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[www.jilltiffany.com](http://www.jilltiffany.com)

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## Sample Day from Challenge Menu

Week 1	Mon.
<b>Breakfast</b>	1 serving oatmeal (not instant, may sweeten with honey, pure maple syrup, stevia) with ¼ c nuts, ½ c fruit, green tea
<b>Snack</b>	Apple & 10 almonds
<b>Lunch</b>	Turkey Roll-up (3-4oz turkey rolled up in large lettuce leaf; add tomato, mustard, etc. to your taste) and steamed vegetable medly
<b>Snack</b>	¼ c sunflower seeds
<b>Supper</b>	4oz hamburger (if you skip the bun, you avoid gluten), 1 c green beans, salad (salads should be dark greens, all the raw veggies you want)

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