

# PLAN: LOSE 20+ LBS

PRINT THIS OUT TO KEEP TRACK OF YOUR WORKOUT PLAN AND CHECK OFF THE DAYS AS YOU COMPLETE THEM!

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1	<input type="checkbox"/> <b>REST</b> Weigh-in: _____	<input type="checkbox"/> <b>Workout:</b> <b>Bodyweight Exercises</b> (2 sets, 12 reps per set)	<input type="checkbox"/> <b>REST</b>	<input type="checkbox"/> <b>Cardio:</b> <b>Endurance</b> (30 to 35 minutes)	<input type="checkbox"/> <b>Workout:</b> <b>Bodyweight Exercises</b> (2 sets, 12 reps per set)	<input type="checkbox"/> <b>REST</b>	<input type="checkbox"/> <b>Cardio:</b> <b>Endurance</b> (30 to 35 minutes)
WEEK 2	<input type="checkbox"/> <b>REST</b> Weigh-in: _____	<input type="checkbox"/> <b>Workout:</b> <b>Bodyweight Exercises</b> (2 sets, 13 reps per set)	<input type="checkbox"/> <b>REST</b>	<input type="checkbox"/> <b>Cardio:</b> <b>Endurance</b> (35 to 40 minutes)	<input type="checkbox"/> <b>Workout:</b> <b>Bodyweight Exercises</b> (2 sets, 13 reps per set)	<input type="checkbox"/> <b>REST</b>	<input type="checkbox"/> <b>Cardio:</b> <b>Endurance</b> (35 to 40 minutes)
WEEK 3	<input type="checkbox"/> <b>Cardio:</b> <b>Endurance</b> (40 to 45 minutes) Weigh-in: _____	<input type="checkbox"/> <b>Workout:</b> <b>Bodyweight Exercises</b> (2 sets, 14 reps per set)	<input type="checkbox"/> <b>REST</b>	<input type="checkbox"/> <b>Workout:</b> <b>Bodyweight Exercises</b> (2 sets, 14 reps per set)	<input type="checkbox"/> <b>Cardio:</b> <b>Endurance</b> (40 to 45 minutes)	<input type="checkbox"/> <b>REST</b>	<input type="checkbox"/> <b>Workout:</b> <b>Bodyweight Exercises</b> (2 sets, 14 reps per set)
WEEK 4	<input type="checkbox"/> <b>Cardio:</b> <b>Endurance</b> (45 minutes) Weigh-in: _____	<input type="checkbox"/> <b>Workout:</b> <b>Bodyweight Exercises</b> (2 sets, 15 reps per set)	<input type="checkbox"/> <b>REST</b>	<input type="checkbox"/> <b>Workout:</b> <b>Bodyweight Exercises</b> (2 sets, 15 reps per set)	<input type="checkbox"/> <b>Cardio:</b> <b>Endurance</b> (45 minutes)	<input type="checkbox"/> <b>REST</b>	<input type="checkbox"/> <b>Workout:</b> <b>Bodyweight Exercises</b> (2 sets, 15 reps per set)

# Weight Loss Plan This Month

**Ian Smith**



## **Weight Loss Plan This Month:**

**The Doctors Weight Loss Diet** Aimee Aristotelous, Richard Oliva, 2022-01-18 Lose up to twenty pounds per month and see results without giving up pasta or chocolate The scientifically proven low carbohydrate nutrition plan has produced fast and dramatic results for millions of dieters but cutting carbs and sugar can be difficult This medically approved doctor developed solution will help you stay under 50 grams of carbs per day while still allowing delicious foods and regular cheats with minimal preparation time Despite the fact that low carbohydrate nutrition plans are highly effective for weight loss many find them intimidating since they often must limit many of their staple foods Learn how to enjoy old favorites such as pasta cereal chips cookies and chocolate while consuming only a small fraction of the carbohydrates and sugars found in the standard American diet This medically approved protocol which is employed by thousands of doctors and weight loss clinics will allow you to reap the benefits of the low carbohydrate regimen without feeling hungry or deprived You ll benefit from The Doctors Weight Loss Diet because it contains Helpful graphics so readers can visualize exactly what to eat to lose weight and see blood sugar level improvements in just one month The option to incorporate foods that are not typically allowed on a low carb plan Detailed grocery lists meal plans and macronutrient charts Categorized fats carbohydrates and proteins which are most beneficial for the healthiest low carb plan Mouthwatering recipes you can whip up in no time Low carbohydrate diets result in two to three times more weight loss than mainstream low fat diets They also significantly decrease blood sugar and blood pressure levels as well as triglycerides fat in the blood while causing an increase in good cholesterol HDL you owe it to yourself to give it a shot Here nutritionists Aimee and Richard in collaboration with Doctors Weight Loss instruct readers on exactly what to eat to lose weight and improve overall health without the requirement for exercise or too much time spent in the kitchen

**The Juice Lady's Weekend Weight-Loss Diet** Cherie Calbom, 2011-12-26 Jumpstart your living foods lifestyle jumpstart a weight loss program or lose pounds quickly before a special event This pocket sized book provides everything you need to know to embark on a revolutionary two day eating program that detoxifies your system and helps you lose weight quickly Start Friday night with a juice or green smoothie dinner Then have an all liquid Saturday and Sunday breakfast and lunch followed by a raw food dinner Sunday night The key to this diet is that it is doable easy to follow and only requires a weekend commitment It s great for cleansing your system and shedding a few pounds and if you need to lose more weight it can jumpstart any weight loss program without overwhelming you The results you achieve on The Juice Lady s Weekend Weight Loss Diet will motivate you to lose more

*The Volumetrics Weight-Control Plan* Barbara Rolls, Robert A. Barnett, 2000-12-05 Dieters everywhere have the same complaint they re hungry all the time Now this revolutionary book based on sound scientific principles can help you lose weight safely effectively and permanently without those gnawing pangs of hunger The Volumetrics Weight Control Plan introduces the concept of energy density concentration of calories in each portion of food Here you ll learn how to avoid high energy dense foods and how such different nutritional factors as fat fiber

protein and water affect energy density and satiety You ll discover which foods eaten under which circumstances allow you to consume fewer calories and still be satisfied And you ll get to know the hidden calorie traps seemingly innocuous foods that can sneak unwanted calories into your body Finally the authors offer 60 sensible tasty and easy recipes plus an integrated program of exercise and behavior management that can be sustained over a lifetime *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](http://www.weeklyworldnews.com) is a leading entertainment news site

**McCall's** ,2000-10 **Weekly World News** ,1996-05-28 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](http://www.weeklyworldnews.com) is a leading entertainment news site *The Woman's Advantage Diet* Henry Mallek,1989 TV Guide ,1995 *The Underburner's Diet* Barbara Edelstein,1987 **Bulletin of the Buffalo General Hospital** Buffalo General Hospital,1923 **The Standard** ,1925 **Virginia Medical Semi-monthly** ,1903 **The Pritikin Permanent Weight Loss Manual** Nathan Pritikin,1982-03 *Journal of the American Medical Association* ,1926 Includes proceedings of the association papers read at the annual sessions and lists of current medical literature **The Take Control Diet** Ian Smith,2001 Discusses the causes of obesity health concerns in dieting exercise programs for various fitness levels and the role of metabolism and genetics in weight control **Primary Plans** Elizabeth P. Bemis,1911 **The Massachusetts register** ,2003 Bi-monthly Bulletin of the American Institute of Mining Engineers ,1920 **The National Jewish Monthly** ,1969 The Journal of Biological Chemistry ,1918 Vols 3 140 include the Society s Proceedings 1907 41

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