte: 59 Gpertec of daily calories from the protein: 15%of cholesterol: 35 mgcalcium: 1.205 mgsodium: 1.931 mg still hungry? Take a look at these low -kicing snacks! Wednesday menu: breakfast is âvelop French toast in the oven prepares this the night before and get out in the oven to warm up when you wake up. In an 8 "x 8" pan sprayed with non -stick spray, sprinkle 2 tablespoons of brown sugar on the bottom. Beat together 1 egg and 3 egg whites, dip 4 slices of wholemeal bread in the mixture of eggs and put them above the brown sugar. Sprinkle 1/2 teaspoon of ground cinnamon over the bread and cook at 375 Â ° F 20 minutes. The recipe serves 2. serve the recipe now, seasoned with 2 tablespoons of light maple syrup; Keep the other met in the freezer in a sealed bag for breakfast next Monday. Have 1 cup of fatless milk. Lunch is â â Â â ¢ Sandwich of roasted beef 3 ounces (dimensions of the cards bridge) roasted beef in lean crack as a healthy choice on a medium kaiser roll with 2 2 light mayonnaise and mustard (if desired) or 1 tablespoon of horseradish sauce. Top with 1/2 cup of Roman lettuce and 3 slices of tomato and serve with 1 kiwi fruit and 1 sliced pepper. Snack ã ¢ âvelop macaroni and cheese heat half a portion of macaroni and cheese from -> ->. Serve with 1 pear. Dinner is Â tow â mbers Colle 1 Amy's Kitchen Broccoli Piet or Morningstar Farms Chik'n Cools Pot Pie. For dessert, have 1 jell-o smoothie snacks. Daily Calorie Total: 1,525fat: 45 Gpercent of Daily Calories from Fat: 26%Saturated Fat: 17 Gpertent of Daily Calories from Saturated Fat: 10%Carbohydrate: 218 Gperte of Daily Calories from Carbohydrates: 56%Fiber: 26 Gprotin: 68 Gpercent of daily calories from the protein: 18%of cholesterol: 205 mgcalcium: 1.024 mgsodium: 2,731 mg still hungry? Take a look at these low -kicing snacks! Menu of Thursday: Breakfast ã ¢ âvelop pelta tortilla and folding of the cheese arrange a 6 -inch soft tortilla soft tortilla and top with 1/4 of cup of fat cheese with fat reduced to 33% and 1/2 sliced subtle (save the other mate for today's snack); Sprinkle with a cinnamon smoothie if you want and heat it in the microwave for 40-50 seconds. Drink 1 cup of fatless milk. Lunch is âvelop mexican mix Heat 1 portion macaroni and cheese from->-> mixed together with a slice of 1 ounce turkey breast (tearing small pieces), 1/2 diced tomato and 2 tablespoons of sauceThe microwave works well to heat this lunch. Serve with 1 cup of grapes and 1 1/2 cups of broccoli peaks. Snack ã ¢ â,¬ â ¢ Smoothie has a Dannon Light 'n fit smoothie. Having the rest of the pear from today's breakfast distributed with 1 tablespoon of peanut butter. Dinner is exclusive recipe: baked salmon fillets with ginger butter cilantro make this recipe (2 portions) and have 1 portion with 1/2 cup of wild rice, such as long wheat of East and the mix of wild rice Save Time, prepare 1 cup of wild rice now and save 1/2 cup of cooked rice for lunch on Friday) and 1 cup of cut leaf spinach seasoned with a pinch of balsamic vinegar. Remaining save 472,1 :oiclaCgm 922 :oloretseoloC%82 :enietorp ellad ereilanroig eirolac id elautnecrePg 801 :eninietorPg 32 :erbiF%34 :itardiobrac iad ereilanroig eirolac id elautnecrePg 661 :itardiobraC%01 :irutas issarg iad ereilanroig eirolac id elautnecrePg 81 :irutas issarG%92 :issarg iad ereilanroig eirolac id elautnecrePg 94 :issarG815,1 :ilatot ereilanroig eirolaC .elargetni oninap oloccip 1 noc erivreS .etnemreggel erarod a onif otal ingo us itunim 5 rep oidem ocouf a aruttoc id yarps noc otazzurps etneredaitna alotnep anu ni elaiam id ottelif ecno 3 nu erecouC .itsap imissorp i rep orefirogirf ni itnenamir inoizrop 3 eravresnoc e aro enoizrop 1 erivreS .attecir alled Ãtem eraraperP ottirF-eralocseM ossoR olovaC :avisulcsE atteciR HG ¢Â¢Â aneC .italegnoc itarehccuz non inopmal italegnocs azzat 2/1 e otaloccoic id eccog inim oiaihccuc 1 noc orgam ailginav alla trugoy ecno 8 ad erotinetnoc onu poT deppoT-etalocohC trugoY ¢Â ¢Â kcanS .ocimaslab oteca id otallurf ehclauq noc etidnoc icanips id eilgof id enizzat 2 noc erivreS . ad osir id falip azzat 2/1 e etnenamir enomlas erivreS rettuB ortnaliC-regniG noc onrof la enomlas id itteliF ¢Â ¢Â oznarP .issarg aznes ettal id ereihccib 1 e oiggamrof id onicnotsab 1 noc erivreS . 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