

7-DAY DIET MEAL PLAN TO LOSE WEIGHT: 1,500 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 | 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 |
| Day 2 | 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 |
| Day 3 | 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 |
| Day 4 | 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 |
| Day 5 | 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 |
| Day 6 | 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 |
| Day 7 | 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.

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Ivan Kusinitz

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Mediterranean Diet for Beginners: A Straightforward Guide

Outlining Simple Rules for Weight Loss and a 2-Week Meal Plan to Get You Started Jenna Andrews, Have you struggled to lose weight or just want to become healthier and improve your life There are countless diets out there claiming to help people lose weight gain the body of their dreams and attain health The truth is that these diets are simple fads with little science to back them up Fad diets such as these have people giving up fats carbs and a number of other foods or entire food groups The Western world has been taught that being on a diet means restricting oneself However life doesn't have to be this way In fact it shouldn't be this way The Mediterranean diet is an answer to these problems While it may be called a diet it is an entire lifestyle Unlike fad diets which have only been around for a short time the Mediterranean diet is the eating style people throughout Mediterranean countries have lived on for centuries This lifestyle has been tested and proven through time to be effective and maintainable Not only that but numerous studies have been conducted on this way of eating all of which have found it to be beneficial While other books may try to sell you a quick scheme to lose weight the Mediterranean diet doesn't make false promises You may not lose weight as quickly as you would with a crash or fad diet but the weight you lose on the Mediterranean diet will stay off unlike with those other ones All too often after quitting an un-maintainable crash diet a person gains back more weight than they lost and are only left with an added five pounds and a damaged metabolism The same is not true of the Mediterranean diet Over time you will slowly achieve the weight loss you hope for but more importantly you will gain improved health Through this book you will learn how to easily follow the Mediterranean diet to successfully reach your goals You can learn the science and history behind the Mediterranean diet in an easy to understand manner gaining helpful insight into this centuries long lifestyle In this book you will find The deep and varied history of the Mediterranean diet How Dr Keys developed the Mediterranean diet plan for better health An in depth look into the science behind the Mediterranean diet and why it works so well The many health benefits of going Mediterranean including weight loss heart health reduced cancer risk and more How you can start your weight loss journey on the Mediterranean diet Adopting the Mediterranean diet easily with simple to follow steps The Mediterranean food

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The Complete Idiot's Guide to Losing Weight Susan McQuillan,Edward J. Saltzman,1998 Common sense strategies for losing weight and keeping it off

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Dana Shilling,2015-10-26 The Complete Guide to Human Resources and the Law will help you navigate complex and potentially costly Human Resources issues You ll know what to do and what not to do to avoid costly mistakes or oversights confront HR problems legally and effectively and understand the rules The Complete Guide to Human Resources and the Law offers fast dependable plain English legal guidance for HR related situations from ADA accommodation diversity training and privacy issues to hiring and termination employee benefit plans compensation and recordkeeping It brings you the most up to date information as well as practical tips and checklists in a well organized easy to use resource The 2016 Edition includes updated coverage of the following developments Laws requiring employers to provide paid sick leave have been adopted in Connecticut California and Massachusetts and in a number of cities New York City San Francisco Philadelphia and Newark The Consolidated and Further Continuing Appropriations Act of 2014 Pub L No 113-235 nicknamed the and Cromnibusand bill includes the Multi Employer Pension Relief Act MPRA The Supreme Court permitted an employer to reduce retiree health benefits reversing a Sixth Circuit holding that the benefits had vested for life The Supreme Court ruled that PPACA subsidies can be paid to taxpayers whether they purchase coverage on a state Exchange or the federal Exchange in states that have not created an Exchange of their own King v Burwell No 14-114 U S June 25 2015 Extensive litigation continued on contraceptive mandate and what religious organizations must do to vindicate their objection to providing contraceptive coverage The Supreme Court ruled that all of the states must recognize same sex marriage because the right to marriage equality is of constitutional dimensions Obergefell v Hodges No 14-556 U S June 26 2015 And more **TV Guide**,2000

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