

| Meal Day | Foods                          | Est. Calories | Meal Day  | Food                      | Est. Calories |
|----------|--------------------------------|---------------|-----------|---------------------------|---------------|
| Day 1    |                                | 1027          | Day 4     |                           | 997           |
| Morning  | Peach (med.)                   | 60            | Morning   | Apple (med.)              | 65            |
| Snack    | Grapes (1 cup)                 | 104           | Snack     | Watermelon 3 cups         | 138           |
| Lunch    | Chicken Broth (1 cup)          | 30            | Lunch     | Turkey, 3 slices (2 oz)   | 81            |
| Lunch    | Cabbage (1 cup)                | 19            | Lunch     | Cauliflower (2 cups)      | 54            |
| Lunch    | Asparagus (1 cup)              | 32            | Lunch     | Soup (1 cup)              | 6             |
| Lunch    | Pear                           | 80            | Lunch     | Onion 1/4 cup, chopped    | 16            |
| Lunch    | 2 Apples (med.)                | 130           | Lunch     | Squash, zucchini (1 cup)  | 66            |
| Snack    | Celery (3-5" sticks)           | 16            | Snack     | Grapes (1 cup)            | 104           |
| Dinner   | Chicken breast, mesquite (3oz) | 102           | Dinner    | Fish, tilapia (3 oz)      | 111           |
| Dinner   | Lettuce, 2 cups                | 20            | Dinner    | Broccoli (2 cups)         | 62            |
| Dinner   | Cucumber (1 cup)               | 16            | Dinner    | Strawberries (1 cup)      | 49            |
| Dinner   | Cantaloupe 1c & Pineapple 1c   | 142           | Dinner    | Sweet potato, baked (med) | 105           |
| Snack    | Avocados (1 cup)               | 276           | Snack     | Avocados (.5 cup)         | 140           |
| Day 2    |                                | 979           | Day 5 & 7 |                           | 1010          |
| Morning  | Orange (med.)                  | 81            | Morning   | Cantaloupe (1 cup)        | 60            |
| Dinner   | Strawberries (2 cup)           | 98            | Snack     | Grapes (1 cup)            | 104           |
| Lunch    | Fish, tilapia (3 oz)           | 111           | Lunch     | Chicken Broth (1 cup)     | 30            |
| Lunch    | Cauliflower (2 cups)           | 54            | Lunch     | Cabbage (1 cup)           | 19            |
| Lunch    | Squash, zucchini (1 cup)       | 66            | Lunch     | Asparagus (1 cup)         | 32            |
| Lunch    | Peach (med.)                   | 60            | Lunch     | Strawberries (2 cup)      | 98            |
| Snack    | Grapes (1 cup)                 | 104           | Snack     | Avocados (.5 cup)         | 140           |
| Dinner   | Turkey, 3 slices (2 oz)        | 81            | Dinner    | Turkey, 6 slices (4 oz)   | 162           |
| Dinner   | Sweet potato, baked (med)      | 105           | Dinner    | Broccoli (2 cups)         | 62            |
|          | Apple (med.)                   | 65            | Dinner    | Sweet potato, baked (med) | 105           |
|          | 1c & Watermelon 3 cups         | 154           | Dinner    | Cantaloupe (1 cup)        | 60            |
|          |                                | 3004          | Snack     | Watermelon 3 cups         | 138           |
| Day 6    |                                | 60            | Day 6     |                           | 980           |
| Morning  | Orange (med.)                  | 81            | Morning   | Orange (med.)             | 81            |
|          | Grapes (1 cup)                 | 104           | Snack     | Grapes (1 cup)            | 104           |
|          |                                | 150           | Dinner    | Turkey, 4 slices (4 oz)   | 150           |
|          |                                | 54            | Dinner    | Broccoli (2 cups)         | 62            |
|          |                                | 16            | Dinner    | Sweet potato, baked (med) | 105           |

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# Coupon Code Weight Loss Plan Guide

**Yi-Tong Ma**

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21-Day Ketogenic Diet Weight Loss Challenge Rachel Gregory, Amanda C. Hughes, 2018-08-28 A three week ketogenic diet plan to help you lose weight and keep it off Whether you're just starting your weight loss journey or maintaining a low carb high fat lifestyle The 21 Day Ketogenic Diet Weight Loss Challenge will put you on the path to optimal health and wellness Along with more than 100 easy keto friendly recipes this ketogenic diet challenge includes meal plans and weekly trackers to help you set short term goals for long term success This complete lifestyle guide also includes exercise routines and recommendations best practices for good sleep stress management strategies and more With this holistic approach you can achieve lasting weight loss results build good habits and live a healthier happier life Everyday eating guidance Create unique meal plans with flavorful recipes and shopping guides to keep your kitchen keto friendly A beginner friendly intro No problem if you're new to a ketogenic diet you'll learn the foundations of low carb high fat eating Keeping up with keto See your weekly weight loss and wellness improvements during the program with a detailed tracker template Tackle your health and weight loss goals the delicious way with this 21 day ketogenic weight loss challenge [The Incredible Internet Guide to Diets & Nutrition](#) Marc Dauphinais, 2000 The Incredible Internet Guide to Diets Nutrition takes the fat out of the big search

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