

LOSE 21 POUNDS IN 21 DAYS

INTERMITTENT FASTING DIET



DAY 1 January 15 - January 17		Healthy Fat Loss Inner Circle Meal Plan	
Meal 1 Snack		Ingredients	
Breakfast	1. 2 cups, mixed leafy greens	1. 2 cups, mixed leafy greens	1. 2 cups, mixed leafy greens
	2. 1/2 cup, ground turkey		
Snack #1	1. 1/2 cup, ground turkey	1. 1/2 cup, ground turkey	1. 1/2 cup, ground turkey
	2. 1/2 cup, ground turkey		
Snack #2	1. 1/2 cup, ground turkey	1. 1/2 cup, ground turkey	1. 1/2 cup, ground turkey
	2. 1/2 cup, ground turkey		
Snack #3	1. 1/2 cup, ground turkey	1. 1/2 cup, ground turkey	1. 1/2 cup, ground turkey
	2. 1/2 cup, ground turkey		
Snack #4	1. 1/2 cup, ground turkey	1. 1/2 cup, ground turkey	1. 1/2 cup, ground turkey
	2. 1/2 cup, ground turkey		
Snack #5	1. 1/2 cup, ground turkey	1. 1/2 cup, ground turkey	1. 1/2 cup, ground turkey
	2. 1/2 cup, ground turkey		
Snack #6	1. 1/2 cup, ground turkey	1. 1/2 cup, ground turkey	1. 1/2 cup, ground turkey
	2. 1/2 cup, ground turkey		
Snack #7	1. 1/2 cup, ground turkey	1. 1/2 cup, ground turkey	1. 1/2 cup, ground turkey
	2. 1/2 cup, ground turkey		
Snack #8	1. 1/2 cup, ground turkey	1. 1/2 cup, ground turkey	1. 1/2 cup, ground turkey
	2. 1/2 cup, ground turkey		
Snack #9	1. 1/2 cup, ground turkey	1. 1/2 cup, ground turkey	1. 1/2 cup, ground turkey
	2. 1/2 cup, ground turkey		
Snack #10	1. 1/2 cup, ground turkey	1. 1/2 cup, ground turkey	1. 1/2 cup, ground turkey
	2. 1/2 cup, ground turkey		
Snack #11	1. 1/2 cup, ground turkey	1. 1/2 cup, ground turkey	1. 1/2 cup, ground turkey
	2. 1/2 cup, ground turkey		
Snack #12	1. 1/2 cup, ground turkey	1. 1/2 cup, ground turkey	1. 1/2 cup, ground turkey
	2. 1/2 cup, ground turkey		
Snack #13	1. 1/2 cup, ground turkey	1. 1/2 cup, ground turkey	1. 1/2 cup, ground turkey
	2. 1/2 cup, ground turkey		
Snack #14	1. 1/2 cup, ground turkey	1. 1/2 cup, ground turkey	1. 1/2 cup, ground turkey
	2. 1/2 cup, ground turkey		
Snack #15	1. 1/2 cup, ground turkey	1. 1/2 cup, ground turkey	1. 1/2 cup, ground turkey
	2. 1/2 cup, ground turkey		
Snack #16	1. 1/2 cup, ground turkey	1. 1/2 cup, ground turkey	1. 1/2 cup, ground turkey
	2. 1/2 cup, ground turkey		
Snack #17	1. 1/2 cup, ground turkey	1. 1/2 cup, ground turkey	1. 1/2 cup, ground turkey
	2. 1/2 cup, ground turkey		
Snack #18	1. 1/2 cup, ground turkey	1. 1/2 cup, ground turkey	1. 1/2 cup, ground turkey
	2. 1/2 cup, ground turkey		
Snack #19	1. 1/2 cup, ground turkey	1. 1/2 cup, ground turkey	1. 1/2 cup, ground turkey
	2. 1/2 cup, ground turkey		
Snack #20	1. 1/2 cup, ground turkey	1. 1/2 cup, ground turkey	1. 1/2 cup, ground turkey
	2. 1/2 cup, ground turkey		
Snack #21	1. 1/2 cup, ground turkey	1. 1/2 cup, ground turkey	1. 1/2 cup, ground turkey
	2. 1/2 cup, ground turkey		

Lose 21 Pounds In 21 Days

Terry C. Jones



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