Foolproof 30 Day Diet Plan For Maximum Weight Loss

This 30-day plan is designed with one purpose in mind – to allow you to lose weight as quickly as possible without any drastic measures such as prescription medications, surgery or starving yourself.

How much weight can you lose with this 30-day plan? It depends on how much you currently weigh. The more you weigh, the easier it is to lose weight. If you are extremely obese, you can lose up to 50 lbs in 30 days on this plan. If you are just a little overweight, your results will not be as dramatic, but you can still lose 10-20 lbs.

Please remember that you must follow this plan exactly as it is written. If you cheat, it will considerably slow down your weight loss. If you really want to achieve maximum weight loss results in these 30 days, you must be disciplined enough to stick to it.

If you have any questions about the diet, feel free to e-mail me at Melanie@FoolproofDiet.com

Legal Disclaimer:

Not all exercises or diets are suitable for everyone. You have to consult your physician before beginning this weight loss plan.

This is NOT medical advice. The instructions and advice presented here is in no way intended as a substitute for medical counseling.

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By going on this weight loss plan, you agree that you have read this disclaimer and agree with all the terms.
What You Need Before You Start:

1. A multi-vitamin that you need to take daily during these 30 days. It is a precaution to make sure that you get all necessary nutrients.

2. Be prepared to drink 8 glasses of water every day. While on this plan, you should not drink any other beverages except water. If it’s difficult for you to drink plain water, you can squeeze some lemon in it.

3. A non-stick frying pan. If you don’t have one, go to the store and buy it. Expect to spend about $20 on a decent-quality non-stick pan.

4. Plastic spoon and plastic spatula to mix and flip the food on a non-stick pan. Metal utensils can scratch the non-stick surface.

5. Non-stick cooking spray. You will cook all the meals with no added oil unless oil is specified. All you need to do when you cook is spray the non-stick frying pan evenly with non-stick cooking spray, and cook the food on it. Go to the supermarket, and ask them for “non-stick cooking spray”. If you cannot find it, you can cook without it, but the pan will be more difficult to clean.

6. Print out this whole 30-day plan so you have a paper copy for easy reference.

7. As you follow the plan, before cooking each recipe, read the directions first and make sure you understand it.

8. Do not weigh yourself every day. Our weight constantly fluctuates due to water retention. You should weigh yourself no more than once a week. Also, weight loss progress is not uniform – one week you might lose 2 lbs, and another week 10 lbs.

9. I cannot stress it enough: if you want maximum weight loss, you must follow the plan exactly, and you cannot cheat. If you make changes to the plan, you will not lose as much weight.

10. If you don’t like a certain menu, substitute the menu for that day with a menu from a different day on this plan.

11. You will probably be a little hungry during the day (between lunch and dinner) the first week, but you need to stick with it, and by the second week you will no longer be hungry. It takes time for your body to adjust to a new eating pattern.
A Day Before You Begin

Before you begin: print out this shopping list, go to the grocery store, and buy all ingredients that you will need for the first week. For your convenience, there is a checkbox before each ingredient, so as you buy it, you check it off your list.

You most likely already have many of these ingredients at home (for example, salt and pepper). If so, just check it off before you go to the store.

Shopping List For Week 1

- A loaf of whole-wheat bread (preferably 100% whole-wheat)
- A box of low-sugar cereal (preferably whole-grain)
- Small box of plain rice
- 2 apples
- 6 plum tomatoes
- 2 medium potatoes
- 1 bag of pre-cut pre-washed lettuce
- 2 bags (1 lb each) of frozen mixed vegetables (or 2 lbs of fresh vegetables)
- 2 cans (14 oz each) of beans
- 1 can (14 oz) of chopped tomatoes
- 2 cans (4 oz each) of water-packed tuna
- 1 package (8 oz) of sliced turkey breast lunch meat
- 3 skinless boneless chicken breast halves (about .75 lb package)
- 4 eggs
- 1 package (2 cups) of low-fat cottage cheese
- A bottle of skim (fat-free) milk (3 cups)
- Small can of jam
- barbecue sauce
- mustard
- ketchup
- chili powder
- dried parsley flakes
- garlic powder
- salt
- pepper
Week 1 (Days 1 - 7)

Day 1

To Do List

- Weigh yourself the first thing in the morning
- Record your weight
- Measure your size with a measuring tape (waist, chest, hips, each arm and each leg)
- Record each of your sizes
- If you have access to a camera, take a “before” picture
- Take a multi-vitamin
- Fit at least 45 minutes of physical activity into your day
- Drink 8 glasses of water
- Follow the meal plan exactly (no other foods or drinks)

Breakfast

- 1 scrambled egg
- 1 toasted slice of whole-wheat bread

Recipe - Scrambled Eggs

Ingredients:

Eggs
Salt and pepper to taste

Spray a non-stick pan with a non-stick cooking spray. Heat for 1 minute over high heat. Reduce heat to medium. Break the eggs onto a pan, and mix them. Let them set, then flip them. Remove from pan, sprinkle with salt and pepper to taste, and serve.

