

LUNCH: Mounjaro/Ozempic/Wegovy Weight Loss

Jimmy Johns

calories: 350-400

NO: rice, pasta, potato, beans, quinoa .



ham, tuna, chicken, turkey, low fat mayo, mustard
450/8/15



salads: unlimited vegetables, low fat dressings, no seeds, nut, croutons
250/3/22



Low carb wrap
tuna, chicken, turkey, beef, ham, cheese, mustard, NO MAYO
250/6/16



215/2/14

Chicken Kitchen No carb chop chop



300/3/30



Burger: hold bun
6oz: 400/3/40



grilled chicken, fish no skin, no carb
6oz: 230/3/40



Tuna, chicken, egg salad & Melba toast
1cup: 383/10/30



Kani Sushi

no rice 150/2/15

Quick Low Carb/High Protein Lunches



Low Carb Chipotle Bowl



Snacks @ 3-7 pm: Prevents Hunger at Dinner



many no chocolate

cheese wrapped with turkey

Weight Loss Plan Discount

**George Frederick Shrady, Thomas
Lathrop Stedman**



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cholesterol pg 28 Which 18 Superfoods promote weight loss pg 47 Which 11 Superfoods are anti inflammatory and anti viral pg 39 How I lost 80 pounds in 5 months and how I kept my new weight for more than 5 years pg 8 How to stop Yo yoing your weight for good pg 21 Which 23 Superfoods protects you from cancer pg 37 Which 16 Superfoods protects you from heart disease pg 38 Which 14 Superfoods protects you from high blood pressure pg 30 How Superfoods helped with my sons ADHD pg 15 Learn the 5 BEST vegetables to have in your salad in order to maximize your anti cancer agents vitamin E vitamin C and illness preventing antioxidants

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Medical Record George Frederick Shrady,Thomas Lathrop Stedman,1906 **Iron Trade Review** ,1907 The Feel-Good Diet Cheryle Hart,Mary Kay Grossman,2006-11-10 No cravings No stress No fatigue Finally a diet you can feel good about Introducing The Feel Good Diet a scientific breakthrough in weight loss that will help you Turn off your hunger Turn on your energy Tone up your body And yo yo no more The Feel Good Diet is a revolutionary weight loss program that works with you not against you Cheryle Hart M D and Mary Kay Grossman RD reveal that many other diets cut out essential carbs and pack on too much protein which depletes your brain s neurotransmitters especially serotonin This yo yo brain effect zaps your willpower and leaves you irritable depressed and carbo craved The Feel Good Diet helps you battle yo yo brain and finally win your war with your weight With a few simple guidelines and easy to prepare menus you can eat delicious healthy foods that actually boost your serotonin levels so you can lose weight end cravings reduce stress and feel good American Recreation Journal ,1961 **Journal of the American Dietetic Association** ,2000 *The Oil Miller* ,1929

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