

Weight Loss- one Month Planner

The 7 day plan should be repeated for an entire month along with the prescribed exercise routine.

Follow this 1 month planner religiously, including the fitness suggestions and see how you transform your body, within months. *Tea/coffee for breakfast is always allowed with milk and sugar(not exceeding 2 tsp).

Daily exercise: Zarah's 30 minute cardio video on the website followed by the upper body video and the lower body targeting the tummy. You must exercise 6 days a week, resting on the 7th.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
<p>BREAKFAST: FIRST drnk 15 oz luke warm water mixed with lemon and 1 tsp honey. Then have ½ cup oatmeal cooked in 1 cup fat free milk with 1 banana sliced on top of your bowl.</p> <p>SNACK: 1 apple</p> <p>LUNCH: 15 oz Green tea without sugar and milk followed by 1 cup grilled chicken with 1 cup steamed mixed veggies</p> <p>HUNGER PANGS: Choose 1: Carrots, fat free Greek yogurt, cucumber.</p> <p>DINNER: 15 oz water. ZNON's weight loss salad on the GET STARTED section</p>	<p>BREAKFAST: 15 oz luke warm water with 1 tsp honey and lemon followed by 1 boiled egg with 1 cup of mixed fruits. Tea/coffee with milk and sugar(can't exceed 2 tsp)</p> <p>SNACK: 1 Grapefruit</p> <p>LUNCH: 15 oz green tea followed by 1 cup steamed broccoli with 1 grilled tilapia fillet</p> <p>HUNGER PANGS: 1 apple</p> <p>DINNER: 15 oz water . 1 protein shake</p>	<p>BREAKFAST: 15 oz lukewarm water with 1 tsp honey and lemon followed by handful of nuts with tea or coffee</p> <p>SNACK: Fat free Greek yogurt or 1 cup of berries</p> <p>LUNCH: 15 oz green tea followed by 2 cups bean salad of your choice</p> <p>HUNGER PANGS: 1 banana</p> <p>DINNER: 15 oz water followed by 15 oz of veggie juice from the website recipe section or any of your choice.</p>	<p>BREAKFAST: 15 oz water mixed with 1tsp honey & lemon followed by ½ cup oatmeal cooked in 1 cup fat free milk and 1 banana.</p> <p>SNACK: 1 apple or another fruit of your choice</p> <p>LUNCH: 15 oz green tea followed by 1 cup kidney beans on top of a bowl of salad of your choice.</p> <p>HUNGER PANGS: 15 oz water followed by 1 grapefruit</p> <p>DINNER: 15 oz water. 8 oz smoothie with fat free milk, 4 tsp vanilla yogurt, 1 banana, mixed berries, and 1 date.</p>	<p>BREAKFAST: 15 oz lukewarm water with 1 tsp honey and lemon. 1 cup fruit salad with ½ cup plain fat free yogurt mixed.</p> <p>SNACK: 15 oz green tea followed by 2 carrot stalks</p> <p>LUNCH: 15 oz green tea followed by 1 cup grilled chicken rolled into romaine lettuce leaf.</p> <p>HUNGER PANGS: 15 oz water followed by 1 apple</p> <p>DINNER: 15 oz water. 4 oz Grilled fish on top of 1 cup of coleslaw.</p>	<p>BREAKFAST: 15 oz lukewarm water with 1 tsp honey and lemon. 1 cup fat free greek yogurt with walnuts, blueberries, and a few raisins mixed.</p> <p>SNACK: 1 apple</p> <p>LUNCH: 15 oz green tea followed by ZNON's weight loss protein salad under GET STARTED section.</p> <p>HUNGER PANGS: 15 oz green tea followed by 3 carrot stalks</p> <p>DINNER: 15 oz water followed by a 15 oz fruits/VEGGIES JUICED from the JUICING RECIPE section on the website.</p>	<p>BREAKFAST: 15 oz lukewarm water with 1 tsp honey and lemon followed by ½ cup oatmeal cooked in 1 cup fat free milk with ½ cup mixed berries on top.</p> <p>SNACK: 1 cup fat free Greek yogurt</p> <p>LUNCH: 15 oz green tea followed by 4 oz grilled chicken tossed on top of chopped romaine lettuce, tomatoes, cucumbers.</p> <p>HUNGER PANGS: 15 oz green tea then 1 banana</p> <p>DINNER: 15 oz water. 15 oz fruits/VEGGIES JUICED.</p>