



A 4-WEEK WEIGHT LOSS MENU PLAN

INCLUDES RECIPES, A SHOPPING LIST, AND
INSPIRATIONAL QUOTES

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Table of Contents

1. Introduction
2. Disclaimer
3. Week One meal plan
4. Week Two meal plan
5. Week Three meal plan
6. Week Four meal plan
7. Shopping Food list
8. Dinner Recipes

Introduction:

Nutrition is a way of providing the physical body with energy via food for growth, strength, and development. Our body needs food and water to survive, without which we fail to thrive. We don't need to be physically moving to be using energy, because we expend energy constantly throughout the day and even in our sleep. Therefore we need to eat to replace the energy lost. Life is energy; our body systems are constantly using energy for growth and repair. The energy we use we need to replace via good nutrition.

Then why do we diet? We have a need to diet when there is an imbalance between food intake and energy expenditure. We overeat or we eat more than the body needs. This excess of energy is converted into fat in the body causing overweight and obesity. With everything in life there is a need for balance. In life there are principles and laws that when broken have repercussions. Most of us are aware of the sowing principle; you reap what you sow. I sow an apple seed and in a couple of months in the right season I can expect an apple tree with apple fruits.

There's also the law of conservation of energy. In physics we learn energy is constant; it is neither created nor destroyed but can convert from one form to another. How does that law apply to the world of nutrition and dieting? When you overeat and you don't move enough that means your body stores it in the form of fat. Simply put you will gain weight. The opposite happens when you under eat, your fat stores get depleted and used to meet the body's needs.

To have a balanced and healthy lifestyle you not only want to eat better but you also want to be more physically active. There are a lot of different diets being promoted to fit the needs of individuals and populations. I like to define dieting as changing the way you eat to promote healing and health to your body. A diet can be tailored to an individual's needs and lifestyle. It involves making healthier food choices, behavioral modifications, to promote better health.

In addition to good nutrition you also need to fit in plenty of physical activity. You always want to strive to exercise three times a week. Stay active throughout the day, join a local gym, pick up hobbies like gardening, doing yard work, yoga, walking, or anything that will keep your body physically active. If you have a walking partner, that can serve as great encouragement. It can provide a sense of accountability for both parties. If there is no walking partner, seize this walking alone time as your "me" time for reflection and meditation.

When learning to eat healthy, I recommend having a meal plan. When it is all in your head you are not prepared to act but when you plan it out and write it down either on a journal what you're going to eat and what your plan of action is, you are more likely to go through with it. Also it is very cost-effective especially if you are on a budget. You stock up your fridge with only what you plan to eat for that week so you don't overeat. You will grow to appreciate how efficient and organized having a weekly plan is. It provides with a step by step plan of action which actually keeps you focus and on track.

This Four-week meal plan that I am providing you with will help you manage your diet, reduce your calorie intake, and see weight loss results. I have included some healthy recipes that the entire family can enjoy. This weight loss menu plan contains a lot fruits, and vegetables, and very low carb, low saturated fats and trans-fats. Have fun trying it out, happy dieting!

Disclaimer:

This Four-Week weight loss meal plan is not meant to treat, or cure any ailment. It is not meant to substitute your Doctor's nutritional recommendations or medical advice. Overweight and obesity are multifactorial and the causes vary from person to person. Causes may be genetic, social, or environmental. Please consult your healthcare provider if unsure of this diet plan. This Four-Week weight loss menu plan is aimed at creating a calorie reduction that will inevitably lead to weight loss. Results may vary from person to person. For best results, participants should exercise three times a week while keeping strict adherence to the plan.

Shopping List

Fruits: Bag of apples, bananas, pineapple, kiwi, oranges, tangerines, avocado

Vegetables: Broccoli, tomatoes, spinach, romaine lettuce, bell peppers, mushrooms, cucumbers, zucchini, iceberg lettuce, romaine lettuce, lime, apple cider vinegar, lentil, onions, celery

Meat: Chicken breast, Salmon, Shrimp

Grains: Quinoa, brown rice, 60-calorie bread

Herbs and seasonings: Teriyaki sauce, thyme, parsley, garlic, salt and pepper

Condiments: Peanut butter, margarine, cooking spray

Breakfast/ snack foods: Oatmeal, Cream of wheat, Protein bars, [SlimGenics also called Quick Boost or Thermo drinks \(can be purchased online from Amazon\)](#)

