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the mayo clinic diet a weight loss program for life Mar 02 2024 here s a look at a typical daily meal plan at the 1 200 calorie a day level from the mediterranean eating plan breakfast overnight oats with berries and pear lunch tuscan white bean soup with pesto drizzle dinner sheet pan roast chicken with broccolini onion and tomatoes snack 1 cup sliced bell peppers and a banana what about dessert 7 day 1 300 calorie meal plan recipes prep verywell fit Feb 01 2024 in order to meet nutrient needs the dietary guidelines suggest adult women get anywhere from 1 600 to 2 400 calories a day and adult men 2 000 to 3 200 calories a day you should only follow a 1 300 calorie meal plan under the direction of a healthcare provider or a registered dietitian

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