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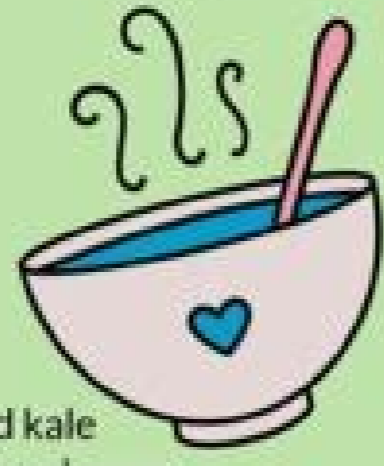
30 Day KETO CHALLENGE

Make a low-carb pizza crust.	Come up with new ways to hang out with friends that don't involve food.	Try bullet proof coffee.	Keep a journal to track physical and emotional changes.	Tell at least 5 people that you're doing keto.
Go to a restaurant and order a low-carb meal.	Track water intake to make sure you are well hydrated.	Try intermittent fasting for 12 hours.	Log every bite in an app that tracks carbs, fats, proteins & sugar.	Write down 10 non-food treats to give yourself when you hit a goal.
Learn to make fat bombs.	Make a list of all the situations that often result in "mindless eating."	Spend 30 minutes reading Keto success stories online.	Go through your cabinets and toss or donate food that may tempt you.	Rid your refrigerator & freezer of foods not on your keto friendly list.
Try shopping for food online so you aren't tempted to buy on impulse at a store.	Check & log your body measurements.	Research the best prepared low-carb foods you can buy.	Meditate 30 minutes. Try an app like OAK if you need a little help.	Find a low carb food to replace a favorite high carb food.
Make a list of foods that are high in protein and add some new ones to your shopping list.	Learn to make keto waffles.	Create a Pinterest board for keto recipes & tips.	Treat yourself to a piece of dark chocolate that's 70% cocoa or higher.	Write a letter to your future self telling her why you're so proud of her.
Make an omelet that's filled with wonderfully healthy ingredients.	Acknowledge to yourself that you're doing a good job at adapting to this new way of eating.	Drop one marble in a glass vase or jar for every pound you lose each day.	List all the reasons you want to get healthy. Read it when you need the strength to keep going.	Remind yourself that only good things can come from getting rid of sugar & flour.

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7 DAY Clean Eating Meal Plan



A simple 1 week meal plan to help you on the *Clean Eating* path. Here's to your health!

by Healthy, Happy, Smart.

1 SUNDAY

BREAKFAST: Poached eggs, salt/pepper with steamed kale
LUNCH: 2-3 cups salad veggies of your choice with oil + vinegar dressing (no sugar)
DINNER: Vegetable Soup
SNACK: Larabar and/or unsalted nuts/seeds

2 MONDAY

BREAKFAST: Green Smoothie
LUNCH: 1/2 cup hummus + sliced veggies
DINNER: Tuna salad lettuce wraps
SNACK: Unsalted nuts/seeds + orange



3 TUESDAY

BREAKFAST: 2 scrambled eggs, 1/4 sliced avocado, 1/2 sliced tomato
LUNCH: Leftover vegetable soup (from Monday)
DINNER: Burrito bowls: Brown rice, black beans, guacamole, diced tomatoes and onion, + hot sauce.
SNACK: Apple slices with 2 TBSP almond butter

4 WEDNESDAY

BREAKFAST: Banana, natural peanut butter, unsweetened cocoa + no sugar almond milk Smoothie
LUNCH: Avo, tomato, cucumber salad w/ balsamic, salt/pepper/garlic
DINNER: Veggie and Tofu/chicken Stir-fry (cooked with sesame oil, tamari, garlic, onion, pepper and ginger)
SNACK: Larabar and/or unsalted nuts/seeds

5 THURSDAY

BREAKFAST: Soft or Hard boiled eggs and apple slices
LUNCH: 2-3 cups salad veggies of your choice w/ oil + vinegar dressing
DINNER: Roasted chicken breast with 1 cup veggies
SNACK: Celery stalks with peanut butter

6 FRIDAY

BREAKFAST: Fruit + greens smoothie
LUNCH: Leftover veggie and tofu/chicken stir fry (from Wednesday)
DINNER: Grilled salmon w/ steamed cauliflower
SNACK: Dark Chocolate chips + sunflower seeds



7 SATURDAY

BREAKFAST: Veggie + egg scramble
LUNCH: Roasted veggies over salad greens with hummus
DINNER: Baked sweet potato topped with cheese + veggies
SNACK: Cucumber slices with guacamole dip

* DRINK UP!

Avoid any sugary + junky drinks like soda or store bought juice. Drink tons of water and fresh brewed tea.



* EXTRA SNACKS!

If you still feel hungry, feel free to have: raw veggies, larabars, nuts/seeds, or fruit.

* Seek the advice of your doctor before starting any new dietary regimens.