WEEKLY WEIGHT LOSS MEAL PLANNER

Diet and Nutrition made easy



	Breakfast	Lunch	Dinner	Snack
Sunday	One toast, yogurt, tangerine	A simple salad with all favorite veggies	Zucchini noodles with shrimp	Protein bar
Monday	One egg, one grapefruit,, two slices of toast	Chicken salad with all favorite veggies	Pineapple chicken kabob over one half of cup of brown rice	banana
Tuesday	Pineapple mango smoothie	A simple salad with all favorite veggies, one boiled egg	Stir fry chicken and all your favorite veggies	Quick-boost drink
Wednesday	Two eggs scrambled, one slice toast	Peanut butter on toast	Quinoa, veggies and avocado	Protein bar
Thursday	Small bowl of oatmeal, one orange	A simple salad with all favorite veggies	Lettuce wrap with avocado, chicken, tomatoes	A fruit
Friday	Small bowl of cream wheat	Chicken salad with all favorite veggies	Chicken skillet with veggies	Quick-Boost drink
Saturday	Two slices of toast, margarine spread	Peanut butter on toast	Stir fry over a cup of brown rice	Protein bar

Inspirational Quote: *“Slow and steady wins the race”*

WEEKLY WEIGHT LOSS MEAL PLANNER

Diet and Nutrition made easy



WEEK II	Breakfast	Lunch	Dinner	Snack
Sunday	One egg boiled, a slice of toast, an apple	Chicken salad with all your favorite vegetables	Quinoa with veggies	A protein bar
Monday	Kiwi, apple and cucumber smoothie	Peanut butter on toast	Chicken and pineapple kabob	Quick-boost drink
Tuesday	One egg boiled, a slice toast with avocado slices	A simple salad with all favorite veggies	Stir Fry Shrimp	Protein bar
Wednesday	One orange, small bowl of oatmeal with blueberries	Peanut butter on toast	Lettuce wrap with breast chicken, tomatoes, cucumbers	Quick-boost drink
Thursday	Banana strawberry smoothie	A simple salad with all favorite veggies, one boiled egg	Pan-seared salmon, a side of brown rice	Protein bar
Friday	Small of bowl of Cream of wheat, one apple	Chicken with all of favorite veggies	Vegetables skillet	Quick-boost drink
Saturday	Two slices of toast	A simple salad with all favorite veggies	Chicken breast over one half of cup of brown rice	Protein bar

Inspirational Quote: *“The road may be bumpy but stay committed to the process.”*

WEEKLY WEIGHT LOSS MEAL PLANNER

Diet and Nutrition made easy



	Breakfast	Lunch	Dinner	Snack
Sunday	One scrambled egg with spinach, tomatoes, orange, one slice bread	Chicken salad with all your favorite vegetables	Spaghetti squash with shrimp	Protein bar
Monday	Apple, kiwi, cucumber smoothie	Peanut butter on toast	Teriyaki salmon with veggies	Quick-boost drink
Tuesday	A small bowl of oatmeal apples	A simple salad with all favorite veggies	Veggie burger with avocado	Protein bar
Wednesday	One boiled egg, banana	Peanut butter on toast	Potato skillet with veggies	Quick-boost drink
Thursday	Cream of wheat, an apple	A simple salad with all favorite veggies, one boiled egg	Cream of broccoli soup, one roll	Protein bar
Friday	Pineapple and mango smoothie	Chicken with all of favorite veggies	Lentil soup with spinach and tomatoes	banana
Saturday	Banana strawberry smoothie	A simple salad with all favorite veggies	Chicken veggies skillet	Quick-boost drink

