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3 Breakfast Cranberry-almond Morning Barley 4 Lunch Pesto Chicken Salad
Sandwich With Italian Arugula Salad 8 Snacks Grapes, 2 Oz Low-fat Cheddar, 7
Almonds 3 Deviled Eggs With Capers And Dill 0 Dinner Chickpea And Spinach Stew
Served Over Whole-wheat Couscous 1 Breakfast Western Omelette 2 Lunch OUT
FOR BURGERS Small Fast-food Cheeseburger Feb 13th, 2024

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POWER FOODS LIST - Weight Watchers

Vegetables Prepared With Ingredients That Are Not Weight Watchers Power Foods (for Example, Corn In Butter Sauce, Dried Tomatoes Packed In Oil) Avocados French Fries Olives Plantains Pickled Vegetables Whole Grains Included Brown And Wild Rice Hot Cereals, Cooked—no Added Sugar, Dried Fruits, Or Nuts Such As 100% Oat Bran Cream Of Rice Or Wheat Jan 2th, 2024

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Amp Up Your fitness Routine, Too. The Fitbit Ex, Which Comes In A Range Of Coloured Wristbands, Is A Water-resistant Tracker That Monitors Sleep, Steps Taken And Calories Burned. Little Lights Illuminate As You Reach Your Targets, And Bluetooth Technology Syncs All That Data To Your Computer And Select Mobile Devices. You Can Sync Feb 15th, 2024

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