

WEEKLY WEIGHT LOSS CHART FOR FEMALE

1-Week Weight Loss Plan

Reach a 1,500-calorie diet daily, and repeat the same process weekly to lose 1 to 2 pounds per week. Switch to different food to avoid monotony. Pair with a regular exercise routine.

Day 1	• Grain (Oats) • Apple, peanut butter, and banana for snacks • Vegetables • Top up protein
Day 2	• Grain (Oats) • Apple, peanut butter, and banana for snacks • Vegetables • Top up protein
Day 3	• Grain (Oats) • Apple, peanut butter, and banana for snacks • Vegetables • Top up protein
Day 4	• Fruits • Egg and dark chocolate for snacks • Vegetables for lunch • High-carb
Day 5	• Fruits • Hard-boiled egg and dark chocolate for snacks • Vegetables • High-carb
Day 6	• Fruits • Hard-boiled egg and dark chocolate for snacks • Vegetables; veggie soups • Starchy; high-carb
Day 7	• Fruits with protein • Apple, raspberries, and dark chocolate for snacks • Vegetable; veggie soups • High-carb

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Deborah Hoglund



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 Armstrong,2025-04-03 Records of the household and wardrobe are important sources for understanding English royal
 medieval government This book outlines their functions organisation and development along with the activities and accounts
 of the various officials and departments charged with their undertaking The household was the political centre encompassing
 a variety of departments catering to the day to day needs of the royal family and the court The wardrobe was originally the
 location where cloth and other precious commodities were stored Still it took on increasing importance over the thirteenth
 century as the key financial and administrative office that itinerated alongside the king This overview of the different types of
 household and wardrobe accounts and their contents demonstrates the wealth of information contained within these records
 Conventions of language abbreviations money numbers and dates are also explained The two case studies illustrate how a
 household diet account and a wardrobe jewel account can be used to elucidate the actions and agency of Queens Eleanor of
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