Lunch

- Turkey Sandwich
- Apple

Recipe – Turkey Sandwich

Ingredients:

2 slices of turkey breast deli lunch meat
2 slices of whole-wheat bread
1 small plum tomato, sliced
shredded lettuce
1 tsp mustard

Spread the mustard on a slice of bread. Put the turkey on it, top with tomato slices, as much lettuce as you want, and cover with another slice of bread.

**Dinner**

- Cooked Chicken Breast with 2 tbsp barbecue sauce on the side
- Baked Medium Potato
- 1 cup of veggies (fresh or cooked)

**Recipe – Cooked Chicken Breast**

**Ingredients:**

- 1 skinless boneless chicken breast half (about 4 ounces)
- 1/4 tsp salt
- pepper to taste

Spray a non-stick frying pan with a non-stick cooking spray. Heat for 1 minute over high heat. Reduce heat to medium.

Put chicken breast on the pan, and let cook for 3 minutes. Turn over, and cook for another 4 minutes, or until no longer pink in center.

**Recipe - Microwaved Baked Potato**

**Ingredients:**

- 1 medium potato
- Salt and pepper to taste

Pierce the potato with a fork in several places. Wrap in paper towel, and microwave on high for 5 minutes. Let cool several minutes before serving. Cut open, and sprinkle with salt and pepper to taste.

**Recipe - Cooked Mixed Frozen Vegetables**

**Ingredients:**

- Mixed pre-cut frozen vegetables
- Salt and pepper to taste
Heat a non-stick frying pan over high heat for 1 minute. Reduce heat to medium, add veggies, and stir-fry until vegetables are thawed, all water evaporates, and vegetables are heated through. Sprinkle with salt and pepper to taste.

Of course, you can cook fresh vegetables in the same manner (just reduce cooking time).

**Day 2**

**To Do List**

- Take a multi-vitamin
- Fit at least 45 minutes of physical activity into your day
- Drink 8 glasses of water
- Follow the meal plan exactly (no other foods or drinks)

**Breakfast**

- 1 cup of low-sugar cereal with 1 cup of skim milk

**Lunch**

- Turkey Sandwich (same recipe as Day 1)

**Dinner**

- Vegetable-Bean Soup (eat half of the recipe portion, and refrigerate the other half)

**Recipe - Vegetable-Bean Soup**

**Ingredients:**

1 can (14 ounces) of beans  
1 bag (1 lb) mixed frozen vegetables  
1 can (14 ounces) of chopped tomatoes in their juice  
1 tsp chili powder  
1/2 tsp parsley flakes  
1/2 tsp garlic powder  
1 cup water

Drain and rinse the beans in a colander. Put all ingredients in a pot. Bring to boil, and cook for 5 minutes. Add salt to taste.

*Makes 2 servings*
Day 3

To Do List

- Take a multi-vitamin
- Fit at least 45 minutes of physical activity into your day
- Drink 8 glasses of water
- Follow the meal plan exactly (no other foods or drinks)

Breakfast

- 2 eggs scrambled together with 1 cup of veggies (thaw the veggies in a microwave before making the eggs)

Lunch

- Tuna Sandwich

Recipe - Tuna Sandwich

Ingredients:

2 slices of whole-wheat bread
1 can (4 ounces) water-packed tuna
1 plum tomato, sliced
lettuce

Drain the tuna, and put it on the slice of bread. Top with tomato slices, lettuce, and another slice of bread.

