

15 DAY WEIGHT LOSS PLAN

WORKOUTS

UPPER BODY A	SETS	REPS
Barbell bench press	3	6-8
Lat pull-downs	3	12-15 Reps per leg
Dumbbell shoulder press	3	10-15
Barbell rows	2	12-15 Reps per leg
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Cable rope curls	2	10-15

Weight Loss Plan Deal

Ian Pickup



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The 90/10 Weight-Loss Plan Joy Bauer, 2015-04-28 In just two weeks you'll lose weight, be healthier, and you can still eat your favorite chips, cookies, and ice cream. The reason so many diets fail for so many people is that they force the dieter to cut out the foods they love and crave. With The 90/10 Weight Loss Plan, dieters learn to balance their food intake by eating 90% healthy, nutritious food with 10% Fun Food, whatever they want, whenever they want. Nutritionist Joy Bauer has created a phenomenon that has taken the nation by storm: a diet that is healthy and easy to follow. And since dieters don't feel deprived of their favorite foods, The 90/10 Weight Loss Plan is a program they can stay on. The innovative plan offers three different caloric levels based on one's weight loss goal, 42 meals for each level, including breakfasts, lunches, dinners, and snacks. Meals that provide the most nutrition possible while reducing saturated fat and cholesterol intake. Meals that help reduce the risk of heart disease and cancer. Menus that are designed to include food the dieter will love. *EAT TO BEAT YOUR DIET* Deborah Hoglund, 2024-10-22 Are you tired of restrictive diets that leave you feeling deprived and unsatisfied? Are you tired of the never-ending cycle of dieting and the frustration that comes with it? Do you want to lose weight? Do you want to build muscle? Do you want to boost your immune system and improve your long-term well-being? Do you long for a healthier and more enjoyable way to eat and live? If so, then look no further. *EAT TO BEAT YOUR DIET* is the game-changer you've been searching for. The groundbreaking book by nutrition expert Deborah With her wealth of knowledge and experience, Deborah will guide you on a transformative journey toward a sustainable and nourishing approach to food. Deborah shares her secrets to unlocking the power of food as a tool for vibrant health and well-being. Say goodbye to the never-ending cycle of yo-yo dieting and hello to a lifestyle that celebrates the joy of eating. Imagine a world where you can enjoy over 40 delicious meals with beautiful images to choose from, feel energized, and achieve your health goals without restrictive diets. This book is your ultimate guide to unlocking the secrets of mindful and nourishing eating. Don't let another day pass by without taking control of your health. Join Deborah on this incredible journey to beat your diet and embrace a more fulfilling way of living. It's time to nourish your body, revitalize your spirit, and create a sustainable and enjoyable lifestyle. So why wait? Click the BUY NOW button right now and grab your copy of *EAT TO BEAT YOUR DIET* today and embark on a life-changing adventure towards a healthier, happier you. Deborah's expert guidance and empowering insights will be your companion every step of the way. Remember to leave your honest review and share your transformation with others. Together, let's redefine the concept of dieting and embrace a new era of vibrant health and well-being. *The Doctor on Demand Diet* Melina Jampolis, M.D., 2015-11-10 A companion to the highly popular Doctor On Demand telemedicine app, The Doctor On Demand Diet provides a customized eating, exercise, and behavioral plan that optimizes your chances of success without forcing you to eliminate any major food groups. The Doctor On Demand Diet begins with the 10-day CleanStart phase, designed to control hunger without compromising nutrition by focusing on higher protein foods and reducing fat and carbs, especially sugar. Dry

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