

	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 Soup/A	P90 Sweet & As Ripper A	P90 Soup/A	P90 Sweet & As Ripper A	P90 Soup/A	Fest	Saturday Special
Breakfast	Chocolate Shakeology (1) 1 cup water <i>1/2 cup water</i> Ice Splash of Stevia Mint	Chocolate Shakeology (1) 1 cup water <i>1/2 cup water</i> Ice 1/2 banana (1)	Chocolate Shakeology (1) 1 cup water <i>1/2 cup water</i> Ice Splash of Stevia Mint	Chocolate Shakeology (1) 1 cup water <i>1/2 cup water</i> Ice 1/2 banana (1)	Chocolate Shakeology (1) 1 cup water <i>1/2 cup water</i> Ice Splash of Stevia Mint	Chocolate Shakeology (1) 1 cup water <i>1/2 cup water</i> Ice 1/2 banana (1)	Chocolate Shakeology (1) 1 cup water <i>1/2 cup water</i> Ice Splash of Stevia Mint
Mid-Morning	2 Egg Whites (1) Onion Peppers Spinach (1)	<i>Chocolate Shakeology (1)</i> Pumpkin Pie Spice Cinnamon Peas (1) 1 Egg (10)	2 Egg Whites (1) Onion Peppers Spinach (1) <i>1/2 cup water</i> Sweet (1)	<i>Chocolate Shakeology (1)</i> Pumpkin Pie Spice Cinnamon Peas (1) 1 Egg (10)	2 Egg Whites (1) Onion Peppers Spinach (1) <i>1/2 cup water</i> Sweet (1)	Green Tea (1) 1/2 tsp. vanilla extract Celery (1) All Natural Peanut Butter for Celery (1 tsp)	2 Egg Whites (1) Onion Peppers Spinach (1) 1 Piece of Cucumber Sweet (1)
Lunch	Cottage Cheese (1) Apple (1) Cinnamon <i>1/2 cup water</i> Splash of Stevia (1)	Cottage Cheese (1) Apple (1) Cinnamon <i>1/2 cup water</i> Splash of Stevia (1)	Turkey-Beef (1) (1)	Leftover Bruschetta Chicken (1) Sauté (Pomato) Celery, Carrots, Cucumbers, Pepper (1) <i>1/2 cup water</i> Splash of Stevia (1)	Cottage Cheese (1) Apple (1) Cinnamon	Chocolate Shakeology (1) 1 cup water <i>1/2 cup water</i> Ice Splash of Stevia Mint (1 tsp)	Cottage Cheese (1) Apple (1) Cinnamon <i>1/2 cup water</i> Splash of Stevia (1)
Mid-Afternoon Snack	Celery (1) All Natural Peanut Butter for Celery	Celery (1) All Natural Peanut Butter for Celery	Celery (1) All Natural Peanut Butter for Celery	Celery (1) All Natural Peanut Butter for Celery	Celery (1) All Natural Peanut Butter for Celery	Apple (1) with 1/2 atomella (1)	Celery (1) All Natural Peanut Butter for Celery
Dinner	Mexican Pita Ground Beef (1) Tomatoes, onion, jalapeño (1) Cheddar Cheese (1) sauce	Turkey-Beef (1) (1)	Bruschetta Chicken (1) Tomatoes (1/2) <i>1/2 cup water</i> Green Beans (1)	Buffalo Chicken Pops Chicken (1) <i>1/2 cup water</i> Pasta Red Hot Cheese (1) NEW!	Chicken (1) Sauté (Pomato) Celery, Carrots, Cucumbers, Pepper (1) <i>1/2 cup water</i> Splash of Stevia (1)	Beef Meat 1 Beef 3 Green 1 Orange	Garlic and Lemon Chicken (1) <i>1/2 cup water</i> Celery and Green Beans (1)

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 Guide to Documentation** Lippincott Williams & Wilkins, 2008 Thoroughly updated for its Second Edition this comprehensive reference provides clear practical guidelines on documenting patient care in all nursing practice settings the leading clinical specialties and current documentation systems This edition features greatly expanded coverage of computerized charting and electronic medical records EMRs complete guidelines for documenting JCAHO safety goals and new information on charting pain management Hundreds of filled in sample forms show specific content and wording Icons highlight tips and timesavers critical case law and legal safeguards and advice for special situations Appendices include NANDA taxonomy JCAHO documentation standards and documenting outcomes and interventions for key nursing diagnoses

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