Dinner

- Vegetable-Bean Soup (leftovers from Day 3)
Day 4

To Do List

- Take a multi-vitamin
- Fit at least 45 minutes of physical activity into your day
- Drink 8 glasses of water
- Follow the meal plan exactly (no other foods or drinks)

Breakfast

- 1 cup of low-fat cottage cheese mixed with 1 tbsp jam

Lunch

- Tuna Sandwich (same recipe as Day 3)

Dinner

- Cooked Chicken Breast with 2 tbsp barbecue sauce on the side (same recipe as Day 1)
- Baked Medium Potato (same recipe as Day 1)
- 1 cup of veggies (fresh or cooked) (same recipe as Day 1)

Day 5

To Do List

- Take a multi-vitamin
- Fit at least 45 minutes of physical activity into your day
- Drink 8 glasses of water
- Follow the meal plan exactly (no other foods or drinks)

Breakfast

- 1 cup of low-sugar cereal with 1 cup of skim milk

Lunch

- Turkey Sandwich (same recipe as Day 1)
Dinner

- Rice with Beans and Vegetables (eat half of recipe portion, and refrigerate the rest)

**Recipe - Rice with Beans and Vegetables**

**Ingredients:**

- 1 can (14 oz) of beans, drained and rinsed
- 1 cup of cooked rice
- 1/2 of 1 lb bag of mixed frozen vegetables, thawed
- 2 tbsp ketchup
- Salt and pepper to taste

Mix all ingredients. Heat until warm. Add salt and pepper to taste.

*Makes 2 servings*

**Day 6**

**To Do List**

- Take a multi-vitamin
- Fit at least 45 minutes of physical activity into your day
- Drink 8 glasses of water
- Follow the meal plan **exactly** (no other foods or drinks)

**Breakfast**

- 1 scrambled egg. 1 slice of toasted whole-wheat bread

**Lunch**

- 1 cup of low-fat cottage cheese mixed with 1 tbsp jam
- Apple

**Dinner**

- Tossed salad with chicken
Recipe - Tossed Salad With Chicken

Ingredients:

1/2 of 1 lb bag of pre-cut pre-washed lettuce
1 chicken breast half (about 4 oz), cooked, cut into small pieces
2 plum tomatoes, sliced
2 tsp olive oil
2 tsp lemon juice
Salt and pepper to taste.

Mixed olive oil and lemon juice to make a dressing. Mix with the rest of ingredients. Add salt and pepper to taste.

Day 7

To Do List

☐ Take a multi-vitamin
☐ Fit at least 45 minutes of physical activity into your day
☐ Drink 8 glasses of water
☐ Follow the meal plan exactly (no other foods or drinks)
☐ Go to the grocery store and buy ingredients for Week 2 (use the shopping list that is shown below after dinner menu)

Breakfast

☐ 1 cup of low-sugar cereal with 1 cup of skim milk

Lunch

☐ Turkey Sandwich (same recipe as Day 1)

Dinner

☐ Rice with Beans and Vegetables (leftovers from day 5)

Shopping List For Week 2

☐ 2 medium potatoes
☐ 9 plum tomatoes
☐ 2 cucumbers
- 1 celery stalk
- 1 onion
- 2 bags (1 lb each) of pre-cut pre-washed lettuce
- 1 bag (1 lb) of frozen mixed vegetables (or 1 lb of fresh vegetables)
- 1 lemon (or small bottle of lemon juice)
- Box of quick-cooking oatmeal
- 1 package of plain breadcrumbs
- A loaf of whole-wheat bread (preferably 100% whole-wheat)
- 1 small package of pasta (preferably whole-wheat)
- A package of small bagels (no more than 150 calories each - check the label) (4 bagels)
- 1 package (1 lb) of lean ground turkey
- 2 whitefish fillets (about 0.75 lb)
- Small package of fat-free cream cheese
- 1 package (8 oz) of sliced turkey breast lunch meat
- Bottle of skim (fat-free) milk (2 cups)
- 2 eggs
- 1 large can (2 1/2 cups) tomato sauce
- Small bottle of low-fat mayo
- Olive oil
- Mustard
- Salt
- Pepper

**Week 2 (Days 8 – 14)**

**Day 8**

**To Do List**

- Take a multi-vitamin
- Weigh yourself the first thing in the morning
- Record your weight
- Measure your size with a measuring tape (waist, chest, hips, each arm and each leg)
- Record each of your sizes
- Fit at least 45 minutes of physical activity into your day
- Drink 8 glasses of water
- Follow the meal plan **exactly** (no other foods or drinks)

**Breakfast**

- Oatmeal (cook ½ cup oats with ½ cup skim milk according to package directions)
Lunch

- 1 small bagel (no more than 150 calories) with 1 tbsp fat-free cream cheese

Dinner

- Turkey meatballs (eat half of recipe portion, and refrigerate the rest)
- 1 cup of cooked pasta (follow the recipe for cooked pasta below, eat only half of the recipe portion, and refrigerate the other half)

Recipe - Turkey Meatballs

Ingredients:

1/2 lb lean ground turkey
1/4 cup dry plain breadcrumbs
1 small onion, minced
1.5 cups prepared low-fat tomato sauce
1/4 tsp salt
1/8 tsp pepper

Preheat oven to 400F.

