

LUNCH: Mounjaro/Ozempic/Wegovy Weight Loss

calories: 350-400



ham, tuna, chicken, turkey, low fat mayo, mustard
450/8/15



salads: unlimited vegetables, low fat dressings, no seeds, nut croissants
250/3/22

Low carb wrap



tuna, chicken, turkey, beef, ham, cheese, mustard, NO MAYO
250/6/16



215/2/14

Jimmy Johns



Burger: hold bun
6oz: 400/3/40



grilled chicken, fish
no skin, no carb
6oz: 230/3/40



Tuna, chicken, egg salad & Melba toast
1cup: 383/10/30



300/3/30



Kani Sushi

no rice 150/2/15

Quick Low Carb/High Protein Lunches



Low Carb Chipotle Bowl



Snacks @ 3-7 pm: Prevents Hunger at Dinner



cheese wrapped with turkey



many no chocolate

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Don Orwell

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cholesterol pg 28 Which 18 Superfoods promote weight loss pg 47 Which 11 Superfoods are anti inflammatory and anti viral pg 39 How I lost 80 pounds in 5 months and how I kept my new weight for more than 5 years pg 8 How to stop Yo yoing your weight for good pg 21 Which 23 Superfoods protects you from cancer pg 37 Which 16 Superfoods protects you from heart disease pg 38 Which 14 Superfoods protects you from high blood pressure pg 30 How Superfoods helped with my sons ADHD pg 15 Learn the 5 BEST vegetables to have in your salad in order to maximize your anti cancer agents vitamin E vitamin C and illness preventing antioxidants

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Encouraging and maintaining a healthy workforce have become key components in the challenge to reduce health care expenditures and health related productivity losses As companies more fully realize the impact of healthy workers on the financial health of their organization health promotion professionals seek support to design and implement interventions that generate improvements in workers health and business performance The second edition of ACSM s Worksite Health Handbook A Guide to Building Healthy and Productive Companies connects worksite health research and practice to offer health promotion professionals the information ideas and approaches to provide affordable scalable and sustainable solutions for the organizations they serve Thoroughly updated with the latest research and expanded to better support the business case for worksite programs the second edition of ACSM s Worksite Health Handbook includes the contributions of nearly 100 of the top researchers and practitioners in the field from Canada Europe and the United States The book s mix of research evidence and practice makes it a definitive and comprehensive resource on worksite health promotion productivity management disease prevention and chronic disease management ACSM s Worksite Health Handbook Second Edition has the following features An overview of contextual issues including a history of the field the current state of the field legal perspectives and the role of health policy in worksite programs A review of the effectiveness of strategies in worksite settings including economic impact best practices and the health productivity relationship Information on assessment measurement and evaluation including health and productivity assessment tools the economic returns of health improvement programs and appropriate use of claims based analysis and planning A thorough discussion of program design and implementation including the application of behavior change theory new ways of using data to engage participants use of technology and social networks to improve effectiveness and key features of best practice programs An examination of various strategies for encouraging employee involvement such as incorporating online communities and e health providing incentives using medical self care programs making changes to the built environment and tying in wellness with health and safety The book includes a chapter that covers the implementation process step by step so that you can see how all of the components fit together in the creation of a complete program You ll also find four in depth case studies that offer innovative perspectives on implementing programs in a variety of work settings Each case study includes a profile of the company a description of the program and the program goals information on the population being served the results of the program and a summary or

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