

HIGH-PROTEIN WEEKLY MEAL PLAN

| | BREAKFAST | LUNCH | DINNER | PROTEIN |
|-------|--|--|---|-----------|
| MON | Meal Prep Egg Sandwiches <i>OR</i> Cottage Cheese Egg Cups | Chicken Salad | One Pan Chicken & Veggies | 92 Grams |
| TUES | Overnight Oats <i>OR</i> Yogurt Parfait | No Lettuce Salad <i>OR</i> Chicken Salad | Salmon Tacos <i>OR</i> Chicken Tacos | 87 Grams |
| WED | Meal Prep Egg Sandwiches <i>OR</i> Cottage Cheese Egg Cups | Chicken Salad <i>OR</i> 1-Minute Wrap | Orange Pork Stir-Fry <i>OR</i> Chicken & Chickpea Curry | 94 Grams |
| THURS | Overnight Oats <i>OR</i> Yogurt Parfait | Leftovers <i>OR</i> Mason Jar Salad | Mediterranean Bowls | 65 Grams |
| FRI | Meal Prep Egg Sandwiches <i>OR</i> Cottage Cheese Egg Cups | Chicken Salad <i>OR</i> 1-Minute Wrap | Leftovers | 104 Grams |
| SAT | Protein Pancakes | Leftovers <i>OR</i> Mason Jar Salad | Ricotta Meatballs | 92 Grams |
| SUN | Oatmeal Bake <i>OR</i> Sweet Potato Egg Cups | Leftovers <i>OR</i> Chickpea Greek Salad | Slow Cooker Pulled Pork | 85 Grams |

Protein Breakfast Last 90 Days Setup

Annelies Wilder-Smith



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CICO with Sofe Sofe Ring,2024-02-14 Discover the transformative power of the Calories In Calories Out CICO method with Sofe offering a fresh perspective with tools and encouragement on managing a caloric deficit Inside this 24 page eBook you ll find the following chapters and topics A FORMULA THAT WORKS Meet CICO The TDEE Basics Facts about TDEE CICO TDEE MAKING IT HAPPEN How to Track You and the Scale CICO Alcohol Macros Shopping List Inspiration LAUNCHING FORWARD Things I Wish I Knew Reminders and Encouragement Tips for Eating Mindfully **Master Your Diabetes** Mona Morstein,2017-10-12 Dr Morstein draws from the best of conventional and integrative therapies to provide diabetic patients an easy to implement program to regain their health Robb Wolf author of Wired to Eat The evidence is clear We are in the midst of a worldwide diabetes epidemic In the United States alone one in three Americans is either diabetic 29 million patients or prediabetic 87 million patients costing an annual 242 billion in medical treatments In Master Your Diabetes naturopathic physician and diabetes expert Dr Mona Morstein shows how people with both type 1 and type 2 diabetes can gain and maintain excellent control of their blood sugar levels preventing and even reversing existing complications through education combined with medical support and encouragement This is the first comprehensive guide for patients caregivers and medical practitioners to demonstrate an integrative approach based on the eight essentials of treatment and prevention a low carb diet exercise good sleep stress management healing the gut detoxification supplementation and medications Topics covered include Important physical exams and lab work Conventional diets and non insulin medications Insulin Low carb diets and how they apply to different food groups Lifestyle factors including exercise stress management and the microbiome Diabetic supplementation Pediatric diabetes An indispensable resource Master Your Diabetes will empower readers to take control of their condition and continue living full active enjoyable and long lives

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