Combine the ground turkey, bread crumbs, minced onion, salt and pepper, and mix thoroughly by squeezing with your hands

Line baking sheet with foil, and spray with non-stick cooking spray. Form turkey mixture into meatballs, and put on the baking sheet.

Bake meatballs for 25 minutes, or until done. Remove from the oven, separate them from foil, and put in a serving dish.

Heat the tomato sauce in the microwave, then pour over meatballs

Makes 2 servings

Recipe – Cooked Pasta

Ingredients:

1 cup of dry pasta (preferably whole-wheat)
Salt to taste
Bring a pot of water to a boil. Add pasta. Cook for 7-12 minutes depending on a brand of pasta. Drain. Add salt to taste.

Yields 2 cups of cooked pasta.

Makes 2 servings

Day 9

To Do List

- Take a multi-vitamin
- Fit at least 45 minutes of physical activity into your day
- Drink 8 glasses of water
- Follow the meal plan exactly (no other foods or drinks)

Breakfast

- Oatmeal (cook ½ cup oats with ½ cup skim milk according to package directions)

Lunch

- Turkey sandwich (same recipe as Day 1)

Dinner

- 1 cooked whitefish fillet (the recipe makes 2 fillets… eat just one, refrigerate the second one)
- 1 cup cooked or raw vegetables (same recipe as Day 1)

Recipe - Cooked Whitefish Fillets

Ingredients:

2 whitefish fillet (about 0.75 lb)
1/4 tsp salt
pepper to taste

Spray a non-stick frying pan with a non-stick cooking spray. Heat for 1 minute over high heat. Reduce heat to medium.

Put the fish on the pan, and let cook for 3 minutes. Turn over, and cook for another 3 minutes, or until fish flakes easily with a fork.
Day 10

To Do List

- Take a multi-vitamin
- Fit at least 45 minutes of physical activity into your day
- Drink 8 glasses of water
- Follow the meal plan exactly (no other foods or drinks)

Breakfast

- 1 small bagel (no more than 150 calories) with 1 tbsp fat-free cream cheese

Lunch

- Tossed salad with a slice of whole-wheat bread

Recipe – Tossed Salad

Ingredients:

1/2 of 1 lb bag of pre-washed pre-cut lettuce
1 cucumber, sliced
2 plum tomatoes, sliced
1 tbsp olive oil
1 tsp lemon juice

Mix oil and lemon juice to make a dressing. Mix all ingredients.

Dinner

- Turkey meatballs (leftovers from day 8)
- 1 cup of cooked pasta (leftovers from day 8)

Day 11

To Do List

- Take a multi-vitamin
- Fit at least 45 minutes of physical activity into your day
- Drink 8 glasses of water
- Follow the meal plan exactly (no other foods or drinks)
**Breakfast**

- Oatmeal (cook ½ cup oats with ½ cup skim milk according to package directions)

**Lunch**

- Egg Salad Sandwich

**Recipe - Egg Salad Sandwich**

**Ingredients:**

1 hardboiled egg  
1 tbsp low-fat mayo  
1/2 celery stalk  
2 slices of whole-wheat bread  
1 plum tomato, sliced  
lettuce  
salt and pepper to taste

Chop the egg and celery into small pieces. Mix egg, celery and mayo, salt and pepper to taste. Put it on a slice of bread. Top with tomato slices, lettuce and another slice of bread.

**Dinner**

- Turkey Burger Patty with 1 tbsp barbecue sauce (the recipe makes 2 patties… eat just one, refrigerate the second one)  
- Baked Medium Potato (same recipe as Day 1)  
- 1 cup of vegetables (same recipe as Day 1)

**Recipe – Turkey Burger Patties**

**Ingredients:**

1/2 lb lean ground turkey  
1/3 tsp salt  
1/4 tsp pepper

Add salt and pepper to ground turkey, shape into 2 patties.

