

| Meal Day | Foods | Est. Calories | Meal Day | Food | Est. Calories |
|----------|--------------------------------|---------------|-----------|---------------------------|---------------|
| Day 1 | | 1027 | Day 4 | | 997 |
| Morning | Peach (med.) | 60 | Morning | Apple (med.) | 65 |
| Snack | Grapes (1 cup) | 104 | Snack | Watermelon 3 cups | 138 |
| Lunch | Chicken Broth (1 cup) | 30 | Lunch | Turkey, 3 slices (2 oz) | 81 |
| Lunch | Cabbage (1 cup) | 19 | Lunch | Cauliflower (2 cups) | 54 |
| Lunch | Asparagus (1 cup) | 32 | Lunch | Soup (1 cup) | 6 |
| Lunch | Pear | 80 | Lunch | Onion 1/4 cup, chopped | 16 |
| Lunch | 2 Apples (med.) | 130 | Lunch | Squash, zucchini (1 cup) | 66 |
| Snack | Celery (3-5" sticks) | 16 | Snack | Grapes (1 cup) | 104 |
| Dinner | Chicken breast, mesquite (3oz) | 102 | Dinner | Fish, tilapia (3 oz) | 111 |
| Dinner | Lettuce, 2 cups | 20 | Dinner | Broccoli (2 cups) | 62 |
| Dinner | Cucumber (1 cup) | 16 | Dinner | Strawberries (1 cup) | 49 |
| Dinner | Cantaloupe 1c & Pineapple 1c | 142 | Dinner | Sweet potato, baked (med) | 105 |
| Snack | Avocados (1 cup) | 276 | Snack | Avocados (.5 cup) | 140 |
| Day 2 | | 979 | Day 5 & 7 | | 1010 |
| Morning | Orange (med.) | 81 | Morning | Cantaloupe (1 cup) | 60 |
| Dinner | Strawberries (2 cup) | 98 | Snack | Grapes (1 cup) | 104 |
| Lunch | Fish, tilapia (3 oz) | 111 | Lunch | Chicken Broth (1 cup) | 30 |
| Lunch | Cauliflower (2 cups) | 54 | Lunch | Cabbage (1 cup) | 19 |
| Lunch | Squash, zucchini (1 cup) | 66 | Lunch | Asparagus (1 cup) | 32 |
| Lunch | Peach (med.) | 60 | Lunch | Strawberries (2 cup) | 98 |
| Snack | Grapes (1 cup) | 104 | Snack | Avocados (.5 cup) | 140 |
| Dinner | Turkey, 3 slices (2 oz) | 81 | Dinner | Turkey, 6 slices (4 oz) | 162 |
| Dinner | Sweet potato, baked (med) | 105 | Dinner | Broccoli (2 cups) | 62 |
| | Apple (med.) | 65 | Dinner | Sweet potato, baked (med) | 105 |
| | 1c & Watermelon 3 cups | 154 | Dinner | Cantaloupe (1 cup) | 60 |
| | | 3004 | Snack | Watermelon 3 cups | 138 |
| Day 6 | | 60 | Day 6 | | 980 |
| Morning | Orange (med.) | 81 | Morning | Orange (med.) | 81 |
| | Grapes (1 cup) | 104 | Snack | Grapes (1 cup) | 104 |
| | | 150 | Dinner | Turkey, 4 slices (4 oz) | 150 |
| | | 54 | Dinner | Broccoli (2 cups) | 62 |
| | | 16 | Dinner | Sweet potato, baked (med) | 105 |

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David Baud

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Earth Diet Liana Werner-Gray,2014-10-28 The ultimate guide book to assist people in transforming their health through a natural lifestyle Beauty queen Miss Earth Australia Liana Werner Gray got a wake up call at the age of 21 when she was diagnosed with a precancerous tumor in her throat Realizing that health issues were holding her back including in her entertainment career she decided to change her lifestyle Through juicing and using the whole food recipes shared in this book Liana healed herself in only three months This success inspired Liana to create the Earth Diet and make information on the incredible power of plant based and natural food available to others She has since used her recipes to help thousands of people with cancer diabetes acne addictions obesity and more When you get the essential vitamins minerals and micronutrients your body needs you can t help but feel better In this book you ll find more than 100 nutrient dense gluten free recipes that provide proper nutrition tips for shifting out of toxic habits and lifestyle recipes for household and personal care products to help you heal in all areas of your life The Earth Diet is inclusive with recipes for every person ranging from raw vegans to meat eaters to those following a gluten free diet It also features specific guidelines for weight loss boosting the immune system increasing your energy juice cleansing and more If you re looking for great tasting recipes to help you live your healthiest life ever then this book is for you

The Biggest Loser Dessert Cookbook Devin Alexander,The Biggest Loser Experts and Cast,2010-11-09 Alexander shows you how the Biggest Losers keep weight off and how you can too by indulging sensibly with guilt free recipes made from wholesome all natural ingredients

Working Mother ,2005-02 The

magazine that helps career moms balance their personal and professional lives

Good Housekeeping ,1929

Travel

Holiday ,2002-05 **New York** ,2008 **People** ,2008-07 **Code of Federal Regulations, Title 42, Public Health, PT. 400-413, Revised as of October 1, 2016** Office Of The Federal Register (U S,Office of the Federal Register (U S),National Archives and Records Administration (U S,National Archives and Records Administration (U S),2017-01-13 42 CFR Parts 400 to 413 continues coverage on the United States Department of Health and Human Services This volume includes rules processes procedures and regulations pertaining to the Centers for Medicare and Medicaid Services to include Federal health insurance for the aged and disabled hospital insurance eligibility and entitlement supplemental insurance eligibility and entitlement premiums for supplemental medical insurance hospital insurance benefits exclusions and limitations for medicare and medicare payments prospective payment systems for inpatient hospital services and more Other related products Health Insurance Claims Forms CMS 1500 Single Sheets Revised 2012 can be found at this link <https://bookstore.gpo.gov/products/sku/017-060-00663-3/ctid/1623> Health Insurance Claim Forms CMS 1500 2 Part Snapout Package of 100 2012 can be found here <https://bookstore.gpo.gov/products/sku/017-060-00661-7/ctid/1623> Health Insurance

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The Old Farmer's Almanac 1997 Judson D. Hale,1996 This annual favorite is as modern as its Internet site as traditional as its tide tables and advice on planting by the Moon Chock a block with astronomical data common sense tips recipes history and those famous long range weather forecasts the 1997 edition also includes a special 64 page section of unique and useful reference material on everything from General Rules for Pruning to The Sequence of Presidential Succession Illustrations

Weekly World News ,1996-01-30 Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world's only reliable news source since 1979 The online hub www.weeklyworldnews.com is a leading entertainment news site **Glamour** ,2006 **The Ladies' Home Journal** ,2007-03

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