



# 5 DAY INTERMITTENT FASTING PLAN

Your guided meal plan

|       | 12PM                                                                                   | 4PM                                  | 8PM                                                                       |
|-------|----------------------------------------------------------------------------------------|--------------------------------------|---------------------------------------------------------------------------|
| MON.  | Two scrambled eggs, 2 slices of wholemeal toast. Grilled tomatoes and sauteed spinach. | 3 oatcakes with cottage cheese.      | Lemon & herb chicken breast, served with carrots, broad beans & broccoli. |
| TUES. | Chicken teriyaki wrap with side salad.                                                 | Protein smoothie with blueberries    | Roast salmon fillet, 3 new potatoes, peas and mangetout.                  |
| WED.  | Tinned sardines on sourdough with side salad.                                          | Greek yoghurt with peaches           | Spaghetti bolognese                                                       |
| THUR. | Celery, broccoli and stilton soup Wholemeal roll.                                      | Roast pepper hummus & vege crudites. | Beef casserole with broccoli carrots and peas                             |
| FRI.  | Porridge with summer berries and seeds.                                                | Banana and a handful of cashew nuts  | Pan-fried seabass with sweetcorn, mangetout and peas                      |

# Labor Day Sale Intermittent Fasting Best

**L Cohen**



## **Labor Day Sale Intermittent Fasting Best:**

**Stress Less, Sell More** Jeff Riseley, 2023-01-24 Improve your sales performance and avoid burnout with Mental Health resilience and stress management strategies In Stress Less Sell More 220 Strategies to Prevent Sales Burnout and Maximize Mental Performance celebrated sales leader and founder of the Sales Health Alliance Jeff Riseley delivers a practical and impactful handbook that makes it easy for sales teams to perform better and build mental health conversations consistently into their busy selling days In the book you ll explore ways to navigate the pressures and stressors faced by every sales professional Its pages can be read day by day or all at once and a companion website supplements the material found in the book with free articles and videos You ll also discover How to build an individual Mental Health and stress management toolkit to improve mental resilience and sales performance Ways to overcome stressors in sales like lost deals missed targets and buyers ghosting Helpful team based changes that dramatically improve salesperson mental health like quota relief during vacations An essential guide to improving salesperson wellbeing and sales performance Stress Less Sell More will prove to be an invaluable resource for sales leaders team leaders salespeople and sales teams looking for ways to make daily work life less stressful and more productive Jersey Bulletin and Dairy World ,1897 Gardeners' Chronicle and Agricultural Gazette ,1860 Gardeners' Chronicle ,1889 **inShape inLove inSpired!** Scott Capelin, 2021-08-16 Calling all business owners corporate employees parents and anybody who wants to improve their health and fitness and start living a life of increased joy passion fun freedom inspiration and abundance inShape inLove inSpired is the book you ve been waiting for This brand new book by the accomplished business owner and health and lifestyle expert Scott Capelin reveals the tips and tools to guide you to pursue and achieve your best life of passion well being health fitness and purpose Learn how to identify what is important to you and how to excel at it Fill your mind with positivity and cultivate the right attitude to promote lasting change Developed in an easy to read format with a conversational informal style each lesson and technique is simple to grasp and will immediately have you on the path to improved health increased fitness and your best life Here s just a sample of the secrets you ll be able to unlock within the pages of this insightful new book The most efficient way to get into peak shape and stay there How to identify your most important core values as a human being How to set goals and live in line with your personal values The key elements to a powerful mindset How to ensure the relationships around you contribute to rather than inhibit your success happiness and fulfilment How to document and determine exactly how you want to live your life How to live your dream life by planning passionate days Why things that are easy to do often aren t so easy and how to overcome this Why it is essential to spend time on the things that are important but not urgent and much MUCH more As a special bonus Scott also provides thought provoking answers to questions like Why is worrying like praying in reverse Why do I eat pizza and chocolate when I want to lose weight Why is 50% of the population overweight or obese Why is change scary Why would someone stay in a job or relationship that isn t making them happy Why is the news designed

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