Spray a non-stick frying pan with a non-stick cooking spray. Heat for 1 minute over high heat. Reduce heat to medium.
Put the turkey patties on the pan, and let cook for 3 minutes. Turn over, and cook for another 4 minutes, or until no longer pink in center.

**Day 12**

**To Do List**

- Take a multi-vitamin
- Fit at least 45 minutes of physical activity into your day
- Drink 8 glasses of water
- Follow the meal plan *exactly* (no other foods or drinks)

**Breakfast**

- Oatmeal (cook ½ cup oats with ½ cup skim milk according to package directions)

**Lunch**

- Tossed Salad with a slice of whole-wheat bread (same recipe as Day 10)

**Dinner**

- 1 cooked whitefish fillet (leftovers from Day 9)
- 1 cup vegetables (same recipe as Day 1)

**Day 13**

**To Do List**

- Take a multi-vitamin
- Fit at least 45 minutes of physical activity into your day
- Drink 8 glasses of water
- Follow the meal plan *exactly* (no other foods or drinks)

**Breakfast**

- 1 small bagel (no more than 150 calories) with 1 tbsp fat-free cream cheese

**Lunch**

- Egg Salad Sandwich (same recipe as Day 11)
Dinner

- Turkey Burger Patty (leftovers from Day 11)
- Baked Medium Potato (same recipe as Day 1)

Day 14

To Do List

- Take a multi-vitamin
- Fit at least 45 minutes of physical activity into your day
- Drink 8 glasses of water
- Follow the meal plan exactly (no other foods or drinks)
- Go to the grocery store and buy ingredients for Week 3 (use the shopping list that is shown below after dinner menu)

Breakfast

- 1 small bagel (no more than 150 calories) with 1 tbsp fat-free cream cheese

Lunch

- Tossed Salad with a slice of whole-wheat bread (same recipe as Day 10)

Dinner

- Veggie Pasta With Tomato Sauce

Recipe - Veggie Pasta With Tomato Sauce

Ingredients:

1 cup cooked pasta (from 1/2 cup dry pasta)
1 cup cooked vegetables
1 cup tomato sauce

Mix all ingredients. Heat until warm.
Shopping List For Week 3

- 1 cucumber
- 7 plum tomatoes
- 1 large eggplant
- 1 stalk of celery
- 1 bell pepper
- 1 small onion
- 1 small cabbage (about 1 lb) (or a 1-lb bag of coleslaw mix)
- 1 small bag of pre-cut pre-washed lettuce
- 1 small bag (1/2 lb) of frozen mixed vegetables (or 1/2 lb of fresh vegetables)
- 1 loaf of whole-wheat bread (preferably 100% whole-wheat)
- A box of low-sugar cereal (preferably whole-grain)
- A box of quick-cooking oatmeal
- 1 small package of hot dog buns
- 1 small can of pickles
- 1 can (14 oz) chopped tomatoes
- 1 can (2 cups) tomato sauce
- 1 package (8 oz) low-moisture part-skim shredded mozzarella cheese
- Low-fat mayo
- Bottle of skim (fat-free milk) (4 cups)
- 4 eggs
- 3 skinless boneless chicken breast halves (about 0.75 lb)
- 1 small package of low-fat turkey hot dogs
- garlic (or garlic powder)
- olive oil
- parsley flakes
- salt
- pepper

Week 3 (Days 15 – 21)

Day 15

To Do List

- Take a multi-vitamin
- Weigh yourself the first thing in the morning
- Record your weight
- Measure your size with a measuring tape (waist, chest, hips, each arm and each leg)
- Record each of your sizes
- Fit at least 45 minutes of physical activity into your day
- Drink 8 glasses of water
Follow the meal plan exactly (no other foods or drinks)

**Breakfast**

- 2 eggs scrambled together with 1 cup of veggies (if using frozen veggies, thaw them in a microwave before making the eggs)

**Lunch**

- Hot Dog

**Recipe - Hot Dog**

**Ingredients**

1 hot dog bun  
1 turkey frank or fat-free hot dog (no more then 9 g fat per serving)  
1/2 dill pickle  
1 small plum tomato, sliced  
1 tsp mustard

Put hot dog on a bun, and add pickle, tomato slices and mustard.

