

"Tell me what you eat,
and I will tell you who
you are." -Brillat-Savarin

To keep the body in good health is
a duty, otherwise we shall not be
able to keep our mind strong and
clear. -Buddha

21 Day Meal Plan

<p>Breakfast: Boiled eggs Lunch: Lettuce wraps w chicken, tomatoes, basalmic vinegar Snack: Carrot Chips Dinner: Taco Shrimp Asparagus Broccoli</p>	<p>Breakfast: Omelet w veggies Lunch: Salad with Rotisserie chicken Snack: Nuts Dinner: Fish Carrot Chips Asparagus</p>	<p>Breakfast: Omelet w veggies Lunch: Salad with Fish Snack: Nuts Dinner: Hamburger patty Cauliflower Steamed Broccoli</p>	<p>Breakfast: Boiled eggs Lunch: Hamburger patty Snack: Nuts Dinner: Chicken Kabob w/veggies Green beans</p>	<p>Breakfast: Boiled eggs Lunch: Salad w Chicken Kabobs Snack: Nuts Dinner: Basalmic Pork Chops Garlic Cauliflower Mashed potatoes Green beans</p>	<p>Breakfast: Boiled eggs Lunch: Salad w Shredded Pork Snack: Carrots Dinner: Steak Green Beans Asparagus</p>	<p>Breakfast: Boiled eggs Lunch: Steak Lettuce Wrap Snack: Nuts Dinner: Fish Green Beans Asparagus</p>
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