

## MAYO CLINIC DIET RECIPES



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Mayo Clinic Diet Meal Plan. Here's a day of typical meals in the lifelong "Live it!" phase for women and men. Women (1,200 calories) Breakfast . 1 cup whole-grain breakfast cereal

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Top mayo clinic 3 day diet recipes and other great tasting recipes with a healthy slant from SparkRecipes.com.

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### **Pasta with Pumpkin Sauce Diet Recipe The Mayo Clinic Diet**

Ingredients. 2 cups whole wheat bow-tie pasta 2 teaspoons olive oil 1 medium onion, chopped 4 cloves garlic, minced 8 ounces fresh mushrooms, sliced

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**Diet Menu and Sample Meal Plan The Mayo Clinic Diet**

Sample Meal Plan. Get a glimpse of what a day of eating is like during Live It! and Lose It! These easy and delicious recipes will allow you to eat well and enjoy life on your weight-loss journey.

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**Apple Lettuce Salad Diet Recipe The Mayo Clinic Diet**

Ingredients 1/4 cup unsweetened apple juice 2 tablespoon lemon juice 1 tablespoon canola oil 2 1/4 teaspoon brown sugar 1/2 teaspoon Dijon mustard

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