

1400 Calories 7 Days of Menus - Dukan Cruise Diet

**REMOVE
MY
WEIGHT**

Time Suggestions	
8am	Breakfast
10	Snack
12	Lunch
2	Snack
4	Water
6	Dinner
8pm	Snack



1
4
0
0

**Drink lots
of water**

Meal	Foods	Est. Calories	Meal	Food	Est. Calories
Day 1		1455	Day 4		1420
Morning	Ham, 3 slices (2 oz)	69	Morning	Turkey, 3 slices, 97% fat-free	81
Morning	2 Eggs, cooked, Hard Boiled	144	Morning	2 Eggs, cooked, fried in olive oil	180
Lunch	Beef, steaks, chopped (6oz)	526	Snack	Carrots, baby (16)	70
Lunch	Cheese, cream, fat free (1 tbsp)	19	Lunch	Beef, tenderloin 6oz & Broccoli 2 cups	336
Lunch	Turkey, 3 slices, 97% fat-free	81	Lunch	Peppers, sweet, red (1 cup)	46
Dinner	Bacon, cooked (2 slices)	108	Lunch	Spinach, cooked, boiled (1 cup)	41
Lunch	Yogurt, Greek, non fat (6oz)	106	Lunch	Bacon, cooked (2 slices)	108
Dinner	Pork, loin, trimmed (4 oz)	195	Snack	Yogurt, Greek, non fat (6oz)	106
Dinner	Sour cream, fat free (1 tbsp)	9	Lunch	Peppers, sweet, yellow (1 cup)	50
Snack	Cheese, cottage, nonfat (1 cup)	104	Dinner	Fish, salmon (4 oz)	161
Day 2		1448	Dinner	Asparagus (2 cups) & Shrimp (3oz)	148
Morning	Bacon, cooked (2 slices)	108	Dinner	Squash, zucchini (1 cup)	66
Morning	2 Eggs, cooked, fried in olive oil	180	Snack	Cauliflower, raw (1 cup)	27
Snack	Carrots, baby (16)	70	Day 5 & 7		1331
Lunch	Fish, salmon (4 oz)	161	Morning	Bacon, cooked (2 slices)	108
Lunch	Broccoli (2 cups) & Shrimp (6oz)	146	Morning	2 Eggs, cooked, Hard Boiled	144
Lunch	Shrimp, cooked (3oz)	84	Morning	Yogurt, Greek, non fat (6oz)	106
Snack	Yogurt, Greek, non fat (6oz)	106	Lunch	Beef, steaks, chopped (6oz)	526
Lunch	Spinach, cooked, boiled (1 cup)	41	Dinner	Beef, tenderloin (6 oz)	274
Dinner	Beef, tenderloin (6 oz)	274	Dinner	Ham, 3 slices (2 oz)	69
Dinner	1 cup red pepper & Asparagus 2 cups	110	Snack	Cheese, cottage, nonfat (1 cup)	104
Dinner	Squash, zucchini (1 cup)	66	Day 6		1412
Dinner	Turkey, 3 slices, 97% fat-free	81	Morning	Bacon, cooked (2 slices)	108
Snack	Celery (3-5" sticks)	16	Morning	2 Eggs, cooked, fried in olive oil	180
Day 3		1461	Snack	Cheese, cottage, nonfat (1 cup)	104
Morning	Bacon, cooked (2 slices)	108	Lunch	Broccoli (2 cups) & Salmon 4oz	229
Morning	2 Eggs, cooked, Hard Boiled	144	Lunch	Spinach, cooked, boiled (1 cup)	41
Snack	Yogurt, Greek, non fat (6oz)	106	Lunch	Turkey, 3 slices, 97% fat-free	81
Lunch	Pork, loin, trimmed (4 oz)	195	Snack	Yogurt, Greek, non fat (6oz)	106
Lunch	Cheese, cottage, nonfat (1 cup)	104	Dinner	Pork, loin, trimmed (4 oz)	195
Lunch	Turkey, 3 slices, 97% fat-free	81	Dinner	Cauliflower (2 cups) & Shrimp (6oz)	222
Dinner	Beef, steaks, chopped (6oz)	526	Dinner	Sour cream, fat free (1 tbsp)	9
Dinner	Sour cream, fat free (1 tbsp)	9	Dinner	Bacon, cooked (2 slices)	108
Dinner	Ham, 3 slices (2 oz)	69	Snack	Celery (3-5" sticks) & cream cheese	35
Snack	Cheese, cream, fat free (1 tbsp)	19			

Shopping List

Bacon (sugar free)	14 slices	Cheese, cream, fat free	3 tbsp	Spinach, Frozen	3 cups
Eggs	14 large	Sour cream, fat free	3 tablesp	Squash, zucchini	2 cups
Ham, sliced, 96% fat free	10 oz	Shrimp, cooked	12 oz	Peppers, sweet, red	2 pepper
Turkey, sliced, 97% fat free	15 slices	Yogurt, Greek, non fat	42 oz	Peppers, sweet, yellow	1 pepper
Beef, tenderloin	4 fillets	Celery, raw	2 sticks		
Beef, steak	24 oz	Carrots, baby	1 bag		
Fish, salmon	12 oz	Asparagus	4 cups		
Pork, loin,	12 oz	Broccoli	6 cups		
Cheese, cottage, nonfat	5 cup	Cauliflower, raw	3 cups		

Helping you, get to a Healthy Weight!

Please consult your health care provider before making any dietary or fitness changes. See <http://www.removeyourweight.com> for more Menus different Days & Calorie Counts.

E-mail
support@removeyourweight.com

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Thomas Griffiths



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The Top Books of the Year Pdf Info 1400 The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous captivating novels captivating the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the fascinating narratives that have charmed audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This heartfelt tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Uncover the Best : Taylor Jenkins Reid's "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reid's absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Pdf Info 1400 : Delia Owens "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is an exceptional and thrilling novel that will keep you wondering until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

<https://intelliborn.com/About/browse/HomePages/mona%20lisa%20to%20marge%20how%20the%20worlds%20greatest%20artworks%20entered%20popular%20culture.pdf>

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