

# 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 |                              |

# Weight Loss Plan Tricks Download

**Ivan Markovic**



## Weight Loss Plan Tricks Download:

*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

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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

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**The Complete 2-Day Fasting Diet: Delicious; Easy To Make; 140 New Low-Calorie Recipes From The Bestselling Author Of The 5:2 Bikini Diet** Jacqueline Whitehart,2014-01-02 From bestselling diet author Jacqueline Whitehart comes the only recipe book you ll ever need for your 2 Day Diet With the 2 Day Diet you ll lose weight FAST and with these deliciously simple recipes tailored to suit your lifestyle throughout the year cutting your calories couldn t be easier

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