

This 10-day weight plan is created to assist you in losing one dress or pant size in just 10-days, especially when combined with my Hypnotherapy support. Together, they are specifically designed to help you lose pounds or inches *FAST*.

The 10-day menu should never be used as an ongoing eating plan. Think of it as a special occasion plan, a jump-start to a better and thinner lifestyle, or an emergency food plan. It should be used only when you absolutely need to lose a few pounds or inches quickly to look your very best. Perhaps you are going on vacation or getting ready for the summer and want to look great in your clothes or bathing suit.

We often put on weight as a result of stress, travel, and lack of exercise or temporary change of schedule. The pounds start to slowly add up – creep up - and the next thing you know, your clothes don't fit. When this happens, use this 10-day weight loss plan and get back on track!

And my Hypnotherapy support to keep you there!

Now, let's get to the plan – it will require a little preparation and planning. If you follow the instructions, you will feel satisfied and will lose weight or inches!

1. Follow the meal plan as written.

Eat the portions recommended. No exceptions. If it says 1 cup of something, eat 1 cup. No more, no less. The tested meal plan was designed with the portions as listed because they get results *FAST*.

2. Drink plenty of water. 8-10 glasses a day.

Why? Water is your #1 detoxifier.

The #1 cause of memory loss is dehydration. By the time you experience thirst you are already 2% dehydrated. If you are as little as 2% dehydrated, your energy level is already reduced 20-30%. Your best indicator of hydration is the color of your urine. The darker yellow the urine, the more toxic. The clearer the urine, the more hydrated.

3. Always sit down to eat your meal or snack.

Human beings digest food much easier when sitting, rather than standing, when they eat. Problems with indigestion seem to lessen.

4. Exercise

The key is to exercise at least 15-20 for a minimum of 3 days a week.

5. Breathe

Breathing helps reduce stress, clear your thoughts and helps you focus better.

6. Affirmations

Many people find affirmations a positive tool to staying on track when focusing on their goals.

7. If you have to eat out, make sure you order salads with dressing on the side; chicken, fish and poultry that has been grilled or baked, never fried, sautéed, or prepared with a sauce. **Eat fresh fruits and vegetables and keep away from breads, butter and desert.**

Day One Total Calories = 1040

Food Items Calories

Breakfast 260 calories

1 hard /soft boiled or poached egg
1 slice whole wheat toast
1 tsp. butter
1 cup raw strawberries

Lunch 297 calories

Tossed salad including:
2 cups Romaine lettuce
1/2 whole cucumber, sliced
1/2 red tomato, sliced
1/2 cup sliced, raw mushrooms
2 tbsp. Good Seasons Lite Italian Dressing
3 ounces tuna, packed in water
8 Wheat Thin crackers

Snack 80 calories

1 medium apple

Dinner 403 calories

4 ounces Roasted Chicken – white meat w/o skin
1/2 baked potato with skin and mustard topping
1 cup steamed broccoli
Tossed salad including:
1 cup lettuce
1/2 cucumber, sliced
1/2 cup red/yellow sweet peppers
Balsamic vinegar

Day Two Total Calories = 1028

Food Items Calories

Breakfast 268 calories

1/2 cup medium cantaloupe
1/2 cup 1% milk-fat cottage cheese

1/2 toasted English muffin
1 tsp. Jelly

Lunch 292 calories

Turkey Sandwich including:
1 small pita pocket
1/2 tomato, sliced
2 lettuce leaves
1/2 cup sliced raw mushrooms
4 slices turkey breast, medium thickness
1 tbsp. Mustard
1 medium apple

Snack 100 calories

8 ounce nonfat yogurt – Dannon Lite or other brand with Nutra Sweet

Dinner 368 calories

5 ounce broiled cod or whitefish, i.e., Flounder
Butter and lemon for fish topping (1 tsp. Butter, unlimited lemon)
1 cup steamed spinach
1/2 cup cooked brown rice
Small tossed salad including:
Lettuce, cucumber and tomato
Balsamic vinegar

Day Three Total Calories = 1053

Food Items Calories

Breakfast 231 calories

1 cup cooked Quaker Oatmeal
1/2 cup blueberries
1/2 cup 1% milk

Lunch 265 calories

10 ounces Campbell's Lentil Soup
5 saltine crackers
Small tossed salad including: Lettuce, cucumber and tomato
2 tbsp. Good Seasons Lite Dressing

Snack 65 calories

1 medium orange

Dinner 492 calories

4 ounce extra lean beef burger
1 hamburger roll 1 tbsp. Ketchup, mustard (unlimited)
1 cup boiled green beans
Small tossed salad including: Lettuce, cucumber and tomato
Balsamic vinegar

Day Four Total Calories = 1070
Food Items Calories

Breakfast 239 calories

1/2 cup Kelloggs Bran Flakes
1/2 medium banana
1 cup skim milk

Lunch 390 calories

Chef's Salad including:
2 cups Romaine lettuce
1 tomato
1/2 cup cucumber, sliced
1/2 cup kidney beans
1 ounce grated/sliced cheddar cheese
1 hard boiled egg
2 tbsp. Good Seasons Lite Italian Dressing

Snack 75 calories

3 cups air-popped popcorn

Dinner 366 calories

Wonton Soup and Stir Fried Shrimp and Broccoli including:
12 ounces canned wonton soup
3 ounces shrimp (12 large)
1 cup broccoli (fresh or frozen)
1/2 tsp. cooking oil
soy sauce (unlimited) garlic/ginger (unlimited)
1/2 cup white rice