Inspirational Quote: *"It's not a diet, it's a lifestyle change"*

WEEKLY WEIGHT LOSS MEAL PLANNER

Diet and Nutrition made easy



	Breakfast	Lunch	Dinner	Snack
Sunday	One egg boiled, a slice of toast, an apple	Chicken salad with all your favorite vegetables	Stir fry shrimp	A protein bar
Monday	Kiwi, apple and cucumber smoothie	Peanut butter on toast	Chicken with broccoli over rice	Quick-boost drink
Tuesday	One egg boiled, a slice toast with avocado slices	A simple salad with all favorite veggies	Teriyaki salmon with veggies	Protein bar
Wednesday	One orange, small bowl of oatmeal with blueberries	Peanut butter on toast	Pan seared salmon, over one half of cup brown rice and avocado	Quick-boost drink
Thursday	Banana strawberry smoothie	A simple salad with all favorite veggies, one boiled egg	Cod, green beans, one half of cup of rice	Protein bar
Friday	Small of bowl of Cream of wheat, one apple	Chicken with all of favorite veggies	Lettuce wrap with chicken, tomatoes, avocado	Quick-boost drink
Saturday	Two slices of toast	A simple salad with all favorite veggies	Lentil soup with spinach and tomatoes	Protein bar

Inspirational Quote: *“When you think you can’t, you can. You were made to win it”*

Recipes

Tomato and Lentil Soup

Ingredients

- 2 tablespoons extra virgin olive oil
- 3 carrots, diced or chopped
- 2-3 celery stalks, diced or chopped
- 1 large onion, diced or chopped
- 1-2 clove garlic, minced
- 1 red bell pepper, diced or chopped
- 1lb of dried lentils
- 10 oz bag of frozen, chopped spinach
- 2 tomatoes sliced or chopped
- 4 cups vegetable or chicken stock
- water
- Favorite seasoning and herbs, salt and pepper to taste



Preparation:

- In a bowl add lentils and water, let soak
- In a large pot, under medium to high heat add olive oil, carrots, onion, pepper and minced garlic. Sautee vegetables in oil for about 10 minutes until cooked. Add herbs and seasonings, squeeze in some lime, add a little pinch of salt and pepper.
- Then add lentils, tomatoes, vegetable or chicken stock and water to vegetable mixture.
- Let boil over medium to high heat for a few minutes, then back down to a simmer over low heat. Let soup simmer for about 35-40 minutes. Stir occasionally,
- Soup will start to thicken. Add more water if needed. Taste soup if it needs more flavor add some more seasonings.
- Add spinach leaves to soup and gently stir to combine.
- Soup is ready when all vegetables are cooked and soft. Serve hot.

Zucchini noodles with shrimp

Ingredients

- 1 tbsp olive oil extra virgin
- 1/2 to 1 pound shrimp deveined, raw
- 3 medium zucchini
- 1 lemon for lemon juice
- Herbs and seasoning: salt, pepper, parsley, 2 cloves garlic minced



Preparation:

- Wash zucchini and spiralize into noodles using the zucchini spiralizer.
- In a separate medium bowl, wash and devein the shrimp. Add some lemon juice and favorite herbs and seasonings.
- In a pan add olive oil. Add and sautee shrimp. Let cook for about 5-10 minutes until shrimp turns pink.
- Add and stir in the zucchini noodles. Try not to overcook noodles, toss until well mixed and coated with the lemon juice and herbs.
- Serve warm.

Stir Fry Shrimp



Ingredients

- 2 tbsp olive oil extra virgin
- 3 pounds shrimp
- seasonings, herbs, and sauces
- salt, pepper, soy sauce, parsley, thyme
- vegetables: carrots, broccoli, mushrooms, red, green, yellow peppers

Preparation:

- Wash and Cut up all your favorite vegetables into cubes. You want to cook your vegetables, the harder ones first then add softer ones to the pan.
- Cook in one tbsp of olive oil until brown. Keep crispy. Add favorite seasonings and herbs. I love to add apple cider vinegar or lime to my vegetables to bring out flavor.
- In another pan, prepare the shrimp. I like using raw shrimp. Devein and wash shrimp well. Add lime and some seasoning to enhance flavor. Cook shrimp in 1 tbsp of olive oil. Shrimp is cooked once turned pink. Do not overcook
- Feel free to add favorite sauce to shrimp, like soy sauce, or hoisin sauce
- Mix shrimp to stir fry once cooked. Serve hot.

Notes

Cooking Note: Remember to cook the harder veggies like carrots, and broccoli first, then your softer vegetables like the mushrooms and peppers after. You would know when the shrimp is cooked when it turns pink.

