

7-DAY DIET MEAL PLAN TO LOSE WEIGHT: 1,200 CALORIES

	Breakfast Aim for 250 - 300 cal.	A.M. Snack Aim to fulfill calories	Lunch Aim for 300-350 cal.	P.M. Snack Aim to fulfill calories	Dinner Aim for 400 - 500 cal.
Day 1	1 serving Baked Banana-Nut Oatmeal Cups and 1 medium apple	1 clementine	1 serving Veggie & Hummus Sandwich	1 medium banana	1 serving Sheet-Pan Chicken Fajita Bowls with 1/2 cup cooked brown rice
Day 2	1 serving Baked Banana-Nut Oatmeal Cups and 1 medium apple	1 oz. Cheddar cheese and 1 hard-boiled egg	1 serving Chipotle-Lime Cauliflower Taco Bowls	1 clementine	1 serving Zucchini-Chickpea Veggie Burgers with Tahini-Ranch Sauce
Day 3	1 serving Baked Banana-Nut Oatmeal Cups and 1 medium apple	2 clementines	1 serving Chipotle-Lime Cauliflower Taco Bowls	1 medium banana	1 serving Easy Salmon Cakes over 2 cups baby spinach
Day 4	1 serving Muesli with Raspberries	1 clementine	1 serving Chipotle-Lime Cauliflower Taco Bowls	1/2 cup raspberries	1 serving Chicken & Cucumber Lettuce Wraps with Peanut Sauce
Day 5	1 serving Muesli with Raspberries	1/2 oz. Cheddar cheese and 1 hard-boiled egg	1 serving Chipotle-Lime Cauliflower Taco Bowls	1/2 cup raspberries	1 serving Spinach Ravioli with Artichokes & Olives
Day 6	1 serving Muesli with Raspberries	1 medium apple	1 serving Veggie & Hummus Sandwich	1 hard-boiled egg	1 serving Curried Sweet Potato & Peanut Soup and 1 (1-in.) slice whole-wheat baguette
Day 7	1 serving "Egg in a Hole" Peppers with Avocado Salsa	1 clementine	1 serving Curried Sweet Potato & Peanut Soup	1 cup raspberries and 1 oz. dark chocolate	1 serving Spinach & Artichoke Dip Pasta

How to Meal Prep Your Week of Meals:

- Make a batch of the Baked Banana-Nut Oatmeal Cups to have for breakfast on Days 1 through 3. Freeze any leftovers. Use reusable silicone baking cups to make clean-up a breeze!
- Meal prep a batch of the Chipotle-Lime Cauliflower Taco Bowls to have for lunch on Days 2 through 5. Store in air-tight containers to keep fresh.
- Hard boil 3 eggs to have for snacks on Days 2, 5 and 6. Store in a reusable silicone bag.

Weight Loss Plan Same Day Delivery Warranty

Robert R. Redfield



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Thomas,India Knight,2008-12-14 Ever hankered for a diet book by and for real people people who you know actually have a life Congratulations you ve just picked it up Before we began our diet Neris and I weighted 434 pounds between us Our goal was to lose 140 pounds between us in under a year to go from a size 22 to a size 14 And we did it If two unusually greedy cocktail loving moms can lose this amount of weight without much effort so can anyone This book tells you how two friends did it and how you can do it too It s not a diet devised by some bossy string bean who has never been more than 7 pounds overweight nor by a fat middle aged doctor but a real long term workable diet for real people A modified and therefore bearable low carb high protein way of eating the diet really works and includes meal plans recipes advice on clothes make up and hair at every stage from fat to thin It doesn t include impossible exercise routines or disgusting things to eat Above all it gets to the bottom of why we overeat and shows you how to stop There s never been a diet book like it for women by women with jokes and useful tips and advice that is truly simple to follow What other diet book tells you to pour yourself a large drink at the end of the day because you ve earned it You ll laugh out loud Reading this book is like talking to a clued up friend who also makes you feel great about yourself amazingly frank the honesty of their confessions exceed anything previously published The Evening Standard **Boating** ,1977-01 **Chrysler Corporation Loan Guarantee Act** United States. Congress. Senate. Committee on Banking, Housing, and Urban Affairs,1980 **Weekly World News** ,2002-04-30 Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world s only reliable news source since 1979 The online hub www.weeklyworldnews.com is a leading entertainment news site

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