Day Five Total Calories = 1020

Food Items Calories

Breakfast 218 calories

3 scrambled egg whites (or Eggbeaters)
1 tsp. butter (for cooking eggs)
1 slice whole wheat toast
1 tsp. butter (for toast)

Lunch 260 calories

Tuna Sandwich including:
2 slices lite wheat bread (40 calories each)
2 ounces water packed tuna
1 tbsp. nonfat mayonnaise
2 lettuce leaves
2 slices tomato
1 navel orange

Snack 100 calories

8 ounce nonfat yogurt – Dannon Lite or other brand with Nutra Sweet

Dinner 397 calories

Pasta with Clam Sauce including:

1 cup cooked spaghetti

4 ounces canned white clam sauce

1 tbsp. grated Parmesan cheese

1 cup steamed asparagus (12 spears)

Small tossed salad including: Lettuce, cucumber and tomato

1 tsp. Good Seasons Lite Italian Dressing

Desert! 45 calories

Sugar free Jell-O with 1/2-cup strawberries

Day Six Total Calories = 1081**Food Items Calories****Breakfast 292 calories**

1 toasted whole grain English muffin

1 tbsp. peanut butter

1 cup sliced cantaloupe

Lunch 290 calories

10 ounces Progresso Chicken Noodle Soup

10 saltine crackers

Small tossed salad including: Lettuce, cucumber and tomato

1 tsp. Good Seasons Lite Italian Dressing

Snack 65 calories

1 medium orange

Dinner 354 calories

5 ounce broiled halibut fish

Butter and lemon for fish topping (1 tsp. Butter, unlimited lemon)

1 baked potato with skin and mustard topping

Small tossed salad including: Lettuce, cucumber and tomato

1 tsp. Good Seasons Lite Italian Dressing

Desert! 80 calories

4 ounces sugar free nonfat yogurt with 1/3-cup blueberries

Day Seven Total Calories = 1036**Food Items Calories****Breakfast 239 calories**

1/2 cup Kelloggs Bran Flakes

1 cup skim milk

1/2 medium banana

Lunch 265 calories

10 ounces Campbells Lentil Soup
5 saltine crackers
Small tossed salad including: Lettuce, cucumber and tomato
1 tsp. Good Seasons Lite Italian Dressing

Snack 80 calories

1 medium apple

Dinner 422 calories

4 ounce broiled pork chop w/ teriyaki marinade
1 cup steamed zucchini
1/2 baked sweet potato
Small tossed salad including: Lettuce, cucumber and tomato
1 tsp. Good Seasons Lite Italian Dressing

Desert! 30 calories

Sugar Free Jell-O with 1 tsp. Cool Whip

Day Eight Total Calories = 1041

Food Items Calories**Breakfast 210 calories**

1/2 cup cooked oatmeal
1/2 cup skim milk
1/2 cup raspberries

Lunch 309 calories

Soup and Sandwich including:
1 small pita pocket
3 ounces white meat chicken
2 lettuce leaves
2 slices tomato
Mustard (unlimited)
1 cup vegetable Consommé
1 medium carrot

Snack 70 calories

3 cups air popped popcorn

Dinner 422 calories

4 ounce broiled pork chop w/ teriyaki marinade
1 cup steamed zucchini
1/2 baked sweet potato
Small tossed salad including: Lettuce, cucumber and tomato
1 tsp. Good Seasons Lite Italian Dressing

Desert! 30 calories

Sugar Free Jell-O with 1 tsp. Cool Whip

Day Nine Total Calories = 1068
Food Items Calories

Breakfast 260 calories

1 hard/soft boiled or poached egg
1 slice whole wheat toast
1 tsp. Butter
1 cup raw strawberries

Lunch 260 calories

Tuna Sandwich including:
2 slices lite wheat bread (40 calories each)
2 ounces water packed tuna
1 tbsp. nonfat mayonnaise
2 lettuce leaves
2 slices tomato
1 navel orange

Snack 100 calories

8 ounce nonfat yogurt – Dannon Lite or other brand with Nutra Sweet

Dinner 403 calories

4 ounces Roasted Chicken – white meat w/o skin
1/2 baked potato with skin and mustard topping
1 cup steamed broccoli
Tossed salad including:
1 cup lettuce, 1/2 cucumber, sliced and 1/2 cup red/yellow sweet peppers
Balsamic vinegar

Desert! 45 calories

Sugar free Jell-O with 1/2-cup strawberries

Day Ten Total Calories = 1063
Food Items Calories

Breakfast 260 calories

1/2 medium cantaloupe
1/2 cup 1% milk-fat cottage cheese
1/2 toasted English muffin
1 tsp. jelly

Lunch 297 calories

Tossed salad including:
2 cups Romaine lettuce
1/2 whole cucumber, sliced and 1/2 red tomato, sliced
1/2 cup sliced, raw mushrooms
2 tbsp. Good Seasons Lie Italian Dressing
3 ounces tuna, packed in water
8 Wheat Thin crackers

Snack 75 calorie

3 cups air-popped popcorn

Dinner 366 calories

Wonton Soup and Stir Fried Shrimp and Broccoli including:

12 ounces canned wonton soup

3 ounces shrimp (12 large)

1 cup broccoli (fresh or frozen)

1/2 tsp. cooking oil

Soy sauce (unlimited) garlic/ginger (unlimited)

1/2 cup white rice

Desert! 65 calories

1 medium orange