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

Weight Loss Plan Update Returns

David Baud

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web may 5 2017 lesson 5 1 lesson 5 4 using the ipde process using the ipde process and the zone control system helps you plan and execute maneuvers or actions to reduce hazards it is up to every driver to manage space time and speed in order to further increase safety within the hts continually practice using the ipde process so that it will

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