

# 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. 1/2 cup, unsweetened, thick, smooth	2. 1/2 cup, unsweetened, thick, smooth	3. 1/2 cup, unsweetened, thick, smooth
	2. 1/2 cup, unsweetened, thick, smooth		
Snack #2	1. 1/2 cup, unsweetened, thick, smooth	2. 1/2 cup, unsweetened, thick, smooth	3. 1/2 cup, unsweetened, thick, smooth
Snack #3	1. 1/2 cup, unsweetened, thick, smooth	2. 1/2 cup, unsweetened, thick, smooth	3. 1/2 cup, unsweetened, thick, smooth
Snack #4	1. 1/2 cup, unsweetened, thick, smooth	2. 1/2 cup, unsweetened, thick, smooth	3. 1/2 cup, unsweetened, thick, smooth
Snack #5	1. 1/2 cup, unsweetened, thick, smooth	2. 1/2 cup, unsweetened, thick, smooth	3. 1/2 cup, unsweetened, thick, smooth
Snack #6	1. 1/2 cup, unsweetened, thick, smooth	2. 1/2 cup, unsweetened, thick, smooth	3. 1/2 cup, unsweetened, thick, smooth
Snack #7	1. 1/2 cup, unsweetened, thick, smooth	2. 1/2 cup, unsweetened, thick, smooth	3. 1/2 cup, unsweetened, thick, smooth
Snack #8	1. 1/2 cup, unsweetened, thick, smooth	2. 1/2 cup, unsweetened, thick, smooth	3. 1/2 cup, unsweetened, thick, smooth
Snack #9	1. 1/2 cup, unsweetened, thick, smooth	2. 1/2 cup, unsweetened, thick, smooth	3. 1/2 cup, unsweetened, thick, smooth
Snack #10	1. 1/2 cup, unsweetened, thick, smooth	2. 1/2 cup, unsweetened, thick, smooth	3. 1/2 cup, unsweetened, thick, smooth
Snack #11	1. 1/2 cup, unsweetened, thick, smooth	2. 1/2 cup, unsweetened, thick, smooth	3. 1/2 cup, unsweetened, thick, smooth
Snack #12	1. 1/2 cup, unsweetened, thick, smooth	2. 1/2 cup, unsweetened, thick, smooth	3. 1/2 cup, unsweetened, thick, smooth
Snack #13	1. 1/2 cup, unsweetened, thick, smooth	2. 1/2 cup, unsweetened, thick, smooth	3. 1/2 cup, unsweetened, thick, smooth
Snack #14	1. 1/2 cup, unsweetened, thick, smooth	2. 1/2 cup, unsweetened, thick, smooth	3. 1/2 cup, unsweetened, thick, smooth
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Snack #19	1. 1/2 cup, unsweetened, thick, smooth	2. 1/2 cup, unsweetened, thick, smooth	3. 1/2 cup, unsweetened, thick, smooth
Snack #20	1. 1/2 cup, unsweetened, thick, smooth	2. 1/2 cup, unsweetened, thick, smooth	3. 1/2 cup, unsweetened, thick, smooth
Snack #21	1. 1/2 cup, unsweetened, thick, smooth	2. 1/2 cup, unsweetened, thick, smooth	3. 1/2 cup, unsweetened, thick, smooth

# Lose 21 Pounds In 21 Days

**JS Bruner**



**Lose 21 Pounds In 21 Days:**

Ignite the flame of optimism with Crafted by is motivational masterpiece, **Lose 21 Pounds In 21 Days** . In a downloadable PDF format ( \*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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