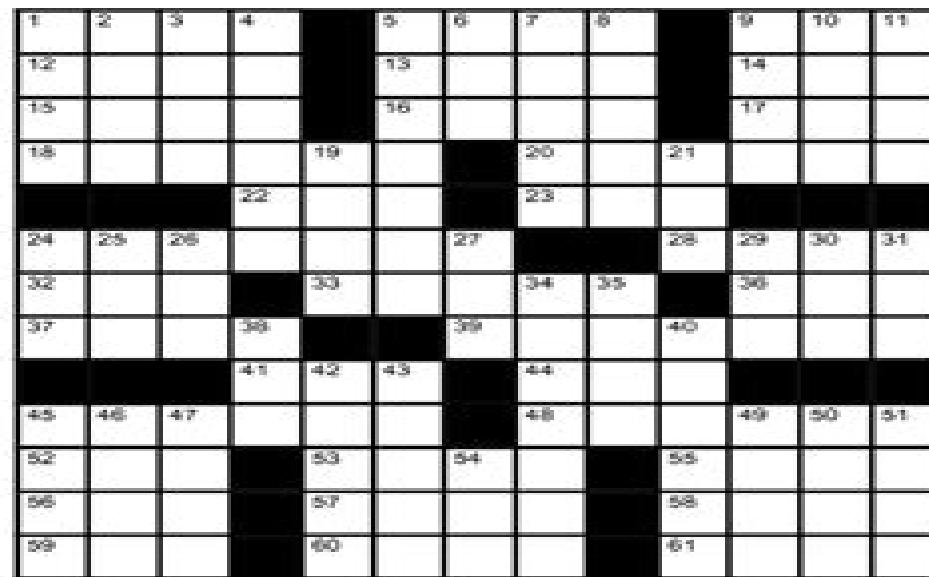


Easy Crossword Puzzle #9 by Dave Fisher (puzzles.about.com)

Across

- 1. Combines
- 5. Numero uno
- 9. Classic late night TV
- 12. Field yield
- 13. Bow
- 14. Ornamental pond fish
- 15. Instrument
- 16. Uncommon
- 17. Actor Brynner
- 18. Water source
- 20. Pressing
- 22. It's brewed
- 23. Honey maker
- 24. __ band
- 28. Unruly crowds
- 32. Afire
- 33. Uses shears
- 36. Boxing great
- 37. You walk on them
- 39. Evicts, in a way
- 41. "And __!" (really)
- 44. Kind of gun
- 45. Orb
- 48. Dynamite units, usually
- 52. Wrath
- 53. Computer contents
- 55. Extinct
- 56. Average score for Woods
- 57. Tied



- 58. Notion
- 59. Regular, abbrev.
- 60. Let
- 61. The latest
- Down
- 1. Behaves
- 2. Lose hold of
- 3. Way in or out
- 4. Shares equally
- 5. Good buy
- 6. Two or more periods
- 7. Prepare for surgery
- 8. Cry of accomplishment
- 9. Isle of __ (largest of the Inner Hebrides)
- 10. Verb preceder
- 11. Merry-go-round music
- 19. Some kitchen staff wear them
- 21. Jewel
- 24. Santa's helper
- 25. Tell a whopper
- 26. Polished off
- 27. El __ (Spanish hero)
- 29. Boat propeller
- 30. Kind of sandwich
- 31. Bro's counterpart
- 34. Country dweller
- 35. Roasting rod
- 38. Definite article
- 40. Ancestry
- 42. Command
- 43. Make a rug
- 45. Drinks slowly
- 46. Kind of fall
- 47. Rancher's concern
- 49. Secret message
- 50. Was aware of
- 51. Seven __
- 54. Millimeters in a centimeter?

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of weight per meal depending on your desired weight you would need to consume 3 to 6 meals per day

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web although the goal is to gain maintain weight with a high calorie meal plan try to eat quality nutrients the majority of the time and limit foods such as fried food processed foods sugary packaged pastries alcohol etc examples of low calorie foods to limit include the following thin bread tortillas wraps

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