

FOREST CITY
 FAMILY CHIROPRACTIC
 "Structure Determines Function"

Eating Guide to Losing 10 pounds Fast/ Week 1

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Breakfast: Yogurt, fresh berries with coconut	Breakfast: Spinach, mushroom, feta cheese omlet	Breakfast: Smoothie	Breakfast: Turkey bacon and cheese omelette	Breakfast: Smoothie	Breakfast: Turkey bacon and cheese omelet	Breakfast: 2 eggs 4 pieces of Turkey Bacon
Snack: Berry Smoothie	Snack: Celery with almond butter	Snack: ½ cup pumpkin seeds	Snack: Veggie sticks with ranch dressing	Snack: ½ cup almonds	Snack: Vanilla shake	Snack: Handful of nuts
Lunch: Boiled egg salad	Lunch: Greek chicken salad	Lunch: Buffalo burger taco salad	Lunch: Antipasto salad	Lunch: Chicken Salad	Lunch: Watercress almond salad	Lunch: Chicken Breast, black beans and salsa
Snack: Dilled salmon, asparagus	Snack: ½ cup of walnuts	Snack: Veggie sticks with guacamole	Snack: Eggnog	Snack: 1 coconut macaroon	Snack: ½ cup almonds	Snack: Celery and hummus
Dinner: Grass-fed steak, broccoli and cauliflower	Dinner: Zucchini casserole	Dinner: Chili	Dinner: Chicken Stir-fry	Dinner: SW tilapia mashed faux- potatoes, green salad	Dinner: Teriyaki salmon, broccoli	Dinner: Turkey burger, sautéed mushrooms, onions and spinach

Eating Guide to Losing 10 pounds Fast/ Week 2

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Breakfast: Smoothie	Breakfast: Veggie omelette, turkey bacon	Breakfast: Smoothie	Breakfast: Yogurt and blueberries	Breakfast: Smoothie	Breakfast: Turkey bacon and cheese omelet	Breakfast: Blueberry pancakes
Snack: Boiled egg	Snack: Celery with almond butter	Snack: ½ cup pumpkin seeds	Snack: Veggie sticks with ranch dressing	Snack: ½ cup almonds	Snack: Vanilla shake	Snack: Handful of nuts
Lunch: Chili	Lunch: Chicken salad	Lunch: Leftover black bean soup	Lunch: Green salad with salmon or chicken	Lunch: Leftover Sheperd's Pie	Lunch: Taco Salad	Lunch: Chicken and broccoli casserole
Snack: Nuts and Seeds	Snack: ½ cup of walnuts	Snack: Veggie sticks with guacamole	Snack: Celery sticks with hummus	Snack: 1 Veggie sticks with guacamole	Snack: ½ cup almonds	Snack: Celery and hummus
Dinner: Grilled steak with béarnaise sauce, sautéed spinach, kale or broccoli	Dinner: Black bean soup	Dinner: Chicken almond stir-fry	Dinner: Sheperd's Pie	Dinner: Baked tilapia, mashed faux-tatoes, green salad	Dinner: Chicken coconut curry	Dinner: Pot roast with sauerkraut