This meal is very easy to prepare and is a great way to get in your fiber which you get from your veggies. It is a quick meal that you can serve either as lunch or dinner.

Quinoa with veggies

Ingredients

- 1 tbsp olive oil
- 1/2 cup quinoa
- 1 cubed tomato
- 1 cup cubed green, red, yellow peppers
- chopped scallions
- 1/2 avocado sliced
- seasonings and herbs
- parsley, thyme, cilantro, salt, pepper, favorite seasonings
- 1 tbsp apple cider vinegar



Preparation:

- First wash and prepare your vegetables in a separate bowl. You can add any of your favorite vegetables like tomatoes, peppers, broccoli, scallions, chopped or cubed.
- Add herbs like parsley, cilantro, thyme.
- Add 1 tbsp of apple cider vinegar and 1 tbsp of olive oil to bowl of vegetables to retain moisture and flavor.
- To prepare quinoa, first in a pan add 3 cups of water and a pinch of salt. Bring to boil under medium high heat.
- Once water starts to boil, add quinoa. Reduce heat, and let cook for about 30 minutes.
- Make sure quinoa is well cooked. Then add your vegetables. Stir and mix with a wooden spoon. Let cook for another 15 minutes. Serve hot on a plate with sliced avocado on the side.

Salmon Avocado Salad

Ingredients

- 1 lb skinless, boneless salmon
- 1 cup lettuce chopped
- 1 tsp olive oil
- 1 tbsp apple cider vinegar
- 1 medium tomato
- 1 small cucumber
- 1/2 small avocado
- Seasonings: pinch of salt and pepper, lime, favorite seasonings



Preparation:

- Wash salmon, add lime and favorite seasonings. Let sit for 10 min. to marinate so flavor is enhanced.
- Prepare salad in a plate, add lettuce, sliced tomatoes, sliced cucumbers, slices of avocado. Put salad in fridge to stay cool.
- Prepare salad dressing with olive oil and apple cider vinegar. Add a pinch of salt and pepper for taste.
- Heat the olive oil in a large skillet over medium high heat. Place the salmon with skin side up to cook in a pan. Cook for 10 minutes until fish is opaque and easily flakes, then carefully flip and let cook for another 5-7 minutes.
- Remove salmon from the pan. Get salad out of the fridge. You can cut salmon up or just place on your salad

Notes

This meal is easy and quick to prepare, great for someone who is watching their weight. They are in for a lot flavor with this delicious meal, but also healthy nutrition.

Chicken Pineapple Kabob



Ingredients

- 1 tbsp olive oil extra virgin
- 1 cup red peppers cubed
- 1 cup green peppers cubed
- 2 cups pineapple peeled cubed
- 3 chicken breasts cubed
- 1 tbsp apple cider vinegar
- Herbs and seasonings (pepper, salt, garlic minced, thyme, parsley, cilantro)
- cooking oil spray
- barbecue or teriyaki sauce

Preparation:

- Marinate the chicken by adding in a medium bowl the olive oil, herbs and seasoning of your choice, garlic, teriyaki or barbecue sauce, and apple cider vinegar. Let the chicken marinate for 20 to 30 minutes to retain flavor.
- Heat the gas or charcoal grill to medium-high heat.
- Put together the kabobs by adding the vegetables and pineapple in this order: chicken, pineapple, vegetable.
- Before grilling the kabobs, spray the grates with cooking oil so the kabobs don't stick.
- Let kabobs cook for 15-20 minutes. Flip a few times until both sides are well cooked and charred.
- Remove from the grill. Serve hot.

Chicken skillet veggies

Ingredients:

1/4 cup vegetable oil

1/2 fresh lime

1 teaspoon of your favorite seasonings and herbs

1 garlic minced

1 1/4 pounds boneless, skinless chicken breasts, cut into 1/2-inch strips

Bell peppers chopped, mushrooms, broccoli, and any of your favorite veggies



Preparation:

- In a large skillet under medium to high heat, combine oil, stir in chicken strips, add lime juice, seasonings and herbs, and garlic. Let sautéed, do not overcook chicken so it doesn't get dry.
- Get rid of any chicken stock.
- Stir in vegetables and continue cooking for 5 more minutes, until vegetables are heated through.
- Serve this over white or brown rice