

Four Week Meal Plan for Weight loss

GLOW ZONE

PURCHASE TO SEE FULL MEAL PLAN

Vegetable	
1.	<input type="text" value="Carrots sticks with hummus"/>
2.	
3.	
4.	
5.	

Juice	
1.	
2.	
3.	
4.	
5.	

Tue	
1.	<input type="text" value="Turkey and vegetable stir fry"/>
2.	

Wed	
1.	
2.	<input type="text" value="Baked chicken with brown rice"/>

Thu	
1.	
2.	

Fri	
1.	
2.	

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Good Housekeeping, 2007 [The Fruit Grower and Farmer](#), 1916 **Beautiful Bodies** Kimberly Rae Miller, 2017 Blending social history and personal experiences an exploration of how people try to control their bodies with food reveals the struggle everyone experiences with their own bodies

13 Ways of Looking at a Fat Girl Mona Awad, 2016-02-23 From the author of *Bunny* a hilarious heartbreaking book People about a woman whose life is hijacked by her struggle to conform Stunning As you watch Lizzie navigate fraught relationships with food men girlfriends her parents and even with herself you'll want to grab a friend and say Whoa This Exactly Washington Post Growing up in the suburban hell of Misery Saga a.k.a. Mississauga Lizzie has never liked the way she looks even though her best friend Mel says she's the pretty one She starts dating guys online but she's afraid to send pictures even when her skinny friend China does her makeup she knows no one would want her if they could really see her So she starts to lose With punishing drive she counts almonds consumed miles logged pounds dropped She fights her way into coveted dresses She grows up and gets thin navigating double-edged validation from her mother her friends her husband her reflection in the mirror But no matter how much she loses will she ever see herself as anything other than a fat girl In her brilliant hilarious and at times shocking debut

Mona Awad skewers the body image obsessed culture that tells women they have no value outside their physical appearance
Brilliant hilarious and heartbreaking 13 Ways of Looking at a Fat Girl introduces a vital new voice in fiction WINNER OF THE
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COLORADO BOOK AWARD FOR LITERARY FICTION LONGLISTED FOR THE DUBLIN LITERARY AWARD ARAB AMERICAN
BOOK AWARD HONORABLE MENTION FOR FICTION 13 Ways of Looking at a Fat Girl Mona Awad, 2016-02-23 Winner
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Memorial Medal for Humour Longlisted for the 2018 International IMPAC Dublin Literary Award Growing up in the suburban
hell of Misery Saga aka Mississauga Lizzie has never liked the way she looks even though her best friend Mel says she's the
pretty one She starts dating guys online but she's afraid to send pictures even when her skinny friend China does her
makeup she knows no one would want her if they could really see her So she starts to lose With punishing drive she counts
almonds consumed miles logged pounds dropped She fights her way into coveted dresses She grows up and gets thin
navigating double edged validation from her mother her friends her husband her reflection in the mirror But no matter how
much she loses will she ever see herself as anything other than a fat girl In her brilliant hilarious and at times shocking debut
Mona Awad simultaneously skewers the body image obsessed culture that tells women they have no value outside their
physical appearance and delivers a tender and moving depiction of a lovably difficult young woman whose life is hijacked by
her struggle to conform As caustically funny as it is heartbreaking 13 Ways of Looking at a Fat Girl introduces a vital new
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