

Weight loss diet for women over 40

MY DIET RECORD name

Week 1 w/b.....

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Protein	●●○○○○	●●○○○○	●●○○○○	●●○○○○	●●○○○○	●●○○○○	●●○○○○
Grains	●●○○○○○○	●●○○○○○○	●●○○○○○○	●●○○○○○○	●●○○○○○○	●●○○○○○○	●●○○○○○○
Vegetables	●●●●○○	●●●●○○	●●●●○○	●●●●○○	●●●●○○	●●●●○○	●●●●○○
Fruit	●●○	●●○	●●○	●●○	●●○	●●○	●●○
Dairy	●●○	●●○	●●○	●●○	●●○	●●○	●●○
The rest ...	○○○	○○○	○○○	○○○	○○○	○○○	○○○

Week 2 w/b

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Protein	●●○○○○	●●○○○○	●●○○○○	●●○○○○	●●○○○○	●●○○○○	●●○○○○
Grains	●●○○○○○○	●●○○○○○○	●●○○○○○○	●●○○○○○○	●●○○○○○○	●●○○○○○○	●●○○○○○○
Vegetables	●●●●○○	●●●●○○	●●●●○○	●●●●○○	●●●●○○	●●●●○○	●●●●○○
Fruit	●●○	●●○	●●○	●●○	●●○	●●○	●●○
Dairy	●●○	●●○	●●○	●●○	●●○	●●○	●●○
The rest ...	○○○	○○○	○○○	○○○	○○○	○○○	○○○

Week 3 w/b

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Protein	●●○○○○	●●○○○○	●●○○○○	●●○○○○	●●○○○○	●●○○○○	●●○○○○
Grains	●●○○○○○○	●●○○○○○○	●●○○○○○○	●●○○○○○○	●●○○○○○○	●●○○○○○○	●●○○○○○○
Vegetables	●●●●○○	●●●●○○	●●●●○○	●●●●○○	●●●●○○	●●●●○○	●●●●○○
Fruit	●●○	●●○	●●○	●●○	●●○	●●○	●●○
Dairy	●●○	●●○	●●○	●●○	●●○	●●○	●●○
The rest ...	○○○	○○○	○○○	○○○	○○○	○○○	○○○

Week 4 w/b

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Protein	●●○○○○	●●○○○○	●●○○○○	●●○○○○	●●○○○○	●●○○○○	●●○○○○
Grains	●●○○○○○○	●●○○○○○○	●●○○○○○○	●●○○○○○○	●●○○○○○○	●●○○○○○○	●●○○○○○○
Vegetables	●●●●○○	●●●●○○	●●●●○○	●●●●○○	●●●●○○	●●●●○○	●●●●○○
Fruit	●●○	●●○	●●○	●●○	●●○	●●○	●●○
Dairy	●●○	●●○	●●○	●●○	●●○	●●○	●●○
The rest ...	○○○	○○○	○○○	○○○	○○○	○○○	○○○

Week 5 w/b

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Protein	●●○○○○	●●○○○○	●●○○○○	●●○○○○	●●○○○○	●●○○○○	●●○○○○
Grains	●●○○○○○○	●●○○○○○○	●●○○○○○○	●●○○○○○○	●●○○○○○○	●●○○○○○○	●●○○○○○○
Vegetables	●●●●○○	●●●●○○	●●●●○○	●●●●○○	●●●●○○	●●●●○○	●●●●○○
Fruit	●●○	●●○	●●○	●●○	●●○	●●○	●●○
Dairy	●●○	●●○	●●○	●●○	●●○	●●○	●●○
The rest ...	○○○	○○○	○○○	○○○	○○○	○○○	○○○

Week 6 w/b

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Protein	●●○○○○	●●○○○○	●●○○○○	●●○○○○	●●○○○○	●●○○○○	●●○○○○
Grains	●●○○○○○○	●●○○○○○○	●●○○○○○○	●●○○○○○○	●●○○○○○○	●●○○○○○○	●●○○○○○○
Vegetables	●●●●○○	●●●●○○	●●●●○○	●●●●○○	●●●●○○	●●●●○○	●●●●○○
Fruit	●●○	●●○	●●○	●●○	●●○	●●○	●●○
Dairy	●●○	●●○	●●○	●●○	●●○	●●○	●●○
The rest ...	○○○	○○○	○○○	○○○	○○○	○○○	○○○

This diet record to be followed in conjunction with *Free Weight Loss Diet for Women over 40* course material. On no account should the diet be followed in this low-calorie form for more than four weeks, without nutritional advice. This is a diet for people who are generally in good health but overweight or obese. BMI between 25 and 40kg/m². Please read with instructions on the website at <https://savtomato.org>