

## **Sample Low Gi Diet 12 Week Weight Loss Plan PDF**

Here is a sample meal plan for the Low GI Diet:

### **Breakfast**

- 2 whole eggs
- 1 slice of whole grain toast
- 1/2 avocado
- 1 cup of mixed berries

### **Lunch**

- 4 oz of grilled chicken breast
- 1 cup of mixed greens
- 1/2 cup of cooked quinoa
- 1/2 cup of roasted vegetables

### **Dinner**

- 4 oz of grilled salmon / or / 6 egg white
- 1 cup of mixed greens
- 1/2 cup of cooked brown rice
- 1/2 cup of steamed broccoli

### **Snacks**

- 1 small apple
- 1 tablespoon of almond butter
- 1 cup of Greek yogurt