**Dinner**

- Eggplant Parmesan (eat one third of the recipe portion, and refrigerate the rest)

**Recipe - Eggplant Parmesan**

**Ingredients**

1 large eggplant  
1 package (8 oz) shredded low-moisture part-skim mozzarella cheese  
2 cups tomato sauce  
1/2 tsp salt  
1/4 tsp pepper

Preheat oven to 400 F.

Peel the eggplant, and slice lengthwise into ¼ inch slices. Sprinkle with salt and pepper.

Line the baking sheet with foil, spray with non-stick cooking spray. Put the eggplant slices in a layer on a baking sheet, and bake for 20 minutes.
Take the casserole pan, pour ½ cup of tomato sauce on the bottom of the pan, put half of the eggplant slices in the pan, pour 1 cup of tomato sauce on them and sprinkle with half of the mozzarella cheese. Layer remaining eggplant slices on top of the cheese, pour the remaining sauce on top, and sprinkle with remaining cheese.

Put in the oven and bake for 20 minutes.

Makes 3 servings

Day 16

To Do List

- Take a multi-vitamin
- Fit at least 45 minutes of physical activity into your day
- Drink 8 glasses of water
- Follow the meal plan exactly (no other foods or drinks)

Breakfast

- 1 cup of low-sugar cereal with 1 cup of skim milk

Lunch

- Hot Dog (same recipe as Day 15)

Dinner

- Egg Salad Sandwich (same recipe as Day 11)

Day 17

To Do List

- Take a multi-vitamin
- Fit at least 45 minutes of physical activity into your day
- Drink 8 glasses of water
- Follow the meal plan exactly (no other foods or drinks)

Breakfast
Oatmeal (cook ½ cup oats with ½ cup skim milk according to package directions)

**Lunch**

- Chicken Salad Sandwich

**Recipe - Chicken Salad Sandwich**

**Ingredients:**

- 2 slices of whole-wheat bread
- 1 cooked chicken breast half (about 4 oz)
- 1 tbsp low-fat mayo
- 1/2 cucumber, peeled
- 1 plum tomato, sliced
- Lettuce

Chop the cooked chicken and cucumber. Mix chicken, cucumber and mayo, and put it on a slice of bread. Top with tomato slices, lettuce and another slice of bread.

**Dinner**

- Eggplant Parmesan (eat half of the leftovers from day 15, keep remaining leftovers refrigerated)

**Day 18**

**To Do List**

- Take a multi-vitamin
- Fit at least 45 minutes of physical activity into your day
- Drink 8 glasses of water
- Follow the meal plan exactly (no other foods or drinks)

**Breakfast**

- 1 cup of low-sugar cereal with 1 cup of skim milk

**Lunch**

- Hot Dog (same recipe as Day 15)

**Dinner**
Cabbage soup (eat one-third of the recipe portion, and refrigerate the rest)

Recipe - Cabbage Soup

Ingredients:

1 small cabbage, chopped (about 1 lb) (or a 1-lb bag of coleslaw mix)
1 can (14 oz) chopped tomatoes
1 bell pepper, chopped
1 small onion, sliced
2 cloves garlic, minced (or ½ tsp garlic powder)
1 tbsp olive oil
1 tsp dried parsley flakes
1 tsp salt
3 cups water

Put all ingredients in the pot. Bring to boil and simmer for 15 minutes.

Makes 3 servings

Day 19

To Do List

- Take a multi-vitamin
- Fit at least 45 minutes of physical activity into your day
- Drink 8 glasses of water
- Follow the meal plan exactly (no other foods or drinks)

Breakfast

- Oatmeal (cook ½ cup oats with ½ cup skim milk according to package directions)

Lunch

- Chicken Salad Sandwich (same recipe as Day 17)

Dinner

- Eggplant Parmesan (finish leftovers from day 17)
Day 20

To Do List

- Take a multi-vitamin
- Fit at least 45 minutes of physical activity into your day
- Drink 8 glasses of water
- Follow the meal plan exactly (no other foods or drinks)

Breakfast

- 2 eggs scrambled together with 1 cup of veggies (if using frozen veggies, thaw them in a microwave before making the eggs)

Lunch

- Chicken Salad Sandwich (same recipe as Day 17)

Dinner

- Cabbage soup (eat half of the leftovers from day 18, and refrigerate the rest)

Day 21

To Do List

- Take a multi-vitamin
- Fit at least 45 minutes of physical activity into your day
- Drink 8 glasses of water
- Follow the meal plan exactly (no other foods or drinks)
- Go to the grocery store and buy ingredients for Week 3 (use the shopping list that is shown below after dinner menu)

