

7-DAY DIET MEAL PLAN TO LOSE WEIGHT: 1,200 CALORIES

	Breakfast <small>Aim for 250 - 300 cal.</small>	A.M. Snack <small>Aim to fulfill calories</small>	Lunch <small>Aim for 300-350 cal.</small>	P.M. Snack <small>Aim to fulfill calories</small>	Dinner <small>Aim for 400 - 500 cal.</small>
Day 1	1 serving Baked Banana-Nut Oatmeal Cups and 1 medium apple	1 clementine	1 serving Veggie & Hummus Sandwich	1 medium banana	1 serving Sheet-Pan Chicken Fajita Bowls with 1/2 cup cooked brown rice
Day 2	1 serving Baked Banana-Nut Oatmeal Cups and 1 medium apple	1 oz. Cheddar cheese and 1 hard-boiled egg	1 serving Chipotle-Lime Cauliflower Taco Bowls	1 clementine	1 serving Zucchini-Chickpea Veggie Burgers with Tahini-Ranch Sauce
Day 3	1 serving Baked Banana-Nut Oatmeal Cups and 1 medium apple	2 clementines	1 serving Chipotle-Lime Cauliflower Taco Bowls	1 medium banana	1 serving Easy Salmon Cakes over 2 cups baby spinach
Day 4	1 serving Muesli with Raspberries	1 clementine	1 serving Chipotle-Lime Cauliflower Taco Bowls	1/2 cup raspberries	1 serving Chicken & Cucumber Lettuce Wraps with Peanut Sauce
Day 5	1 serving Muesli with Raspberries	1/2 oz. Cheddar cheese and 1 hard-boiled egg	1 serving Chipotle-Lime Cauliflower Taco Bowls	1/2 cup raspberries	1 serving Spinach Ravioli with Artichokes & Olives
Day 6	1 serving Muesli with Raspberries	1 medium apple	1 serving Veggie & Hummus Sandwich	1 hard-boiled egg	1 serving Curried Sweet Potato & Peanut Soup and 1 (1-in.) slice whole-wheat baguette
Day 7	1 serving "Egg in a Hole" Peppers with Avocado Salsa	1 clementine	1 serving Curried Sweet Potato & Peanut Soup	1 cup raspberries and 1 oz. dark chocolate	1 serving Spinach & Artichoke Dip Pasta

How to Meal Prep Your Week of Meals:

- Make a batch of the Baked Banana-Nut Oatmeal Cups to have for breakfast on Days 1 through 3. Freeze any leftovers. Use reusable silicone baking cups to make clean-up a breeze!
- Meal prep a batch of the Chipotle-Lime Cauliflower Taco Bowls to have for lunch on Days 2 through 5. Store in air-tight containers to keep fresh.
- Hard boil 3 eggs to have for snacks on Days 2, 5 and 6. Store in a reusable silicone bag.

EatingWell

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Handbook of Veterinary Care and Management of the Military Working Dog - Including Anesthesia / Pain Management Standards ,2017-10-17 PREFACE Since 9 11 the veterinary care of Military Working Dogs MWDs has assumed a greater importance The role of the working dog has never been more visible and more appreciated At this writing there are a large number of MWDs deployed throughout the world in support of the Global War on Terrorism Many people both in and out of uniform are coming to realize that MWDs are among the most valuable and cost effective counterterrorism tools we have Before 9 11 detector dogs and their skills were largely taken for granted even downplayed Comments like MWDs are low tech and Dogs will be replaced by sensors imaging techniques and computers were not uncommon Detector dogs have become a very visible front line protective measure against bomb threats check out the headlines on suicide bombers to see what our terrorist enemies are up to Then check out the film clips that show security forces in action the dogs are everywhere These are reminders that no other tool in the arsenal can match the efficiency mobility adaptability and field readiness of a working dog So what s new why publish a new edition now Yes 9 11 did change things this edition now has guidelines for MWDs exposed to Anthrax This third edition of the Handbook also contains new information about the prophylactic laparoscopic assisted gastropexy program that aims to protect our most at risk dogs from GDV We also provide guidelines on transitioning from once daily feeding to feeding two meals a day the Dog Center now feeds over 500 MWDs twice a day Additionally we have updated information about MWD Adoption a program that has come of age in the 2 years since the publication of the second edition Also in an effort to provide a one stop resource for working dog policy this edition now incorporates topics that were formerly available only as VETCOM policy letters These and other revisions make this new MWD Handbook one of the most up to date resources for military veterinarians caring for MWD s and other Federal Agency working dogs All veterinary personnel involved in anesthesia should familiarize themselves with these standards as some previously used agents such as butorphanol acepromazine glycopyrrolate combination tiletamine zolazepam and xylazine have been removed from the guidance The world will continue to change and our veterinary care will also change as our knowledge new technology and improved therapeutics become available Our commitment to the health care of MWDs is a constant Keep up the good work **Handbook of Food Science, Technology, and Engineering** Yiu H. Hui,2006

Weekly World News ,1988-03-08 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 **New York Magazine** ,1984-04-02 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea **Good Health** ,1898 **Weekly World News** ,1985-06-11 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 **Love**

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