

Time Suggestions	
8am	Breakfast
10	Snack
12	Lunch
2	Snack
4	Water
6	Dinner
8pm	Snack

1
2
0
0

Meal	Foods	Est. Calories
Day 1 1209		
Morning	Ham, 3 slices (2 oz)	69
Morning	2 Eggs, cooked, Hard Boiled	144
Snack	Cauliflower, raw (1 cup)	27
Lunch	Beef, steaks, chopped (4oz)	350
Lunch	Asparagus (1 cup)	32
Lunch	Cheese, cottage, nonfat (1 cup)	104
Lunch	Cheese, cream, fat free (1 tbsp)	19
Snack	Celery (3-5" sticks)	16
Dinner	Pork, loin, trimmed (4 oz)	195
Dinner	Cauliflower (2 cups)	54
Dinner	Shrimp, cooked (3oz)	84
Dinner	Sour cream, fat free (1 tbsp)	9
Snack	Yogurt, Greek, non fat (6oz)	106
Day 2 1244		
Morning	Turkey, 1 slice, 97% fat-free	27
Morning	2 Eggs, cooked, fried in olive oil	180
Snack	Carrots, baby (8)	35
Lunch	Beef, steaks, chopped (4oz)	350
Lunch	Broccoli (2 cups)	62
Lunch	Peppers, sweet, red (1 cup)	46
Lunch	Spinach, cooked, boiled (1 cup)	41
Dinner	Beef, tenderloin (6 oz)	274
Dinner	Asparagus (2 cups)	64
Dinner	Squash, acorn(1 cup)	83
Dinner	Squash, zucchini (1 cup)	66
Snack	Celery (3-5" sticks)	16
Day 3 1194		
Morning	Pork, Bacon (1 slice)	54
Morning	2 Eggs, cooked, Hard Boiled	144
Snack	Yogurt, Greek, non fat (6oz)	106
Lunch	Pork, loin, trimmed (4 oz)	195
Lunch	Asparagus (1 cup) & Shrimp(3oz)	116
Lunch	Cheese, cream, fat free (1 tbsp)	19
Snack	Cauliflower, raw (1 cup)	27
Dinner	Beef, steaks, chopped (4oz)	350
Dinner	Cauliflower (2 cups)	54
Dinner	Cheese, cottage, nonfat (1 cup)	104
Dinner	Sour cream, fat free (1 tbsp)	9
Snack	Celery (3-5" sticks)	16

Meal	Food	Est. Calories
Day 4 1226		
Morning	Turkey, 3 slices, 97% fat-free	81
Morning	2 Eggs, cooked, fried in olive oil	180
Snack	Carrots, baby (8)	35
Lunch	Beef, tenderloin (6 oz)	274
Lunch	Broccoli (2 cups)	62
Lunch	Squash, acorn(1 cup)	83
Lunch	Spinach, cooked, boiled (1 cup)	41
Snack	Yogurt, Greek, non fat (6oz)	106
Dinner	Fish, salmon (4 oz)	161
Dinner	Asparagus (2 cups)	64
Dinner	Peppers, sweet, red (1 cup)	46
Dinner	Squash, zucchini (1 cup)	66
Snack	Cauliflower, raw (1 cup)	27
Day 5 & 7 1150		
Morning	Pork, Bacon (1 slice)	54
Morning	2 Eggs, cooked, Hard Boiled	144
Snack	Yogurt, Greek, non fat (6oz)	106
Lunch	Fish, salmon (4 oz)	161
Lunch	Asparagus (1 cup)	32
Lunch	Squash, acorn(1 cup)	83
Snack	Cauliflower, raw (1 cup)	27
Dinner	Beef, tenderloin (6 oz)	274
Dinner	Asparagus (2 cups)	64
Dinner	Cheese, cottage, nonfat (1 cup)	104
Dinner	Squash, zucchini (1 cup)	66
Snack	Carrots, baby (8)	35
Day 6 1151		
Morning	Turkey, 1 slice, 97% fat-free	27
Morning	2 Eggs, cooked, fried in olive oil	180
Snack	Yogurt, Greek, non fat (6oz)	106
Lunch	Fish, salmon (4 oz)	161
Lunch	Broccoli (2 cups) & Shrimp (3oz)	146
Lunch	Spinach, cooked, boiled (1 cup)	41
Lunch	Turkey, 3 slices, 97% fat-free	81
Dinner	Pork, loin, trimmed (4 oz)	195
Dinner	Cauliflower (2 cups) & Bacon (1 slice)	108
Dinner	Peppers, sweet, red (1 cup)	46
Dinner	Sour cream, fat free (1 tbsp)	9
Snack	Carrots (8) & Celery (3-5" sticks)	51

