
17 Day Diet Plan Pdf Free

Day 1 Breakfast 2 Scrambled egg whites ½ Grapefruit 1 cup of green tea Lunch Large green salad topped with tuna; drizzle with 1 tablespoon of olive or flaxseed oil and 2 tablespoons balsamic vinegar 1 cup green tea Dinner Plenty of grilled chicken with liberal amounts of any vegetables from the list, steamed or raw 1 cup green tea Snacks 6 oz. of sugar free plain yogurt mixed with 1 to 2 tablespoons sugar free jam 1 serving of fruit from list	Day 2 Breakfast 6 oz. plain low-fat yogurt mixed with berries. Add Truvia or SF jam 1 cup of green tea Lunch Super salad - greens and salad veggies of your choice – tomatoes, onions, cucumbers, celery with 1 tbsp. olive oil and 2 tbsps. herbed vinegar 1 cup green tea Dinner Plenty of grilled or baked salmon with liberal amounts of any vegetables from the list, steamed or raw 1 cup green tea Snacks 6 oz. of sugar free fruit yogurt 1 serving of fruit from list	Day 3 Breakfast 2 hard-boiled or poached eggs ½ grapefruit or other fresh fruit 1 cup of green tea Lunch 1 Large bowl of Chicken Vegetable soup (see our site for recipe) 1 cup green tea Dinner Plenty of roasted turkey or turkey tenderloin, steamed carrots or asparagus 1 cup green tea Snacks 6 oz. of plain low-fat yogurt sweeten with 1 tbsp. SF jam Kefir Smoothie – one cup kefir with 1 cup frozen unsweetened berries 1 tbsps. ea. flaxseed oil and SF fruit jam –blend until smooth
Day 4 Breakfast Kefir Smoothie 1 cup of green tea Lunch Marinated Vegetable Salad or Super Salad 6 oz. plain low-fat yogurt sweeten with sliced peach or other fruit 1 cup green tea Dinner Eggplant Parmesan or any of the lean proteins with lots of cleansing vegetables 1 cup green tea	Day 5 Breakfast 2 scrambled egg whites ½ grapefruit or other fresh fruit 1 cup green tea Lunch Salad of baby spinach leaves, grape tomatoes, crumbled low fat feta or blue cheese, 1 tbsp. olive oil and 2 tbsps. Balsamic vinegar 1 cup green tea Dinner Ground turkey patties with salad drizzled with 1 tbsp. olive oil or flaxseed oil and 2 tbsps. Balsamic vinegar 1 cup green tea Snacks 6 oz. of plain low-fat yogurt sweeten with 1 tbsp. SF jam 1 cup fresh berries	

DOWNLOAD: <https://tinurli.com/296fnw>

Download

a9c2e16639

Related links:

[mere naseeb mein tu hai ki nahi mp3 song free download](#)
[commandos game for pc free 11](#)
[the African Race full movie download in italian](#)
[Sony ACID Pro 7.0c KeyGen.7z Crack](#)
[Free Download Tutorial Bahasa Indonesia Autocad 2012 3d](#)
[Sims 3 Futureshock Living Free Download.25](#)
[The Da Vinci Code Movie Torrent lafesse guere kerio
shameless self promotion!](#)
[download Garjann movie in hindi](#)
[como sobrevivir a un apocalipsis zombie libro pdf download](#)