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Step 3: edit & save your plan

	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
MEAL 1	Low-Fat Granola Cereal	Fruit & Yogurt Cereal	French Vanilla Protein Shakes	 Strawberry Protein Meal Bars	Hammon Pecan Cereal	French Vanilla Protein Shakes	Fruit & Yogurt Cereal
SNACK	Chocolatey Pretzel Cereal Bars	Multi-Grain Crackers	Chocolate Delight Protein Snack Bars	 Honey Nut Cereal Bars	Chocolate Delight Protein Snack Bars	Peaches & Berries Cereal Bars	Peaches & Berries Cereal Bars
MEAL 2	Honey Almond Protein Meal Bars	Veggie-Bacon Avocado Sandwich	Cinnamon Protein Cereal	 Seared Steak Salad	Honey Almond Protein Meal Bars	Mediterranean Turkey Sandwich	Strawberry Protein Meal Bars
SNACK	Peaches & Berries Cereal Bars	Chocolate Delight Protein Snack Bars	Multi-Grain Crackers	 Chocolatey Pretzel Cereal Bars	Peaches & Berries Cereal Bars	Honey Nut Cereal Bars	Chocolatey Pretzel Cereal Bars
MEAL 3	Jamaican Chicken Breast with Mashed Sweet Potatoes	Strawberry Protein Meal Bars	Spicy Asian Chicken-Fry	 Fruit & Yogurt Cereal	Chicken Chop with Pomegranate Glaze	Fruit & Yogurt Cereal	Skillet Shrimp with Tomatoes and Feta

Special K Diet Plan

Anthony S. Fauci



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