

100% Guaranteed Weight Loss Plan To Help You Lose 16 Pounds In 1 Month

Breakfast



1/2
lemon
1 glass
water



1 boiled
egg



1 tbls
0 fat
sour
cream



1 slice
whole
wheat
bread



1 glass
of 0 fat
milk

Snacks: Choose 1 fruit with 2 glasses of water



Lunch: 400 ml water 30 min before lunch



400ml
water



Vegetable
salad

or



Soup



Grilled
chicken

or



Grilled
Meat

Snacks: Choose 1 Fruit With 2 Glasses Of Water



Dinner: Eat last meal at 6 pm



400 ml
water



1
boiled
egg



2 slices
whole
wheat
bread



1 tbls
0 fat
sour
cream



1 slice
0 fat
white
cheese

Fat Loss Plan

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