Breakfast

- 1 cup of low-sugar cereal with 1 cup of skim milk

Lunch

- Hot Dog (same recipe as Day 15)
**Dinner**

- Cabbage soup (finish the leftovers)

**Shopping List For Week 4**

- 7 plum tomatoes
- 1 bell pepper
- 2 bags (1 lb each) of pre-cut pre-washed lettuce
- 2 bags (1 lb each) of frozen mixed vegetables (or 2 lbs of fresh vegetables)
- A box of quick-cooking oatmeal
- A box of low-sugar cereal (preferably whole-grain)
- A loaf of whole-wheat bread (preferably 100% whole-wheat)
- A box of plain rice
- A package of small bagels (no more than 150 calories each - check the label) (4 bagels)
- Bottle of skim (fat-free milk) (3 cups)
- 1 egg
- Small package of fat-free cream cheese
- 1 package (8 oz) of sliced turkey breast lunch meat
- 2 chicken boneless skinless chicken breast halves (about 1/2 lb)
- 1 lb lean ground turkey
- 1/2 lb shrimp
- 3 cans (4 oz each) of water-packed tuna
- 1 can (14 oz) chopped tomatoes
- 1 can (14 oz) beans
- chili powder
- soy sauce
- salt
- pepper

**Week 4 (Days 22 – 28)**

**Day 22**

**To Do List**

- Weigh yourself the first thing in the morning
- Record your weight
- Measure your size with a measuring tape (waist, chest, hips, each arm and each leg)
- Record each of your sizes
- Take a multi-vitamin
- Fit at least 45 minutes of physical activity into your day
- Drink 8 glasses of water
- Follow the meal plan exactly (no other foods or drinks)

**Breakfast**

- Oatmeal (cook ½ cup oats with ½ cup skim milk according to package directions)

**Lunch**

- Tossed Salad with a slice of whole-wheat bread (same recipe as Day 10)

**Dinner**

- Chili Con Carne (eat half of the recipe portion, and refrigerate the other half)

**Recipe - Chili Con Carne**

**Ingredients**

1/2 lb lean ground turkey  
1 onion, chopped  
1/2 of 14 oz can chopped tomatoes  
1/2 of 14 oz can kidney beans, drained and rinsed  
1 green bell pepper, chopped  
1/2 tsp chili powder  
1/4 tsp salt  
1/8 tsp black pepper

Spray a large non-stick frying pan with a cooking spray. Stir-fry onion and green pepper over medium-high heat for 3 minutes.

Add ground turkey to the pan, and stir-fry everything for 5 minutes, or until turkey is no longer pink.

Add chopped tomatoes with their juice, and kidney beans to the pan, and stir. Cover, reduce heat to low, and simmer for 3 minutes.

*Makes 2 servings*

Do not discard remaining ½ can of tomatoes and ½ can of beans… Refrigerate them. You will use them on Day 28.
Day 23

To Do List

- Take a multi-vitamin
- Fit at least 45 minutes of physical activity into your day
- Drink 8 glasses of water
- Follow the meal plan exactly (no other foods or drinks)

Breakfast

- 1 small bagel (no more than 150 calories) with 1 tsp fat-free cream cheese

Lunch

- Turkey Sandwich (same recipe as Day 1)

Dinner

- Shrimp Stir-Fry (eat half of the recipe portion, and refrigerate the other half)

Recipe - Shrimp Stir-Fry

Ingredients

1/2 lb shrimp, shelled and deveined, tail-off
1/2 of 1 lb bag mixed frozen vegetables, thawed
1 cup rice, uncooked
1 tbsp soy sauce
1/4 tsp pepper

Cook the rice.

To cook shrimp, bring water to a boil, add shrimp and bring the water to a boil again. Reduce heat and simmer three to five minutes or until shrimp have turned pink. (If using precooked frozen shrimp, don’t cook it - all you have to do is to thaw it under cold running water)

In a large non-stick skillet, mix cooked rice, cooked shrimp, vegetables, soy sauce and pepper. Heat, stirring constantly, until hot and combined well.

