

# LOSE 21 POUNDS IN 21 DAYS

## INTERMITTENT FASTING DIET



DAY 1 January 15 - January 17		Healthy Fat Loss Inner Circle Metabolic Reset Plan	
Meal 1 Snack		Ingredients	
Breakfast	2 weeks, 1000 Calorie Meal	1/2 cup, 1000 Calorie Meal	1/2 cup, 1000 Calorie Meal
	2 weeks, 1000 Calorie Meal	1/2 cup, 1000 Calorie Meal	1/2 cup, 1000 Calorie Meal
	2 weeks, 1000 Calorie Meal	1/2 cup, 1000 Calorie Meal	1/2 cup, 1000 Calorie Meal
Snack #2	2 weeks, 1000 Calorie Meal	1/2 cup, 1000 Calorie Meal	1/2 cup, 1000 Calorie Meal
	2 weeks, 1000 Calorie Meal	1/2 cup, 1000 Calorie Meal	1/2 cup, 1000 Calorie Meal
	2 weeks, 1000 Calorie Meal	1/2 cup, 1000 Calorie Meal	1/2 cup, 1000 Calorie Meal
Lunch	2 weeks, 1000 Calorie Meal	1/2 cup, 1000 Calorie Meal	1/2 cup, 1000 Calorie Meal
	2 weeks, 1000 Calorie Meal	1/2 cup, 1000 Calorie Meal	1/2 cup, 1000 Calorie Meal
	2 weeks, 1000 Calorie Meal	1/2 cup, 1000 Calorie Meal	1/2 cup, 1000 Calorie Meal
Snack #3	2 weeks, 1000 Calorie Meal	1/2 cup, 1000 Calorie Meal	1/2 cup, 1000 Calorie Meal
	2 weeks, 1000 Calorie Meal	1/2 cup, 1000 Calorie Meal	1/2 cup, 1000 Calorie Meal
	2 weeks, 1000 Calorie Meal	1/2 cup, 1000 Calorie Meal	1/2 cup, 1000 Calorie Meal
Dinner	2 weeks, 1000 Calorie Meal	1/2 cup, 1000 Calorie Meal	1/2 cup, 1000 Calorie Meal
	2 weeks, 1000 Calorie Meal	1/2 cup, 1000 Calorie Meal	1/2 cup, 1000 Calorie Meal
	2 weeks, 1000 Calorie Meal	1/2 cup, 1000 Calorie Meal	1/2 cup, 1000 Calorie Meal

# Lose 21 Pounds In 21 Days

**RJ Alexander**



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