

1-Week Weight-Loss Meal Plan

Day	Morning	Mid Morning	Lunch	Late Afternoon	Dinner	Snack
1	Vi-Shape® Shake with Non-Fat Milk, Frozen Fruit and Health Flavor Vi-Slim® Metabolism Booster Vi-Tribe® Hunger Control Powder (as needed)	NEURO™ in Water Nutra-Cookie™	Vi-Shape® Shake with Non-Fat Milk, and Frozen Fruit	4 Celery Sticks 1 tbsp Peanut Butter	4-6 oz. Chicken (no skin) 1 c. Broccoli or Carrots Side Salad with 2 tbsp Fat-Free Salad Dressing	½ c. Cottage Cheese ½ c. Blueberries
2	Vi-Shape® Shake with Non-Fat Milk, Frozen Fruit and Health Flavor Vi-Slim® Metabolism Booster Vi-Tribe® Hunger Control Powder (as needed)	NEURO™ in Water Nutra-Cookie™	Vi-Shape® Shake with Non-Fat Milk, Frozen Fruit and Health Flavor	½ c. or 8 Baby Carrots 1 tbsp Low-Fat Dressing	4-6 oz. Fish with Salad 1 c. Green Beans	¾ c. Low Sugar Cereal ½ c. Non Fat Milk
3	Vi-Shape® Shake with Non-Fat Milk, Frozen Fruit and Health Flavor Vi-Slim® Metabolism Booster Vi-Tribe® Hunger Control Powder (as needed)	NEURO™ in Water 10 Almonds 1 Pear	Vi-Shape® Shake with Non-Fat Milk, and Frozen Fruit	4 Pita Chips 2 tbsp Hummus	2 Egg White Omelet with Mushrooms, Onions and 1 oz Low Fat Mozzarella Side Salad with 2 tbsp Fat-Free Salad Dressing	Nutra-Cookie™
4	Vi-Shape® Shake with Non-Fat Milk, Frozen Fruit and Health Flavor Vi-Slim® Metabolism Booster Vi-Tribe® Hunger Control Powder (as needed)	NEURO™ in Water Nutra-Cookie™	Vi-Shape® Shake with Non-Fat Milk, and Frozen Fruit	½ c. Cottage Cheese ½ c. Blueberries	4-6 oz. Chicken (no skin) 1 Medium Baked Sweet Potato Side Salad with 2 tbsp Fat-Free Salad Dressing	String Cheese 1 Apple
5	Vi-Shape® Shake with Non-Fat Milk, Frozen Fruit and Health Flavor Vi-Slim® Metabolism Booster Vi-Tribe® Hunger Control Powder (as needed)	NEURO™ in Water ½ c. Cottage Cheese 1 Apple	Vi-Shape® Shake with Non-Fat Milk, Frozen Fruit and Health Flavor	Nutra-Cookie™	4-6 oz. Pork Tenderloin 1 c. Green Beans Side Salad with 2 tbsp Fat-Free Salad Dressing	1 Apple 1 tbsp Peanut Butter
6	Vi-Shape® Shake with Non-Fat Milk, Frozen Fruit and Health Flavor Vi-Slim® Metabolism Booster Vi-Tribe® Hunger Control Powder (as needed)	NEURO™ in Water 1 c. Unsweetened Applesauce	Vi-Shape® Shake with Non-Fat Milk, and Frozen Fruit	4 Celery Sticks 1 tbsp Peanut Butter	4-6 oz. Fish with Asparagus Side Salad with 2 tbsp Fat-Free Salad Dressing	Nutra-Cookie™
7	Vi-Shape® Shake with Non-Fat Milk, Frozen Fruit and Health Flavor Vi-Slim® Metabolism Booster Vi-Tribe® Hunger Control Powder (as needed)	NEURO™ in Water Nutra-Cookie™	Vi-Shape® Shake with Non-Fat Milk, Frozen Fruit and Health Flavor	10 Walnut Halves 1 Orange	Medium Baked Potato with 1 c. Salsa and ½ c. Cheese Side Salad with 2 tbsp Fat-Free Salad Dressing	½ c. Cottage Cheese ½ c. Raspberries

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

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the 'Mike Jess' text.

Body By Vi Meal Plan:

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's 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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