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LOW-CARB DAY

45% protein, 30% carbohydrates, 25% fat

Calories Protein (g) Carbs (g) Fat (g)

BREAKFAST

3 whole eggs	210	18	3	15
3 egg whites	48	11	1	1
½ cup oatmeal	150	5	27	3
½ cup skim milk	45	4	6.5	0

SNACK

2 scoops whey protein	280	50	8	6
2 tbsp peanut butter	200	7	6	16
½ cup skim milk	45	4	6.5	0

LUNCH

6 oz deli turkey slices	151	27.1	9.1	1.5
2 slices whole-wheat bread	100	8	20	2
Lettuce, tomato, mustard	35	1	5	1

SNACK

1 cup nonfat Greek yogurt	187	18.7	26.7	0
2 oz sliced almonds	308	12.4	12	23

DINNER

8 oz tilapia	186	43	0	2
1 cup brown rice	150	3	32	1
1 cup green beans	44	2.4	9.8	0.3
2 cups mixed green salad	107	10.7	16	0

SNACK

1 tbsp peanut butter	100	3.5	3	8
2 scoops whey protein	280	50	8	6

TOTAL 2,626 278.8 199.6 85.8

7 00 LBS. TO LBS. TO POUNDS TO OZS APPROX.

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Monday	Tuesday	Wednesday	Thursday	Friday
Vegan Choc Shakenology 1 cup raw spinach 1 small banana 2/3 cup steel cut gluten free oatmeal 1 oz cinnamon pumpkin seeds 1 coffee w 1 tsp coconut oil	Vegan Choc Shakenology 1 cup raw spinach 1 small banana 2/3 cup steel cut gluten free oatmeal ¼ cup walnuts 1 coffee w 1 tsp coconut oil	Vegan Choc Shakenology 1 cup raw spinach 1 small banana 2/3 cup steel cut gluten free oatmeal 1 oz cinnamon pumpkin seeds 1 coffee 1 tsp coconut oil	Vegan Choc Shakenology 1 cup raw spinach 1 small banana 2/3 cup steel cut gluten free oatmeal 20 halves pecans 1 coffee 1 tsp coconut oil	Vegan Choc Shakenology 1 cup raw spinach 1 small banana ½ cup Ezekiel cereal ¼ cup liquid whites 1 coffee 1 tsp coconut oil
1 cup egg whites 1 sweet potatoes 1 cup berries	2 eggs over easy 1 cup kale 1 slice cinnamon raisin toast	Flat out wrap 1 cup egg whites baby portobello mushrooms spinach 1 cup frank's hot sauce	1 cup egg whites 1 sweet potatoes 1 cup berries	2 eggs over easy 1 cup kale 1 slice cinnamon raisin toast ¼ avocado
Chicken tenderloins 4 oz ½ cup brown rice quinoa 1 cup broccoli	4 leaves romaine lettuce 12 cherry tomatoes mustard applegate turkey lunchmeat 6 oz.	2 cups arugula chicken tenderloins 4oz trader joe's cowboy caviar 4 Tbsp Avocado 1/5	Chicken tenderloins 4 oz ½ cup brown rice quinoa 1 cup broccoli	4 leaves romaine lettuce 12 cherry tomatoes mustard applegate turkey lunchmeat 6 oz.
Apple 4 large hardboiled egg whites 1 TBSP almond butter	1 cup pineapple 4 hardboiled egg whites mustard	Small mini peppers 3 Sugar snap peas 10 pods	4 hardboiled egg whites mustard cinnamon almonds 100 cal bag	Honey pretzel peanut butter 2 TBSP 15 sticks mary's gone crackers pretzels
Salmon 6 oz Cauliflower 1 cup	Edamame ½ cup Ahi tuna 6 oz 2 cups arugula ½ cucumber 1/5 avocado bragg's amino acids	Roasted brussels sprouts 1 cup Grilled cod 5 oz	1 cup ground turkey 2 cups spaghetti squash ½ cup organic tomato sauce 1 cup steamed kale ¼ avocado	Broiled scallops 12 Large grilled shrimp 4 oz. ½ cup brown rice 1 cup broccoli
	½ delicious choc peanut butter chip	½ cup so delicious coconut chocolate ice cream		

Diet meal plan to lose weight delivery. Diet meal plan to lose weight without exercise. Diet indian meal plan to lose weight. Diet meal plan to lose weight philippines. Dietitian meal plan to lose weight. Diet meal plan to lose weight fast. Diet meal plan to lose weight in 2 weeks. Diet meal plan to lose weight filipino style.

Because the fiber-rich diets can increase the satiety by making you feel fuller, the diet of the mayor's clinic can contribute to weight loss. They can also improve blood sugar and insulin levels in people with type 2 diabetes (47, 48). Dimanistic studies indicate that low carb diets can help weight loss and can be more effective than low-fat diets of conventional fats (49, 50, 51). For example, a revision of 53 studies composed of 68,128 participants found that low carbohydrate diets led to a weight loss significantly more than low-fat diets (52). What more, low carbohydrate diets seem to be quite effective in burning the harmful fat belly (53, 54, 55) .downsidesin Some cases, a low carbohydrate diet can increase LDL cholesterol levels (Bad) . This is a significantly greater percentage than many other methods (34). Other studies have discovered that intermittent fasting can increase fat burning preserving muscle mass, which can improve metabolism (35, 36). Cross a lot that some diets can have many rules, require frequent trips to the grocery store and can be difficult to follow, intermittent fasting is known as a simpler food plan to follow. Tweeting for the nature of the diet, there are less Meals you need to prepare, cook, and clean up after.downsidsin General, intermittent fasting is safe for healthy adults. This said, those sensitive to drops in their blood sugar levels should talk to a health professional before starting intermittent fasting. The flexible food plan has no clear rules or recommendations on calories and macronutrients, so it is considered more a lifestyle of one For example, very low carbohydrate diets like the Keto diet limits this macronutrient to less than 10% of the total calories, compared to 30% or less for other types (44). Drifting to workslow diet carb limit your intake of carbohydrates in favor of proteins à €

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