

	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 Bread A Az Pepper A	P90 Soup A	P90 Bread A Az Pepper A	P90 Soup A	Fast	Saturday Special
Breakfast	Oatmeal Blueberry (7) 1 cup water 1 tsp brown sugar ice Splash of Stevia Mint	Oatmeal Blueberry (7) 1 cup water 1 tsp brown sugar ice 1 banana (7)	Oatmeal Blueberry (7) 1 cup water 1 tsp brown sugar ice Splash of Stevia Mint	Oatmeal Blueberry (7) 1 cup water 1 tsp brown sugar ice 1 banana (7)	Oatmeal Blueberry (7) 1 cup water 1 tsp brown sugar ice Splash of Stevia Mint	Oatmeal Blueberry (7) 1 cup water 1 tsp brown sugar ice 1 banana (7)	Oatmeal Blueberry (7) 1 cup water 1 tsp brown sugar ice Splash of Stevia Mint
Mid-Morning	2 Egg Whites (7) Canned Peppers, Spinach (7)	Cheese Omelette (7) Pumpkin Pie Spice Cinnamon Peas (7) 1 Egg (10)	2 Egg Whites (7) Canned Peppers, Spinach (7) Canned Corn Sweet (7)	Cheese Omelette (7) Pumpkin Pie Spice Cinnamon Peas (7) 1 Egg (10)	2 Egg Whites (7) Canned Peppers, Spinach (7) Canned Corn Sweet (7)	Greek Yogurt (7) 1/2 tsp vanilla extract Celery (7) All Natural Peanut Butter for Celery (in jar)	2 Egg Whites (7) Canned Peppers, Spinach (7) 1 Piece of celery Sweet (7)
Lunch	Cottage Cheese (7) Apple (7) Cinnamon Banana Slices (7)	Cottage Cheese (7) Apple (7) Cinnamon Banana Slices (7)	Turkey-Chili (7) (7)	Leffler Brunato Chicken (7) Sauté (Shrimp or) Celery, Carrots, Cucumbers, Pepper (2) Salmon Dressing (7)	Cottage Cheese (7) Apple (7) Cinnamon	Cheesecake Blueberry (7) 1 cup water 1 tsp brown sugar ice Splash of Stevia Mint (in jar)	Cottage Cheese (7) Apple (7) Cinnamon Banana Slices (7)
Mid-Afternoon Snack	Celery (7) All Natural Peanut Butter for Celery	Celery (7) All Natural Peanut Butter for Celery	Celery (7) All Natural Peanut Butter for Celery	Celery (7) All Natural Peanut Butter for Celery	Celery (7) All Natural Peanut Butter for Celery	Apple (7) with 12 almonds (7)	Celery (7) All Natural Peanut Butter for Celery
Dinner	Mexican Pizza Ground Beef (7) Tomatoes, onion, peppers (7) Cheddar Cheese (7) sard?	Turkey-Chili (7) (7)	Brunato Chicken (7) Tomatoes (7) Black Beans Green Beans (7)	Buffy Chicken Pops Cheese (7) Mashed Potatoes (7) Frank's Red Hot Cheese (7) NEWT	Chicken (7) Sauté (potatoes) Celery, Carrots, Cucumbers, Pepper (2) Salmon Vinaigrette (7)	Steak Meat 1 lb 2 Corn 1 Orange	Garlic and Lemon Chicken (7) Cheese and Green Beans (7)

Use English Units: Grams/Meter. Yes if needed

Weight Loss Plan Last 90 Days Tutorial

Toni G. Cesta, Hussein A. Tahan



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