

# 1 WEEK WEIGHT LOSS CHART

## One-Week Diet Plan to Try

|       |           |                                                                                                                                                                          |
|-------|-----------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Day 1 | Monday    | <ul style="list-style-type: none"><li>• Fruits of your choice</li><li>• Greek Yogurt for your snack</li><li>• Water (8-12 glasses)</li></ul>                             |
| Day 2 | Tuesday   | <ul style="list-style-type: none"><li>• Fresh, organic vegetables depending on your choice</li><li>• Salted nuts for your snack</li><li>• Water (8-12 glasses)</li></ul> |
| Day 3 | Wednesday | <ul style="list-style-type: none"><li>• Fruits (you may choose different fruit from day 1 to avoid monotony)</li><li>• Water (8-12 glasses)</li></ul>                    |
| Day 4 | Thursday  | <ul style="list-style-type: none"><li>• Avocado Banana smoothie</li><li>• 3 glasses of reduced-fat milk</li><li>• Water (8-12 glasses)</li></ul>                         |
| Day 5 | Friday    | <ul style="list-style-type: none"><li>• 1 cup of brown rice paired with any vegetable of your choice</li><li>• Water (8-12 glasses)</li></ul>                            |
| Day 6 | Saturday  | <ul style="list-style-type: none"><li>• 1 cup of brown rice paired with any vegetable of your choice</li><li>• Water (8-12 glasses)</li></ul>                            |

Note: Focus on low-calorie foods. An increased amount of water intake can give effective weight loss results.

# Weight Loss Plan This Week Login

**M Carnoy**



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