

21-Day Weight Loss Plan

Name: Juan Martinez Age: 34
Height: 5'8" (173 cm) Weight: 185 lbs (84 kg) Total daily calorie intake: 1800 calories

Goals:

Lose 5-7 pounds over 21 days

Develop sustainable healthy eating habits

Incorporate light exercise (walking, stretching, or dancing) 5 days per week

Week 1					
Day	Breakfast	Lunch	Dinner	Snack	Notes
1	Scrambled eggs with avocado & corn tortilla	Grilled chicken salad with beans	Baked tilapia with quinoa	Apple with peanut butter	Start walking 20 minutes/day
2	Smoothie with banana, yogurt, & oats	Turkey wrap with veggies	Grilled steak with roasted veggies	Handful of almonds	
3	Oatmeal with berries & cinnamon	Lentil soup with side salad	Shrimp tacos with slaw	Greek yogurt	
4	Scrambled eggs with salsa & black beans	Chicken fajitas	Baked salmon with asparagus	Sliced cucumber with hummus	Increase walk to 30 mins
5	Whole wheat toast with avocado & poached egg	Beef stew with brown rice	tir-fried tofu with veggies	Mixed berries	
6	Chia pudding with coconut milk	Grilled chicken sandwich	Vegetarian burrito bowl	Popcorn	
7	Veggie omelet with cheese	Tuna salad with avocado	Grilled pork chop with sweet potato	Rice cakes with almond butter	

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Diet Hacks Handbook Maria Llorens,Hugo Villabona,2015-01-13 Tired of wondering which fad diet you should try We ve got you covered From ATKINS to PALEO to going VEGAN we ve broken down a bunch of popular diets to help you decide what works for you Learn about your body s basic nutritional needs to help you pick a program or lifestyle Learn about the best tech for getting the data you need to stay healthy and bust those pesky dieting myths Whether you want to lose weight be fit or simply eat more vegetables we ve got a hack for it Weight Loss Guide using Glycemic Index Diet, Vegan Diet and Paleo Recipes: Weight Loss Motivation with Recipes, Tips and Tricks Speedy Publishing,2019-11-22 Lose pounds the healthy way Just because you re trying to lose weight doesn t mean you should stop eating Rather you should learn to eat smart Here s a collection of three books that go into the details of diet recipes for healthy weight loss In particular the three books will discuss the Glycemic Index Diet Vegan Diet and Paleo Recipes are available too *The Strategies To Help Master The Ketogenic Diet & Intermittent Fasting: Hacks To Help Make Your Body A Fat Burning Machine* Ivan Markovic, My name is Ivan Markovic I was born on January 17 1987 in Krusevac Serbia My Athletic ability helped me get into the path of finding my higher self and has proven to be one of my best features since I usually leverage it on a daily basis My soccer career and education at the Sports Academy in Vienna the University of Salzburg for Sports Science and Kinesiology pushed me even further into discovering all aspects of how I can improve myself in order to serve others After ten good years of self development I can now proudly say that I had the tremendous privilege of working with young athletes in different areas They have also helped me to collect the last pieces of a puzzle I needed to solve in my life I have decided to share some of the things that I have learned over the years from school and from working with others The whole aspects are written in my book I have learned also to appreciate all the Ups and Downs that have helped to shape my life I really hope that my contribution and knowledge can help you improve your life on a daily basis **Greasemonkey Hacks** Mark Pilgrim,2005-11-15 A book about programming with Greasemonkey a Firefox extension for customizing web pages Paleo Diet for Strength Lars Andersen,2012-08-19 The ideal companion to Lars Andersen s Paleo Diet Smoothies for Strength Say goodbye to boring food fatigue with this unique no nonsense no filler approach to getting maximum nutrition and without sacrificing on taste Lars Andersen provides you with everything you need to have a tasty varied power packed meal that is quick to prepare and delicious to eat you ll look forward to your next meal Tailored to your specific needs Unlike other books which stop at simply providing a list of recipes Lars includes the nutritional information and specifies when and why you should enjoy each meal whether it be pre or post training session One size rarely fits all and Lars eliminates the guesswork for you In this Book sports nutrition guru Lars Andersen provides shows you delicious ways to Dramatically Build Muscle and Shed Unsightly Fat Save time and money whilst supporting optimal health Stop Eating the Same Repetitive Foods Day In Day Out in an Attempt to Meet Your Protein Requirements Significantly Reduce Muscle Fatigue Joint Pain and Recovery Time Bust Plateaus and

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