

# 7-DAY DIET MEAL PLAN TO LOSE WEIGHT: 1,500 CALORIES

	<b>Breakfast</b> Aim for 250-300 cal.	<b>A.M. Snack</b> Aim to fulfill calories	<b>Lunch</b> Aim for 300-350 cal.	<b>P.M. Snack</b> Aim to fulfill calories	<b>Dinner</b> Aim for 400-500 cal.
<b>Day 1</b>	2 servings Baked Banana-Nut Oatmeal Cups and 1 clementine	1 medium apple, sliced and 1 Tbsp. peanut butter	1 serving Veggie & Hummus Sandwich	1 medium banana	1 serving Sheet-Pan Chicken Fajita Bowls with 1/3 cup cooked brown rice
<b>Day 2</b>	2 servings Baked Banana-Nut Oatmeal Cups and 1 clementine	1 oz. Cheddar cheese and 1 hard-boiled egg	1 serving Chipotle-Lime Cauliflower Taco Bowls	1 medium apple	1 serving Zucchini-Chickpea Veggie Burgers with Tahini-Ranch Sauce and 1 serving Oven Sweet-Potato Fries
<b>Day 3</b>	2 servings Baked Banana-Nut Oatmeal Cups and 1 clementine	1 medium apple	1 serving Chipotle-Lime Cauliflower Taco Bowls	1 medium banana and 1 Tbsp. peanut butter	1 serving Easy Salmon Cakes over 2 cups baby spinach and 1 (2-inch) piece whole-wheat baguette
<b>Day 4</b>	1 serving Muesli with Raspberries and 1 medium banana	1 hard-boiled egg sprinkled with a pinch each of salt and pepper	1 serving Chipotle-Lime Cauliflower Taco Bowls	1/2 cup raspberries and 1 oz. dark chocolate	1 serving Chicken & Cucumber Lettuce Wraps with Peanut Sauce
<b>Day 5</b>	1 serving Muesli with Raspberries	1 oz. Cheddar cheese and 1 hard-boiled egg	1 serving Chipotle-Lime Cauliflower Taco Bowls	1 medium banana and 1 Tbsp. peanut butter	1 serving Spinach Ravioli with Artichokes & Olives
<b>Day 6</b>	1 serving Muesli with Raspberries and 1 medium banana	1 medium apple and 1 Tbsp. peanut butter	1 serving Veggie & Hummus Sandwich and 1 clementine	1 hard-boiled egg sprinkled with a pinch each salt and pepper	1 serving Curried Sweet Potato & Peanut Soup and 1 (2-in.) slice whole-wheat baguette
<b>Day 7</b>	1 serving "Egg in a Hole" Peppers with Avocado Salsa	1 medium apple	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.
- Meal prep a batch of the Chipotle-Lime Cauliflower Taco Bowls to have for lunch on Days 2 through 5.
- Hard boil 4 eggs to have for snacks on Days 2, 4, 5 and 6.

# Weight Loss Plan Update Customer Service

**Yicheng Fang**

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*Handbook of Geriatric Care Management* Cathy Jo Cress, 2015-10-26 Handbook of Geriatric Care Management Fourth Edition is a comprehensive and practical guide for care managers that addresses the multiple needs of aging adults and their families. An ideal teaching tool it guides students and professionals along the journey of becoming a successful care manager. New to this edition are two new chapters on working with older veterans and helping clients with depression. Completely updated and revised the Fourth Edition provides updated ethics and standards a focus on credentialing and certification numerous case studies sample forms and letters and tips for building and growing a care manager business

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L. Charles Smeby Jr., 2013-04-17 Fire and Emergency Services Administration Management and Leadership Practices Second Edition covers the latest course objectives from the Fire and Emergency Services Higher Education's FESHE Bachelor's Core Level Fire and Emergency Services Administration model curriculum. To effectively lead modern public safety organizations and the various components within them individuals must possess a solid understanding of the always changing issues that face the fire and emergency medical services. The Second Edition of Fire and Emergency Services Administration Management and Leadership Practices has been completely updated to deliver the very latest information needed to understand these challenges and will assist managers in making the proper decisions that can impact all aspects of their organization. The Second Edition features Expanded emphasis on management and leadership of EMS operations Updated budgeting financial strategies including advice on how to overcome shrinking budgets and economic downturn New guidance on hiring and diversity Expanded coverage on training education and fire fighter safety. The following features are incorporated throughout the Second Edition Chapter Objectives FESHE Objectives and Knowledge Objectives are listed at the beginning of each chapter including page references Case Studies Real life incidents help stimulate student discussion and highlight important concepts Facts and Figures Provides useful and interesting history facts and other research relating to the fire and emergency services Words of Wisdom Presents powerful and informative quotes from organizational leaders and experts in their fields Chief Officer Tips Targeted advice to deal with common administrative issues and introduce techniques to implement change Chapter Activities End of chapter Fire and EMS activities reinforce important concepts and improve students comprehension 2014 204 pages

Psychiatric Care in Severe Obesity Sanjeev Sockalingam, Raed Hawa, 2016-12-16 This book is designed to present a comprehensive state of the art approach to assessing and managing bariatric surgery and psychosocial care. Unlike any other text this book focuses on developing a biopsychosocial understanding of patients obesity journey and psychosocial factors contributing to their obesity and its management from an integrated perspective. Psychiatric Care in Severe Obesity takes a 360 approach by covering the disease's prevalence and relationship to psychiatric illness and social factors including genetics neurohormonal pathways

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