Shopping List

Eggs	14 large	Cheese, cream, fat free	2tbsp	Cauliflower, raw	11 cups
Ham, sliced, 96% fat free	2 oz	Sour cream, fat free	3tbsp	Peppers, sweet, red	3 cups
Bacon (sugar free)	4 slices	Shrimp, cooked	9 oz	Spinach, Frozen	3 cups
Turkey, sliced, 97% fat-free	8 slices	Yogurt, Greek, non fat	36 oz	Squash, zucchini	4 cups
Beef, tenderloin	4 filets	Celery, raw	4 sticks		
Beef, steak	12 oz	Carrots, baby	1 bag		
Fish, salmon	16 oz	Squash, acorn	4 cups		
Pork, loin,	12 oz	Asparagus	12 cups		
Cheese, cottage, nonfat	4 cup	Broccoli	6 cups		

Drink lots
of water

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Please consult your health care provider before making any dietary or fitness changes. See <http://www.remove-my-weight.com> for more Menus different Days & Calorie Counts.

Low Carb Day Planner

Sebastian Brünink

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web jan 31 2022 turtles are found on most continents islands and most of the world s oceans many turtle species are under threat of extinction due to the destruction of turtle habitats around the world in this animalwised article we will explain some interesting facts about turtles one of the oldest and most fascinating animals on earth

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web fast facts description sea turtles are characterized by a long streamlined shell depending on the species sea turtles color range can be olive green yellow greenish brown reddish brown or black limbs and flippers are adapted for swimming adult male and female sea turtles are equal in size

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web jul 24 2023 1 sea turtles outlived the dinosaurs a leatherback turtle returns to sea after nesting ben j hicks sea turtles are often compared to dinosaurs due to their scaly reptilian appearance in fact sea turtles were around at the same time as dinosaurs

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loggerhead turtle hatchlings make their way to the sea in juno beach florida image courtesy of veronica runge sea turtles are

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web turtle facts 1 turtles belong to one of the oldest reptile groups in the world beating snakes crocodiles and alligators 2 these creatures date back to the time of the dinosaurs over 200 million years ago woah 3 turtles are easily recognised by their bony cartilaginous shell

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web sea turtles are the live representatives of a group of reptiles that have existed on earth and traveled our seas for the last 100 million years turtles have major cultural significance and tourism value five of the seven species are found around the world mainly in tropical and subtropical waters

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web aug 3 2023 1 sea turtles are the caretakers of the deep sea turtles generally spend their time hovering up the seabed at least they do to the extent that they eat the plants and seagrass that can often overgrow in fact without sea turtles helping to keep things short seagrass may otherwise harm smaller marine life 2

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web sep 28 2023 sea turtles are amongst some of the world s oldest reptiles that are still alive today sadly they are

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web jun 16 2020 1 they re really ancient the oldest known sea turtle fossil is at least 120 million years old making sea turtles some of the oldest creatures on the planet that means they shared the planet with dinosaurs which became extinct around 65 million years ago 2 have shell will travel

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web aug 6 2021 there are seven species of sea turtles present all over the world the largest sea turtle is the leatherback sea turtle at about 70 86 in 180 220 m in length whereas kemp s ridley is recorded as the smallest sea turtle species and is around 23 28 in 58 70 cm in length the average length of sea turtles is 24 28 in 62 70 cm

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