

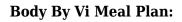
## 1-Week Weight-Loss Meal Plan

Day	Morning	Mid Morning	Lunch	Late Afternoon	Dirmer	Smark
	VI-Shaper" Shuke with Non-Fot Milk, Frozen-Fruit and Health Flavor VI-Stire" Mutabolism Booster VI-Trim" Hungar Control Powder (as needed)	NEURO" in Hoter Nutra-Cookle"	VI-Shape* Shake with Non-Fet Milk, and Floatin Fruit	4 Callery Sticks 1 Step Peanut Butter	4-6 oz Chicken (no skin) 1 c. Broccoli or Canons Side Solad with 2 thip Fat Price Salad Dressing	% c Cottage Overse % c Busberies
2	VI-Shape* Shaur with Non-Fat Mile, Frozen-Fruit and Health Flavor VI-Stee* Minabolism Booster VI-Tries* Hungar Control Powder (as needed)	NEURO" in Wood Nutra-Cookle"	Vi-Shape" Shake with Non-Fot Mile, Prozen Fruit and Health Flavor	No.C. or B Baby Carrots I thep Low-Fat Divising	4–6 oz Fish with Salad 1 c. Gesen Beans	% c Low Segar Consol % c Non Fat Miss
3	VI-Shape" Shake with Non-Fat Mile, Frozen-Fruit and Health Riseper VI-Sites" Miradolfors Booster VI-Tries" Hungar Control Powder üs neededt	NEURO** in:Water 10 Amonds 1 Pear	VI-Shape" Shake with Non-Fat Milk, and Frozen Fruit	4 Pita Chips 2 this Hummus	3 Egg White Omelet with Mushrooms, Onions and 1 or Low Fet Mozzanette Side Salad with 2 thisp Fet Free Salad Dressing	Mutra-Cookse**
4	VI-Shape* Shaka with Non-Fat Mile, frozen fruit and Health Reser VI-Sites* Musbollom Boodur VI-Tries* Hungor Control Psector de needed	NEURO" in Water Nutra-Cookte"	Vi-Shape* Shake with Non-Est Mill, and Frozen Foult	N.c. Cartage Cheese N.c. Bluobonies	4-6 cz: Chicken (no skin) 1 Medium Baked Sweet Poteto Side Swed with 2 thisp Fat Free Salad Dressing	String Cheese 1 Apple
5	VI-Shape" Shake with Non-Fat Milk, Frozen-Fruit and Health Flavor VI-Slave" Missabolism Booster VI-Tries" Hunger Control Powder (so needed)	NEURO** In Water Thic Cortage Cheene 1 Apple	W-Shape* Shake with Non-Fet Mile, Festion Fest and Health Flavor	Netra-Cookie**	4-6 oz Pork Sendertoin 1 c. Green Beans Side Salaid with 2 thisp Fat Presi Salaid Dissoling	1 Apple 1 toxp Pearlot Butter
•	VI-Shape" Shake with Non-Fot Mile, Frozen-Fruit and Health Flavor VI-Stee" Missabotom Booster VI-Stee" Hunger Control Powder (as needed)	NEURO* in Worse 1 c. Unsweetenad Appliesauce	W-Shape* Shake with Non-Fit Mile, and From Fruit	4 Calury Stocks 1 tiosp Resnut Butter	4-6 cz. Fish with Asperagus Side Salad with 2 thip Eat Fee Salad Dressing	Netra-Cookie**
7	VI-Shape* Shake with Non-Fat Milk, Federal fruit and Health Planer VI-Siltes* Mutabolism Booster VI-Tries* Hunger Control Powder Se needed	NEURO" in Water Nutra-Cookle"	Vi-Shape* Shoka with Non-Fat Milk, Frozen-Fruit and Health Rayor	10 Watnut Halves 1 Orange	Madium Baked Potato with 1 c. Salte and N. c. Cheese Side Solad with 3 thip Fat Free Saled Dressing	N c Cottage Overse N c Rargberries

Drink a large glass of water with each meal and snack. Drink NEURO® with water as one of your snacks or 30 minutes prior to working-out.

# **Body By Vi Meal Plan**

Mike Jess



The Enigmatic Realm of **Body By Vi Meal Plan**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Body By Vi Meal Plan** a literary masterpiece penned with a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book is core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of those that partake in its reading experience.

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