

# LOSE 21 POUNDS IN 21 DAYS

## INTERMITTENT FASTING DIET



| DAY 1<br>January 15 - January 17 |                                        | Healthy Fat Loss Inner Circle<br>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 |
|                                  |                                        |                                            |                                        |
| Snack #15                        | 1. 1/2 cup, unsweetened, thick, smooth | 2. 1/2 cup, unsweetened, thick, smooth     | 3. 1/2 cup, unsweetened, thick, smooth |
|                                  |                                        |                                            |                                        |
| Snack #16                        | 1. 1/2 cup, unsweetened, thick, smooth | 2. 1/2 cup, unsweetened, thick, smooth     | 3. 1/2 cup, unsweetened, thick, smooth |
|                                  |                                        |                                            |                                        |
| Snack #17                        | 1. 1/2 cup, unsweetened, thick, smooth | 2. 1/2 cup, unsweetened, thick, smooth     | 3. 1/2 cup, unsweetened, thick, smooth |
|                                  |                                        |                                            |                                        |
| Snack #18                        | 1. 1/2 cup, unsweetened, thick, smooth | 2. 1/2 cup, unsweetened, thick, smooth     | 3. 1/2 cup, unsweetened, thick, smooth |
|                                  |                                        |                                            |                                        |
| 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

**Marco Cascella**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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young pilots ages 8 17 soared through educational activities and aviation exploration witnessed captivating live

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