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## The Seven-Day Anti-Aging Diet Meal Plan

By Doran Ellar

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By Kate Hutton

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Think of this plan, packed with skin-nourishing nutrients, as your blueprint for a younger-looking complexion. We kept tabs on calories so that as you unveil a more youthful appearance, you also can shed up to 10 pounds in four weeks. (Staying at an ideal weight will help prevent the wrinkles and sag that can come from breaking down skin fibers if you keep losing and regaining.) Choose any breakfast (about 300 calories), lunch (400), or dinner (500), and have up to two snacks (125 calories each) every day. For chocolate treats that meet our caloric guidelines, see page 208.

— *Samantha B. Cassetty, M.S., R.D., CDE*  
nutrition director

### Day 1

#### BREAKFAST

**Chocolatey oats** Mix  $\frac{1}{2}$  c. fat-free milk with 1 packet instant oatmeal. Microwave until hot. Stir in  $\frac{1}{2}$  tsp. cocoa powder, one packet no-cal sweetener, 3 cut-up strawberries, and 2 Tbsp. chopped walnuts. Serve with  $\frac{1}{2}$  apple.

#### SNACK

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# Good Housekeeping Institute Exercise Diet Program

**Victor Herbert**



**Good Housekeeping Institute Exercise Diet Program:**

## The Enigmatic Realm of **Good Housekeeping Institute Exercise Diet Program**: 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 **Good Housekeeping Institute Exercise Diet Program** a literary masterpiece penned by way of a renowned author, readers attempt 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 impact on the hearts and minds of people who partake in its reading experience.

<http://www.pet-memorial-markers.com/data/virtual-library/fetch.php/Experimental%20Studies%20In%20Adult%20Learning%20And%20Memory.pdf>

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