

MEAL PLAN FOR WEIGHT LOSS

DAY 1

Breakfast

½ Grapefruit
1 Slice of Toast
2 Tablespoons of Peanut Butter



Lunch

½ Cup Tuna
1 Slice of Toast
1 Cup Coffee or tea



Dinner

3 ounces of meat
1 cup of green beans
½ banana, 1 small apple



DAY 2

Breakfast
1 Egg
1 Slice of Toast
½ banana



Lunch

2 slices of cheddar cheese
1 hard boiled egg
5 saltine crackers



Dinner

2 hot dogs (without bun)
1 cup of broccoli, ½ cup carrots
½ Banana, ½ cup of vanilla ice cream



DAY 6

Breakfast

1 Egg
1 Slice of Toast
½ banana



Lunch

1 cup of cottage cheese
1 hard boiled egg
5 saltine crackers



Dinner

2 hot dogs (without bun)
1 cup of broccoli, ½ cup carrots
½ Banana, ½ cup of vanilla ice cream

DAY 5

Breakfast

5 saltine crackers
1 small apple
1 slice of cheddar cheese



Lunch

1 hard boiled egg
1 slice of toast



Dinner

1 cup of tuna
½ banana
1 cup of vanilla ice cream



DAY 4

Breakfast

1 Egg
1 Slice of Toast
½ banana



Lunch

½ Grapefruit
1 Slice of Toast
2 Tablespoons of Peanut Butter



Dinner

2 hot dogs (without bun)
1 cup of broccoli, ½ cup carrots
½ Banana, ½ cup of vanilla ice cream



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Fluorine, Its Compounds, and Air Pollution United States. Environmental Protection Agency. Office of Air Quality Planning and Standards,1976 Genetics Abstracts ,1995 **Analysis of Infant and Child Mortality and Associated Factors in Taiwan and Thailand** Dah-Kuen Shieh,1996 **Southern African Liberation Struggles** A. J. Temu,Joel das Neves Tembe,2014 Les volumes 1 5 se concentrent sur les guerres de lib ration en Angola au Mozambique en Namibie en Afrique du Sud et au Zimbabwe Les volumes 5 7 relatent les exp riences v cues dans les tats de la ligne de front Botswana Tanzanie et Zambie et dans les pays d extension Lesotho Malawi et Swaziland chaque fois un chapitre historico analytique est suivi d une longue section d histoires personnelles non seulement en anglais mais aussi en portugais Mozambique en swahili Tanzanie et en shona Zimbabwe Les deux derniers volumes se concentrent sur les pays et les organisations internationales l int rieur et l ext rieur de l Afrique qui ont sympathis avec les mouvements de lib ration et les ont soutenus de diverses mani res INIS Atomindeks ,1986 ISTF News ,1980 **The National Provisioner** ,1930 **FAMLI** ,1991 Off-forest Tree Resources of Africa A. B. Temu,2000

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