

Advocare meal plan cleanse

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Next

Week of October 14 - 20, 2013							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Advocare® Meal Plan							
	Low White Pung Pung & Bone	Meat Free	Low White Pung Pung & Bone	Meat Free Pung Bone & Meat	Low White Pung Pung & Bone	Low White Pung Pung & Bone	Low White Pung Pung & Bone
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Break	Top white salad with sprouts, avocado, tomatoes	Meat Free Tuna & Egg	1 egg scrambled & top white salad sprouts, avocado, tomatoes	Meat Free Tuna & Egg	1 egg scrambled & top white salad sprouts, avocado, tomatoes	Meat Free Tuna & Egg	Meat Free Tuna & Egg
Lunch	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Break	Protein Shake protein bars	Meat Free Tuna & Egg	Meat Free Tuna & Egg	Meat Free Tuna & Egg	Meat Free Tuna & Egg	Meat Free Tuna & Egg	Meat Free Tuna & Egg
Break	Protein Shake protein bars	Meat Free Tuna & Egg	Meat Free Tuna & Egg	Meat Free Tuna & Egg	Meat Free Tuna & Egg	Meat Free Tuna & Egg	Meat Free Tuna & Egg
Break	Protein Shake protein bars	Meat Free Tuna & Egg	Meat Free Tuna & Egg	Meat Free Tuna & Egg	Meat Free Tuna & Egg	Meat Free Tuna & Egg	Meat Free Tuna & Egg
Break	Protein Shake protein bars	Meat Free Tuna & Egg	Meat Free Tuna & Egg	Meat Free Tuna & Egg	Meat Free Tuna & Egg	Meat Free Tuna & Egg	Meat Free Tuna & Egg

ADVOCARE RECIPES

what i ate on the 24 day challenge



Day 5: 10-Day Cleanse Recipes

Breakfast
8:00 am

Meat Free Breakfast Shake
- 1 cup
3-4 eggs whites - 1 yolk scrambled with onion, broccoli & tomato
*1/4-1/2 a banana can be added for sweetness

Snack
1:00 pm

Avocado Chicken Salad - Serves: 2

3 boneless, skinless chicken breasts
1 avocado
1/4 chopped onion
juice of 1/2 a lime
2 tbsp cilantro
salt & pepper, to taste

Cook chicken breast until done, let cool, and then shred.
Mix with all other ingredients.
Serve with a side salad

Morning Snack
10:30 am

1 cup mixed berries
8 - 10 Almonds

Afternoon Snack
3:00 pm

Turkey Meatball Muffins

2 lbs. ground turkey
2 egg whites
1 tsp dark cooking oil
1/2 tsp ground cumin
1/2 tsp dried thyme
2 tsp dry yellow mustard

2 tsp black pepper
2 tsp chipotle pepper sauce
1 tsp salt
2 tsp garlic powder
1 dried onion
2 dried onion stalks

Pre heat oven to 375 and spray muffin pan with some cooking spray (or coat with a little olive oil)
Mix all the ingredients in one large bowl until well combined. Roll the mixture into balls and place each one in the muffin pan.
Bake for 30 minutes or until cooked through.

Dinner - 6:00 pm

Chicken with Sun Dried Tomatoes Over Zucchini Noodles
Serves 4

2 Zucchini
1 (14 oz jar) No Sugar Added Tomato Sauce
Italian Seasoning
2 cloves Garlic, Crushed
1/2 cup of Chicken Breast, Diced
Sun Dried Tomatoes

Using a spiralizer or julienne peeler, make your noodles in a dry non-stick skillet, saute noodles until al dente (no water necessary)
In separate skillet cook chicken breast
Top cooked breast with tomatoes, Italian seasoning to taste, crushed garlic, sea salt and a handful of sun dried tomatoes.
Place noodles on plate and top with sauce.

¹¹ *Id.*, 8:22-23 (commenting that the fact that the defendant was not a doctor was not a defense).

Abstract

Training and Control Systems

1 Cucumber
2 Firm Tomatoes
Cherry Tomatoes



Drizzle a glass baking dish with non-stick cooking spray. Cut avocados in half and scoop out avocado, leaving 1/4" rim for shell. Set aside halved shells.
Reserve scooped avocado and dice to combine with remaining ingredients.
Combine salmon, lemon juice, lime juice, and herb seasoning. Toss diced avocado, tomatoes, onion, jalapeño, cilantro with reserved salmon. Fill avocado halves with salmon (omit mixture).

Profound breathers do NOT improve.

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ways enjoyed planning, "to the point of building a packaging network before every trip. The packaging grill includes clothing components for each travel day (based on the intended climate and in the activity) as well as a list that of essential elements that I am pointed to leave behind: advil, band-aids, My Fitbit Charger, when I was planning my trip, a tour of books and teachers who covered four states in thirteen days, I added some extra lines to my packaging network. These rows covered coffee coffee, lunch and dinner for every day of the trip: what I planned to eat, and where I planned to eat it. Heremendes ~~~~~ raw How to set up a similar plan Before your next great trip: to plan meals while traveling if you want to create a travel plan, in this context, consider the need to consider: where youaham ahm-sama-sama-sama-sama-sama-sama-sama-sama-sama-sama-American-american-american-american american american american american american american airport? Your location will help determine your opinionation à € à €

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