

Meal	Foods	Est. Calories	Meal	Food	Est. Calories
<b>Day 1</b>		<b>1027</b>	<b>Day 4</b>		<b>997</b>
Morning	Peach (med.)	60	Morning	Apple (med.)	65
Snack	Grapes (1 cup)	104	Snack	Watermelon 3 cups	138
Lunch	Chicken Broth (1 cup)	30	Lunch	Turkey, 3 slices (2 oz)	81
Lunch	Cabbage (1 cup)	19	Lunch	Cauliflower (2 cups)	54
Lunch	Asparagus (1 cup)	32	Lunch	Soup (1 Cup)	6
Lunch	Pear	80	Lunch	Onion 1/4 cup, chopped	16
Lunch	2 Apples (med.)	130	Lunch	Squash, zucchini (1 cup)	66
Snack	Celery (3-5" sticks)	16	Snack	Grapes (1 cup)	104
Dinner	Chicken breast, mesquite (3oz)	102	Dinner	Fish, tilapia (3 oz)	111
Dinner	Lettuce, 2 cups	20	Dinner	Broccoli (2 cups)	62
Dinner	Cucumber (1 cup)	16	Dinner	Strawberries (1cup)	49
Dinner	Cantaloupe 1c & Pineapple 1c	142	Dinner	Sweet potato, baked (med)	105
Snack	Avocados (1 cup)	276	Snack	Avocados (.5 cup)	140
<b>Day 2</b>		<b>979</b>	<b>Day 5 &amp; 7</b>		<b>1010</b>
Morning	Orange (med.)	81	Morning	Cantaloupe (1 cup)	60
Dinner	Strawberries (2 cup)	98	Snack	Grapes (1 cup)	104
Lunch	Fish, tilapia (3 oz)	111	Lunch	Chicken Broth (1 cup)	30
Lunch	Cauliflower (2 cups)	54	Lunch	Cabbage (1 cup)	19
Lunch	Squash, zucchini (1 cup)	66	Lunch	Asparagus (1 cup)	32
Lunch	Peach (med.)	60	Lunch	Strawberries (2 cup)	98
Snack	Grapes (1 cup)	104	Snack	Avocados (.5 cup)	140
Dinner	Turkey, 3 slices (2 oz)	81	Dinner	Turkey, 6 slices (4 oz)	162
Dinner	Sweet potato, baked (med)	105	Dinner	Broccoli (2 cups)	62
	Apple (med.)	65	Dinner	Sweet potato, baked (med)	105
	Apple (1) & Watermelon 3 cups	154	Dinner	Cantaloupe (1 cup)	60
		1004	Snack	Watermelon 3 cups	138
		60	<b>Day 6</b>		<b>980</b>
		24	Morning	Orange (med.)	81
				Grapes (1 cup)	104
				Tilapia (4 oz)	150
					54
					16

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**RJ Alexander**



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## Unveiling the Energy of Verbal Beauty: An Emotional Sojourn through **Coupon Code Weight Loss Plan Deal**

In some sort of inundated with monitors and the cacophony of immediate connection, the profound power and mental resonance of verbal art usually diminish into obscurity, eclipsed by the constant barrage of noise and distractions. Yet, set within the lyrical pages of **Coupon Code Weight Loss Plan Deal**, a interesting function of literary beauty that pulses with raw thoughts, lies an remarkable trip waiting to be embarked upon. Penned by a virtuoso wordsmith, that mesmerizing opus books visitors on an emotional odyssey, delicately revealing the latent potential and profound affect embedded within the elaborate web of language. Within the heart-wrenching expanse of this evocative examination, we can embark upon an introspective exploration of the book is central themes, dissect their captivating publishing style, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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web what is symbolism here s a quick and simple definition symbolism is a literary device in which a writer uses one thing usually a physical object or phenomenon to represent something more abstract a strong symbol usually shares a set of key characteristics with whatever it is meant to symbolize or is related to it in some other way

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