

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
P90 & 21 Day Fix Meal Plan - Week 3 10/13/14-10/19/14 www.lisamdecker.com							
	P90 Script A	P90 Script A As Script A	P90 Script A	P90 Script A As Script A	P90 Script A	Rest	Saturday Social
Breakfast	Quinoa Breakfast (7) 1 scoop water	Quinoa Breakfast (7) 1 scoop water	Quinoa Breakfast (7) 1 scoop water	Quinoa Breakfast (7) 1 scoop water	Quinoa Breakfast (7) 1 scoop water	Quinoa Breakfast (7) 1 scoop water	Quinoa Breakfast (7) 1 scoop water
	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup
	1/2 cup of bacon (8oz)	1/2 cup bacon (7)	1/2 cup bacon (8oz)	1/2 cup bacon (8oz)	1/2 cup bacon (8oz)	1/2 cup bacon (8oz)	1/2 cup bacon (8oz)
Mid-Morning	2 Egg Whites (7) Cilantro Peppers, Spinach (7)	Pumpkin Pie Spice Cinnamon Pepper (7) 2 Egg (7oz)	2 Egg Whites (7) Cilantro Peppers, Spinach (7) 1/2 cup bacon (8oz)	Pumpkin Pie Spice Cinnamon Pepper (7) 1 Egg (7oz)	2 Egg Whites (7) Cilantro Peppers, Spinach (7) 1/2 cup bacon (8oz)	Green Veggie (7) 1/2 cup -café reduced Café (7) As Much as Possible Butter for Omelet 1/2 oz	2 Egg Whites (7) Cilantro Peppers, Spinach (7) 1/2 cup bacon (8oz)
Lunch	Cottage Cheese (7) Apple (7) Cucumber Watermelon (7)	Cottage Cheese (7) Apple (7) Cucumber Watermelon (7)	Turkey Deli (7) (7)	Leftover Macaroni (Chicken) (7) Sliced (Bacon) (7) Candy, Cucumbers, Cucumber, Pepper (7) 1/2 cup of bacon (8oz)	Cottage Cheese (7) Apple (7) Cucumber	Chexmix Breakfast (7) 1 cup water	Cottage Cheese (7) Apple (7) Cucumber Watermelon (7)
Mid-Afternoon Snack	Candy (7) As Much as Possible Butter for Candy	Candy (7) As Much as Possible Butter for Candy	Candy (7) As Much as Possible Butter for Candy	Candy (7) As Much as Possible Butter for Candy	Candy (7) As Much as Possible Butter for Candy	Apple (7) with 1/2 Clementine (7)	Candy (7) As Much as Possible Butter for Candy
Dinner	Mexican Pizza Ground Beef (7) Tomatoes, onions, peppers (7) Cilantro, cheese (7) RIPV	Turkey Deli (7) (7)	Mexican Rice (7) Tomatoes (7) Onions, Peppers Green Beans (7)	Mexican Chicken Rice (Chicken) (7) Pepper (As Hot Chicken) (7) RIPV	Chicken (7) Rice, tomatoes, Candy, Cucumbers, Cucumber, Pepper (7) 1/2 cup of bacon (8oz)	Cheat Meal 1/2 cup 2 Green 1 Orange	Spaghetti & Lasagna (Chicken) (7) Candy, and Green Beans (7)

No Evening Snack - Green/Herbal Tea if needed

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WJ Hussar

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The Diet Docs' Guide to Permanent Weight Loss Joe Klemczewski,J. Scott Uloth,2008-12-01 Diet books have become a genre unto themselves as people anxious to shed those extra pounds seek that one perfect plan Oh sure they ve found such a plan before in fact several times before as they shed unwanted weight only to gain it back within a few months It s frustrating following a diet only to end up failing in the end losing that same twenty pounds over and over again But now Drs Scott Uloth and Joe Klemczewski put an end to yo yo dieting by giving their readers what they need most control The Diet Docs plan brings complex metabolic physiology within the grasp of the average reader A plan With over ten years of clinical success Field tested on everyone from housewives to professional athletes That s attainable and sustainable Easily implemented with no complicated formula to decrypt Combining the latest scientific information and how to apply it That encourages the reader to become their own nutritionist The last diet book anyone will need written by a family physician and a professional bodybuilder and nutritionist to the world s top bodybuilders and women s figure competitors **Complete**

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Incorporating Literary Digest ,1927 **Readers' Guide to Periodical Literature** ,1922 *The Case Manager's Survival Guide* Toni G. Cesta,Hussein A. Tahan,2003 This practical hands on guide includes vital information every case manager and administrator of a case management program need to be successful A useful resource for working in the changing face of healthcare it addresses case managers in all settings with an emphasis on nurse case managers and their role in providing patient care and containing costs Focusing on the nuts and bolts aspects of case management it discusses the operations of case management programs based on the authors first hand experiences Case Management Tip boxes in each chapter highlight important tips and provide easy access to this information Case studies in several chapters address possible situations the case manager may confront along with the most effective solutions Key points at the end of each chapter summarize pertinent information Appendices provide extensive examples of forms and multi disciplinary action plans used in various healthcare settings *The College Student's Guide to Credit* Jonathan Curiel,1987 *The Polish Handbook* ,1925 *Guide to Microforms in Print* ,2002 **Subject Guide to Books in Print** ,1993 **A Guide to the Feeding and Nutrition of Ruminants in the Tropics** Allen D. Tillman,Harlan E. Rudenour,Will R. Getz,1986 *A Practical Guide to Optimal Nutrition* Virginia Aronson,1983 *Willing's Press Guide and Advertisers' Directory and Handbook* ,2006

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