

# 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

**Brendan Brazier**

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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web 1 transmitter an electric signal is applied to the optical transmitter the optical transmitter consists of driver circuit light source and fiber flylead driver circuit drives the light source light source converts electrical signal to optical signal

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web feb 3 2021 a brief introduction to optical fiber communication systems with an overview of the basic block diagram instead of using an electrical signal traveling over a cable or electromagnetic waves

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web in this lecture we are going to learn about optical fiber communication a block diagram of optical fiber communication systems types and modes of optical fiber and the advantages and applications of optical fiber communication so let s start with the basic knowledge of what is communication and then we will learn about the optical fiber

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web for creating long haul communication link it is necessary to join one fiber to other fibers permanently for this purpose optical splicing techniques are used to join different fibers optical coupler beam splitter

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web block diagram of optics fiber communicating system fiber optic communication link is the transmission of information by the amplification of the optical signal with optical fibers over a required distance this involves able an ophthalmic signal out an electrically signal at the transmission end and change by the optical signal return to an

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web draw the block diagram of an optical fibre communication system and explain function of each block advertisement solution the optical fiber consists of three main elements 1 transmitter an electric signal is applied to the optical transmitter the optical transmitter consists of driver circuit light source and fiber flylead

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web general block diagram of optical communication system consists of following important blocks transmitter information channel receiver block diagram of ofc systems message origin generally message origin is from a transducer that converts a nonelectrical message into an electrical signal

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web optical components that require no electronic control for their operation 1 optical filter select only a narrow spectrum of desire light 2 optical splitters divide the power in an optical signal into a number of different branches

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web write the block diagram which shows main components in an optical fiber communication link explain briefly write the expression for channel capacity what is wdm explain briefly draw the attenuation curve with respect to wavelength and show the three main windows of optical fiber communication and their wavelengths

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