Makes 2 Servings
Day 24

To Do List

- Take a multi-vitamin
- Fit at least 45 minutes of physical activity into your day
- Drink 8 glasses of water
- Follow the meal plan exactly (no other foods or drinks)

Breakfast

- 1 cup of low-sugar cereal with 1 cup of skim milk

Lunch

- Tuna Sandwich (same recipe as Day 3)

Dinner

- Chili Con Carne (leftovers from day 22)

Day 25

To Do List

- Take a multi-vitamin
- Fit at least 45 minutes of physical activity into your day
- Drink 8 glasses of water
- Follow the meal plan exactly (no other foods or drinks)

Breakfast

- Oatmeal (cook ½ cup oats with ½ cup skim milk according to package directions)

Lunch

- Turkey Sandwich (same recipe as Day 1)

Dinner

- Shrimp Stir-Fry (leftovers from day 23)
Day 26

**To Do List**

- Take a multi-vitamin
- Fit at least 45 minutes of physical activity into your day
- Drink 8 glasses of water
- Follow the meal plan *exactly* (no other foods or drinks)

**Breakfast**

- 1 cup of low-sugar cereal with 1 cup of skim milk

**Lunch**

- Tossed Salad with a slice of whole-wheat bread (same recipe as Day 10)

**Dinner**

- Turkey Burger patty with 1 tbsp barbecue sauce (same recipe as Day 11) (the recipe makes 2 patties… eat just one, refrigerate the second one)
- 1 cup vegetables (same recipe as Day 1)

Day 27

**To Do List**

- Take a multi-vitamin
- Fit at least 45 minutes of physical activity into your day
- Drink 8 glasses of water
- Follow the meal plan *exactly* (no other foods or drinks)

**Breakfast**

- 1 small bagel (no more than 150 calories) with 1 tbsp fat-free cream cheese

**Lunch**

- Turkey Sandwich

**Dinner**
1 scrambled egg with 1/2 of 14 oz can of beans (drained and rinsed) and 1/2 of 14 oz can of tomatoes (juice drained)

Day 28

To Do List

- Take a multi-vitamin
- Fit at least 45 minutes of physical activity into your day
- Drink 8 glasses of water
- Follow the meal plan exactly (no other foods or drinks)

Breakfast

- 1 small bagel (no more than 150 calories) with 1 tbsp fat-free cream cheese

Lunch

- Tuna Sandwich (same recipe as Day 3)

Dinner

- Turkey Burger patty with 1 tbsp barbecue sauce (leftovers from Day 26)
- 1 cup vegetables (same recipe as Day 1)

Days 29 – 30

Day 29

To Do List

- Take a multi-vitamin
- Fit at least 45 minutes of physical activity into your day
- Drink 8 glasses of water
- Follow the meal plan exactly (no other foods or drinks)

Breakfast

- 1 small bagel (no more than 150 calories) with 1 tbsp fat-free cream cheese
Lunch

- Tuna Sandwich (same recipe as Day 3)

Dinner

- Cooked Chicken Breast (same recipe as Day 1)
- 1 cup vegetables (same recipes as Day 1)

Day 30

To Do List

- Take a multi-vitamin
- Fit at least 45 minutes of physical activity into your day
- Drink 8 glasses of water
- Follow the meal plan exactly (no other foods or drinks)

Breakfast

- 1 small bagel (no more than 150 calories) with 1 tbsp fat-free cream cheese

Lunch

- Turkey Sandwich (same recipe as Day 3)

Dinner

- Cooked Chicken Breast (same recipe as Day 1)
- 1 cup vegetables (same recipes as Day 1)

The End Of The Plan - Day 31

To Do List

- Weigh yourself the first thing in the morning
- Record your weight
- Calculate how much weight you lost during these 4 weeks
- Measure your size with a measuring tape (waist, chest, hips, each arm and each leg)
- Record each of your sizes
- Calculate how many inches you’ve lost during these 4 weeks
- If you have access to a camera, take an “after” picture
After you’ve worked so hard to lose that fat, you need to keep it off. If you return to your previous eating habits, the pounds will creep back on. Obviously, you cannot be on a diet forever. Go to http://www.practical-weight-loss.com and get my “Practical Weight Loss” system which is the next step from this 30-day plan. “Practical Weight Loss” is NOT a restrictive diet plan like this one. With the “Practical Weight Loss” system, you can eat anything you want, so you can really stick with it for life.

**Special offer: you can get “Practical Weight Loss” system for FREE.** The only thing I want in return is your testimonial on how much weight you lost on this 4-week plan and your permission for me to publish it on my website. To take advantage of this offer, just e-mail me at melanie@foolproofdiet.com

Print out and read “Practical Weight Loss”

**Conclusion**