

Week 3 Chalean Extreme Meal Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout	Burn Circuit 1		Burn Circuit 2	Burn Interval Labs	Burn Circuit 3	Burn it off/recharge	REST
Breakfast	Shakeology w/water, sea salt/caramel extract	Shakeology, 1 tsp chia seeds, 1/4 c almond milk 1 cup water	Shakeology, 1 tsp chia seeds, 1/4 c almond milk 1 cup water	Shakeology, 1 tsp chia seeds, 1/4 c almond milk 1 cup water	Shakeology, 1 tsp chia seeds, 1/4 c almond milk 1 cup water	Shakeology, 1 tsp chia seeds, 1/4 c almond milk 1 cup water	Raspberries and cream protein pancakes
Snack	Peach & cashews	Peach & Cashews	berries & almonds	1/2 c greek yogurt, blueberries, unsweetened coconut, honey	peach and cashews	Apple & almonds	Strawberries and PB
Lunch	Turbofire chili leftover	Kale salad w/grilled chicken	Kale salad w/grilled chicken	Chicken Cassoulet w/salad	Meatloaf & veggies	Taco Casserole and veggies	Shakeology
Snack	cucumbers & hummus	cucumbers/celery hummus	Cucumbers and hummus	Cucumbers and hummus	Rice cakes and PB	Vanilla Protein Shake w/berries	Coconut cream lara bars
Dinner	Slow cooker camiles	chicken stir fry	Slow cooker chicken cassoulet with quinoa noceides	Meatloaf, sweet potato, green beans steamed	Taco Casserole w/ side salad	Dinner out	Flank steak, grilled veggies & corn
Snack	Optional						

Chalean Extreme Nutrition Guide

JG Myers



Chalean Extreme Nutrition Guide:

Chalean Extreme Nutrition Guide: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the engaging narratives that have captivated audiences this year. Chalean Extreme Nutrition Guide : Colleen Hoover's "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and thrilling novel that will keep you wondering until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

<https://www.portal.goodeyes.com/About/scholarship/index.jsp/Dr%20500%20User%20Manual.pdf>

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Chalean Extreme Nutrition Guide Introduction

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