



2-WEEK WEIGHT LOSS PLAN FOR WOMEN OVER 35

	Breakfast	Lunch	Dinner
1st Day	3 hard boiled eggs 1 Grapefruit 1 banana or 1 Toast Black Coffee	2 hard boiled eggs 1 Banana or 1 Toast Black Coffee	3 hard boiled eggs Vegetable salad (consists of lettuce, cucumber, with a balsamic vinegar or lemon as dressing)
2nd Day	1 hard boiled egg 1 Grapefruit Black Coffee	2 hard boiled eggs 1 Grapefruit 1 banana or 1 Toast Black Coffee	Beef Steak 200 g Vegetable Salad Black Coffee
3rd Day	1 hard boiled egg 1 Grapefruit Black Coffee	Vegetable Salad 1 Grapefruit 1 banana or 1 toast Black Coffee	1 hard boiled egg 1 Chicken Breast Black Coffee
4th Day	1 hard boiled egg 1 Grapefruit Black Coffee	Vegetable Salad 1 Grapefruit 1 Banana or 1 Toast Black Coffee	3 hard boiled eggs Vegetable salad Black Coffee
5th Day	1 hard boiled eggs 1 Grapefruit 1 banana or 1 Toast Black Coffee	3 hard boiled eggs boiled spinach 1 banana or 1 Toast Black Coffee	1 Piece of white fish Vegetable Salad 1 banana or 1 toast Black Coffee
6th Day	2 hard boiled eggs 1 Grapefruit 1 banana or 1 Toast Black Coffee	Fruit salad (consists of cucumber, lettuce, apple, strawberry, banana etc)	Beef Steak 200 g Celery Tomato Black Coffee
7th Day	2 hard boiled egg 1 Grapefruit Black Coffee	1 chicken breast Celery Tomato 1 Grapefruit Black Coffee	1 Chicken Breast Tomato 1 Grapefruit steamed Cabbage Black Coffee

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