

# Meal Plan - August 11-17, 2014

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>WEEK 5</b> <b>PIYO</b> <b>(Plan A)</b>	<b>PIYo:</b> <b>Sculpt</b>	<b>PIYo:</b> <b>Sweet</b>	<b>PIYo:</b> <b>CORE</b>	<b>PIYo:</b> <b>DRENCH</b>	<b>PIYo:</b> <b>REST</b>	<b>PIYo:</b> <b>BUNS</b>	<b>PIYo:</b> <b>Strength</b> <b>Intervals</b>
<b>Breakfast</b>	PB&B Shakeology (1P, 1F, 1HF)	PB&B Shakeology (1P, 1F, 1HF)	Watermelon Wave 1 scoop Tropical Strawberry 1 cup water 1 cup watermelon chunks (1P, 1F)	Watermelon Wave 1 scoop Tropical Strawberry 1 cup water 1 cup watermelon chunks (1P, 1F)	Watermelon Wave 1 scoop Tropical Strawberry 1 cup water 1 cup watermelon chunks (1P, 1F)	Watermelon Wave 1 scoop Tropical Strawberry 1 cup water 1 cup watermelon chunks (1P, 1F)	Watermelon Wave 1 scoop Tropical Strawberry 1 cup water 1 cup watermelon chunks (1P, 1F)
<b>Snack</b>	Fruit Saled with Greek Yogurt (1P, 1F)	oat bran muffins with apple (1 2V, 1F)	oat bran muffins with apple & PB (1 2V, 1F, 1HF)	clean goldfish crackers w/ sliced apple & PB (1 2V, 1F, 1HF)	clean goldfish crackers w/ sliced apple (1 2V, 1F)	clean goldfish crackers w/ sliced apple (1 2V, 1F)	clean goldfish crackers w/ sliced apple (1 2V, 1F)
<b>Lunch</b>	Cabbage soup with whole grain crackers, side spinach saled w/ lemon (2PV, 1 2V)	Cabbage soup with whole grain crackers, side spinach saled w/ lemon (2PV, 1 2V)	Cabbage soup, side spinach saled w/ dressing (2PV, 1HF)	Cabbage soup, side spinach saled w/ dressing (2PV, 1HF)	turkey taco saled (1P, 1PV, 1HF)	turkey taco saled (1P, 1PV, 1HF)	quinoa turkey tacoturkey taco saled (1P, 1PV, 1HF)
<b>Snack</b>	Edamame, tomato, basil saled (1P, 1PV)	Edamame, tomato, basil saled (1P, 1PV, 1HF)	Edamame, tomato, basil saled (1P, 1PV, 1HF)	Edamame, tomato, basil saled (1P, 1PV, 1HF)	Edamame, tomato, basil saled (1P, 1PV, 1HF)	Edamame, tomato, basil saled (1P, 1PV, 1HF)	Edamame, tomato, basil saled (1P, 1PV, 1HF)
<b>Dinner</b>	Stuffed Peppers, quinoa & brown rice medley, Broccoli medley (1P, 1 2V, 1PV, 2HF)	Turkey Tacos, lettuce, tomato, onion, salsa, guac (1P, 1PV, 1HF)	leftover Crock pot london broil, mashed potatoes, green beans (1P, 1 2V, 1PV)	Stuffed Peppers, quinoa & brown rice medley, Broccoli (1P, 1 2V, 1PV)	Crockpot balsamic glaze chicken and veggies, side of quinoa (1P, 1PV, 12V)	clean pizza pockets (1 2V, 1PV, 1HF)	Grilled fish sticks with clean chips and sauce (1P, 12V, 1PV)
<b>Snack</b>	Green Tea	Shakeology w/ water (1P)	Shakeology w/ water (1P)	Shakeology w/ water (1P)	baby carrots w/ hummus (1PV, 1HF)	baby carrots , Shakeology w/ water (1P, 1 PV)	baby carrots w/ hummus (1PV, 1HF)

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# Chalean Nutrition Guide

**Philip Brown**



## **Chalean Nutrition Guide:**

This book delves into Chalean Nutrition Guide. Chalean Nutrition Guide is an essential topic that must be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Chalean Nutrition Guide, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Chalean Nutrition Guide
- Chapter 2: Essential Elements of Chalean Nutrition Guide
- Chapter 3: Chalean Nutrition Guide in Everyday Life
- Chapter 4: Chalean Nutrition Guide in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, the author will provide an overview of Chalean Nutrition Guide. The first chapter will explore what Chalean Nutrition Guide is, why Chalean Nutrition Guide is vital, and how to effectively learn about Chalean Nutrition Guide.

3. In chapter 2, the author will delve into the foundational concepts of Chalean Nutrition Guide. The second chapter will elucidate the essential principles that need to be understood to grasp Chalean Nutrition Guide in its entirety.

4. In chapter 3, this book will examine the practical applications of Chalean Nutrition Guide in daily life. The third chapter will showcase real-world examples of how Chalean Nutrition Guide can be effectively utilized in everyday scenarios.

5. In chapter 4, the author will scrutinize the relevance of Chalean Nutrition Guide in specific contexts. This chapter will explore how Chalean Nutrition Guide is applied in specialized fields, such as education, business, and technology.

6. In chapter 5, the author will draw a conclusion about Chalean Nutrition Guide. The final chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Chalean Nutrition Guide.

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