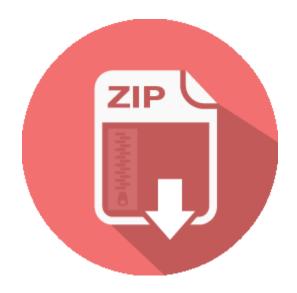
DIET MEALS FOR A WEEK



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Jill Corleone is a registered dietitian and health coach who has been writing and lecturing on diet

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This week's meal plan was designed for a person who needs about 2,100 to 2,200 calories per day and doesn't have any dietary restrictions. Your daily calorie goal may vary. Learn what it is below, and you can make tweaks to the plan to fit your specific needs.

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For any of you starting out on the pescetarian diet, it can be a daunting task to start mapping out your meals for the coming few weeks. It s

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The 4 week Fat burning Meal Plan to Lean Out Your Entire Body

You can get back on track and strip away those extra pounds with this easy-to-follow meal plan. And if you re trying not to fall off the bandwagon, heed to the meal plan to stave off unwanted weight.

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The Military Diet Lose 10 Pounds in Just 1 Week

The military diet, also called the 3-day diet, is a weight loss diet that can help you lose up to 10 pounds in a week. The military diet plan involves a 3-day meal plan followed by 4 days off, and the weekly cycle is repeated again and again until you reach your goal weight.

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One Week Sample Vegan Meal Plan Verywell Fit

Each vegan meal plan listed in this week-long sample is developed by a credentialed nutrition expert to help regular eaters adopt a plant-based diet.

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