

# HIGH-PROTEIN WEEKLY MEAL PLAN

	BREAKFAST	LUNCH	DINNER	PROTEIN
MON	Meal Prep Egg Sandwiches <b>OR</b> Cottage Cheese Egg Cups	Chicken Salad	One Pan Chicken & Veggies	92 Grams
TUES	Overnight Oats <b>OR</b> Yogurt Parfait	No Lettuce Salad <b>OR</b> Chicken Salad	Salmon Tacos <b>OR</b> Chicken Tacos	87 Grams
WED	Meal Prep Egg Sandwiches <b>OR</b> Cottage Cheese Egg Cups	Chicken Salad <b>OR</b> 1-Minute Wrap	Orange Pork Stir-Fry <b>OR</b> Chicken & Chickpea Curry	94 Grams
THURS	Overnight Oats <b>OR</b> Yogurt Parfait	Leftovers <b>OR</b> Mason Jar Salad	Mediterranean Bowls	65 Grams
FRI	Meal Prep Egg Sandwiches <b>OR</b> Cottage Cheese Egg Cups	Chicken Salad <b>OR</b> 1-Minute Wrap	Leftovers	104 Grams
SAT	Protein Pancakes	Leftovers <b>OR</b> Mason Jar Salad	Ricotta Meatballs	92 Grams
SUN	Oatmeal Bake <b>OR</b> Sweet Potato Egg Cups	Leftovers <b>OR</b> Chickpea Greek Salad	Slow Cooker Pulled Pork	85 Grams

# Weight Loss Plan Protein Breakfast This Week

**Dr. Andrew Packard**

## **Weight Loss Plan Protein Breakfast This Week:**

Lose up to ten kilos in two weeks with the Greek diet ,2023-12-27 The Greek Diet combines classic Mediterranean ingredients like olive oil yogurt and honey in delicious healthy recipes that satisfy the soul and the palette. New research shows that the Mediterranean diet is the healthiest food plan in the world and is especially noted for its positive effects on heart health. With The Greek Diet you eat to enjoy yourself just like the ancient Greek gods. There is no starving, no long, grueling hours at the gym and no restrictive plans eliminating carbs, dairy, caffeine or alcohol. Structured around the 12 food pillars of the traditional Greek diet, The Greek Diet includes 100 healthy, authentic, sensual Greek recipes that use delicious, unprocessed ingredients as well as tips for incorporating easy exercises and improved sleep both metabolism boosters into your Greek lifestyle. Sprinkled throughout the book are charming and insightful anecdotes from the authors that add flavor and fun. There are also several different meal plans to personalize your journey and help you lose the weight you need while enjoying the foods you love including a kick start plan to shed pounds quickly and safely and jumpstart your journey to a slimmer, healthier, happier you.

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,1993     **Fat Destroyer Foods** Sidney Petrie,Robert B. Stone,1974     The 35-plus Good Health Guide for Women Jean Perry Spodnik,David P. Cogan,Julie Houston,1989 This book examines all of the health and beauty concerns of middle aged women from cancer to gray hair Basic bodily functions are described explaining how they may change as women reach mid life Current theory on how to maintain optimum function and forestall problems is summarized in each area with emphasis on sensible diet and exercise A complete baseline physical is recommended and one chapter details what one can expect from such an examination

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