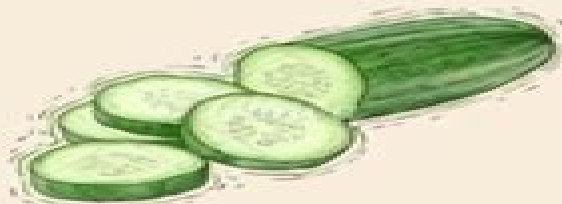


9 Tips to lose weight fast in 15 days



Eat 1 cucumber daily



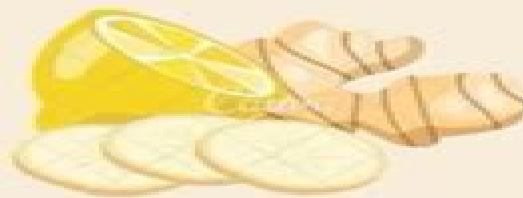
Drink 9 glasses of water



Walk 1 km or more daily



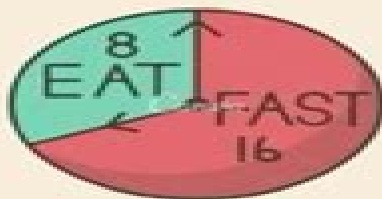
Sleep 7 hours at night



Add ginger, lemon, turmeric to morning water detox



Skip sugary foods



16/8 Fasting



Eat vegetables & protein



Drink green tea daily

Mental Health Tips Weight Loss Plan Best

Jessica J Manson



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