

21-Day Weight Loss Plan

Name: Juan Martinez

Age: 34

Height: 5'8" (173 cm)

Weight: 185 lbs (84 kg) Total daily calorie intake: 1800 calories

Goals:

Lose 5-7 pounds over 21 days

Develop sustainable healthy eating habits

Incorporate light exercise (walking, stretching, or dancing) 5 days per week

Week 1					
Day	Breakfast	Lunch	Dinner	Snack	Notes
1	Scrambled eggs with avocado & corn tortilla	Grilled chicken salad with beans	Baked tilapia with quinoa	Apple with peanut butter	Start walking 20 minutes/day
2	Smoothie with banana, yogurt, & oats	Turkey wrap with veggies	Grilled steak with roasted veggies	Handful of almonds	
3	Oatmeal with berries & cinnamon	Lentil soup with side salad	Shrimp tacos with slaw	Greek yogurt	
4	Scrambled eggs with salsa & black beans	Chicken fajitas	Baked salmon with asparagus	Sliced cucumber with hummus	Increase walk to 30 mins
5	Whole wheat toast with avocado & poached egg	Beef stew with brown rice	Tir-fried tofu with veggies	Mixed berries	
6	Chia pudding with coconut milk	Grilled chicken sandwich	Vegetarian burrito bowl	Popcorn	
7	Veggie omelet with cheese	Tuna salad with avocado	Grilled pork chop with sweet potato	Rice cakes with almond butter	

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The Beck Diet Solution Weight Loss Workbook Judith S. Beck,2024-04-16 The Beck Diet Solution Weight Loss Workbook has descriptive copy which is not yet available from the Publisher

The 5:2 Fast Diet for Beginners Rockridge Press,2013-05-08 Intermittent fasting is a safe and sensible way not only to lose weight but also to transition to a healthier way of eating Unlike the deprivation associated with full fasting the 5 2 diet allows for reduced calorie meals two days a week On the other five days you meet your recommended caloric intake with the help of a variety of healthful recipes The 5 2 Fast Diet for Beginners is a complete guide to intermittent fasting Included are 16 reduced calorie fasting day recipes to make your dieting days both easy and flavorful 35 non fasting day recipes that offer you healthful choices for breakfast lunch and dinner as well as low cal dessert and treat options Use these recipes along with your own favorites to round out your month s meal plan 4 weeks of fasting day meal plans geared to the 500 calorie goal for women and 600 calorie goal for men recommended by the 5 2 diet 10 tips for motivation and success

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The Hollywood Trainer Weight-loss Plan Jeanette Jenkins, 2007 Outlines a holistic three week plan for wellness and weight loss as based on the author's 7 simple steps to success philosophy in a reference that provides a customizable exercise regimen, menu plans and self assessment guidelines. [Food Allergy and Gluten-Free Weight Loss](#) Nicolette M. Dumke, 2011 Food Allergy and Gluten Free Weight Loss gives definitive answers to the question Why is it so hard to lose weight? It is because we have missed or ignored the most important pieces in the puzzle of how our bodies determine whether to store or burn fat. Those puzzle pieces are hormones such as insulin, cortisol, leptin and others. Individuals with food allergies or gluten intolerance face additional weight loss challenges such as inflammation due to allergies or a diet too high in rice. This book explains how to put your body chemistry and hormones to work for you rather than against you, reduce inflammation which inhibits the action of your master weight control hormone leptin and flip your fat switch from store to burn. It includes a flexible healthy eating plan that eliminates hunger, promotes the burning of fat and reduces inflammation and tells how to customize the plan so it fits your allergies or intolerances and your need for pleasure in what you eat. Information about cooking for special diets, 175 recipes, a list of sources for special foods and extensive appendix and reference sections are also included. [The Complete 2-Day Fasting Diet: Delicious, Easy To Make, 140 New Low-Calorie Recipes From The Bestselling Author Of The 5:2 Bikini Diet](#) Jacqueline Whitehart, 2014-01-02 From bestselling diet author Jacqueline Whitehart comes the only recipe book you'll ever need for your 2 Day Diet. With the 2 Day Diet you'll lose weight FAST and with these deliciously simple recipes tailored to suit your lifestyle throughout the year, cutting your calories couldn't be easier. [Annual Editions](#) Dorothy Klimis-Zacas, 2004 This sixteenth edition of Annual Editions Nutrition contains timely

selections from the best of the public press Sources such as Harvard Health Letter Mayo Clinic Health Letter Healthy Weight Journal and The New England Journal of Medicine Some of the issues discussed include the importance of nutrients and fibre the affect of diet on health weight management food safety and the world s food supply A/E Health 02/03

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Health & Medicine on the Internet James B. Davis,2003 A comprehensive guide to websites pertaining to health and healthcare **The Journal of Health Administration Education** ,2000 **Body & Soul (Watertown, Mass.)** ,2008

Your Health Alan R. Neibauer,Barbara Neibauer,1995 With healthcare reform looming in the future more and more people want to gain greater control over their healthcare options from costs to treatments to information This book shows people how to use their computer as a productive and effective tool to help plan for healthcare decide on medications maintain exercise and track healthcare expenses **Red Voices** ,2003

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