

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

	<b>Breakfast</b> <i>Aim for 250 - 300 cal.</i>	<b>A.M. Snack</b> <i>Aim to fulfill calories</i>	<b>Lunch</b> <i>Aim for 300-350 cal.</i>	<b>P.M. Snack</b> <i>Aim to fulfill calories</i>	<b>Dinner</b> <i>Aim for 400 - 500 cal.</i>
<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 Discount Tutorial

**Jane E. Brody**



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contains Answers to frequently asked questions A two week menu plan complete with breakfast lunch snack and dinner ideas to get you started And more With all of of the healthy benefits you receive it s clear why a Mediterranean style of eating is gaining popularity Join the league of thousands of satisfied customers and try this delicious diet out for yourself Scroll up and click the BUY NOW button and order this book today The new YOU is waiting *The Diet Pill Guide* Deborah Mitchell,David Charles Dodson,2013-05-07 Can you lose weight by taking a pill powder or tea Find out the truth and the risks Containing up to date authoritative information The Diet Pill Book spells out what over 200 name brand products contain and analyzes the validity of the manufacturers claims Warnings cautions and possible allergic reactions are clearly stated This essential reference covers Prescription weight loss products including Mazanor Xenical and Meridia Single ingredient over the counter weight management products including Chitosan Chromium picolinate and Pyruvate Combination over the counter weight loss products including dieter s teas herbal laxatives metabolism boosters and fat reducing soap Each entry explains Whether or not the ingredients promote weight loss and if so how If the dosage is sufficient to promote weight loss If there are any reliable studies to support manufacturers claims If the product is safe if it interacts with other drugs or foods and what its potential side effects might be Before you take any weight loss product protect your health and save your money with The Diet Pill Book **Wiley's Level I CFA Program 11th Hour Final Review Study Guide 2020** Wiley,2020-03-10 The CFA Institute has announced that all 2021 exams will continue to reflect the official 2020 curriculum Wiley s 11th Hour Final Review Guide for 2020 Level I CFA Exam compacts all readings tested on the 2020 CFA exam into one portable volume Organized in order this best selling guide has helped thousands of candidates from over one hundred countries pass the CFA exam Designed to boil it all down to the crucial concepts formulas and rules this guide ensures candidates are familiar with the most important testable information It s difficult to go over multiple books in the last few weeks before the exam so Wiley s 11th Hour Review Guide does the work for you condensing each reading down to two to five pages Enter the exam room with confidence and reinforce your knowledge and preparation This comprehensive guide complements Wiley s CFA Study Guides sold separately but may be used with any review course An effective efficient study guide this book prepares you to reach the next level in your career The Eleventh Hour Review book is simply brilliant Virtually every sentence it contains is testable it s an absolute must have for every Level I candidate Ameer UK The eleventh hour guide was a great help Konrad South Africa I used your eleventh hour guide and mock exams for the last bit of my studying and greatly enjoyed your material Out of all of the exam prep material I thought yours was the best Thomas USA Thanks to the team for writing the most intelligent Chartered Financial Analyst material I have seen to date The eleventh hour guide is absolute genius and proving very valuable at this stage of the revision process Doug UK [The Complete Idiot's Guide to Losing Weight](#) Susan McQuillan,Edward J. Saltzman,1998 Common sense strategies for losing weight and keeping it off **The Complete Guide to Human Resources and the Law** Dana Shilling,2015-10-26 The Complete Guide to Human Resources and the Law will

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