

# 7 DAY DIET GUIDE

Just because you're not a contestant on the show doesn't mean you can't win your own weight-loss battle at home. To help you get started, we asked The Biggest Loser nutritionist Cheryl Forberg, RD, to design this seven-day meal plan, which is just like the one that helps the competitors slim down. With delicious recipes and easy tips, you're sure to lose weight in no time.

## MONDAY

This is no deprivation diet: You'll eat three meals and two snacks daily, plus each dish packs a filling balance of 45 percent carbohydrates, 30 percent protein, and 25 percent healthy fats. When it comes to drinks, Forberg recommends sticking to no- and low-cal picks like coffee, tea, and water. And to accelerate weight loss, The Biggest Loser trainer Bob Harper suggests doing 60 to 90 minutes of moderate exercise four times a week. So get motivated, get started, and get ready to watch your weight drop!

### Breakfast

- 1/2 cup egg whites scrambled with 1 teaspoon olive oil, 1 teaspoon chopped basil, 1 teaspoon grated Parmesan, and 1/2 cup cherry tomatoes
- 1 slice whole-grain toast
- 1/2 cup blueberries
- 1 cup skim milk



# 7 Day Diet Guide Speedy Study Guide

**JG Myers**

**7 Day Diet Guide Speedy Study Guide:**

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