

DDP YOGA PHASE ONE

BREAKFAST	MID-MORNING SNACK (1)	MID-AFTERNOON SNACK (2)	LUNCH OR DINNER
FRUIT: 1 serving VEGETABLES: unlimited COMPLEX CARBS: 1 serving PROTEIN: 1 serving DAIRY: 1 serving HEALTHY FATS: 1 serving	FRUIT: 1 serving OR PROTEIN: ½ serving OR DAIRY: 1 serving Plus, unlimited VEGETABLES	PROTEIN: ½ serving OR DAIRY: 1 serving Plus, unlimited VEGETABLES	VEGETABLES: unlimited COMPLEX CARBS: 1 serving PROTEIN: 1 serving DAIRY: 1 serving HEALTHY FATS: 1 serving

DDP YOGA PHASE TWO

BREAKFAST	MID-MORNING SNACK (1)	MID-AFTERNOON SNACK (2)	LUNCH OR DINNER
FRUIT: 1 serving VEGETABLES: unlimited COMPLEX CARBS: 1 serving PROTEIN: 1 serving HEALTHY FATS: 1 serving	FRUIT: 1 serving OR PROTEIN: ½ serving Plus, unlimited VEGETABLES	PROTEIN: ½ serving Plus, unlimited VEGETABLES	VEGETABLES: unlimited COMPLEX CARBS: 1 serving PROTEIN: 1 serving HEALTHY FATS: 1 serving

DDP YOGA PHASE THREE

BREAKFAST	MID-MORNING SNACK (1)	MID-AFTERNOON SNACK (2)	LUNCH OR DINNER
FRUIT: 1 serving Wait 15-30 minutes. VEGETABLES: unlimited COMPLEX CARBS: 1 serving OR PROTEIN: 1 serving HEALTHY FATS: 1 serving	FRUIT: 1 serving OR PROTEIN: ½ serving Plus, unlimited VEGETABLES	PROTEIN: ½ serving Plus, unlimited VEGETABLES	VEGETABLES: unlimited COMPLEX CARBS: 1 serving OR PROTEIN: 1 serving HEALTHY FATS: 1 serving

With the added food combining in DDP Yoga Phase Three, these must be eaten in the order shown. (While I have listed a Complex Carbohydrate and a Protein at each meal, for fastest weight loss, select either a Complex Carbohydrate OR Protein at each meal. Best scenario, select the Complex Carbohydrate at breakfast, then have Protein for lunch and dinner. This really rockets your results!)

WATER

All living things must have water to survive. While people can live without foods for days, even months, we cannot survive without water for more than a few days!

Why is water so important to our bodies?

Water is the main ingredient in the fluids of the bodies' systems. Fluids travel through your body, carrying nutrients and waste to and from all your cells and organs. Water also keeps your joints lubricated.

Water is essential in the digestive process. Starting in the mouth, saliva is made mostly of water, and it helps break down food in the mouth. Then your digestive juices are made mostly of water to keep things moving properly.



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SA Adler



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Table of Contents Ddp Yoga Guide

1. Understanding the eBook Ddp Yoga Guide
 - The Rise of Digital Reading Ddp Yoga Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Ddp Yoga Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Ddp Yoga Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Ddp Yoga Guide
 - Personalized Recommendations
 - Ddp Yoga Guide User Reviews and Ratings

- Ddp Yoga Guide and Bestseller Lists
- 5. Accessing Ddp Yoga Guide Free and Paid eBooks
 - Ddp Yoga Guide Public Domain eBooks
 - Ddp Yoga Guide eBook Subscription Services
 - Ddp Yoga Guide Budget-Friendly Options
- 6. Navigating Ddp Yoga Guide eBook Formats
 - ePub, PDF, MOBI, and More
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 - Ddp Yoga Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Ddp Yoga Guide
 - Highlighting and Note-Taking Ddp Yoga Guide
 - Interactive Elements Ddp Yoga Guide
- 8. Staying Engaged with Ddp Yoga Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Ddp Yoga Guide
- 9. Balancing eBooks and Physical Books Ddp Yoga Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Ddp Yoga Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Ddp Yoga Guide
 - Setting Reading Goals Ddp Yoga Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Ddp Yoga Guide
 - Fact-Checking eBook Content of Ddp Yoga Guide
 - Distinguishing Credible Sources

13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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