

WEIGHT LOSS PLAN

weight loss plan

Diet/Exercise Schedule				
time	sports	breakfast	chinese foo	dinner
Monday	jogging	2 buns	Mapo Tofu	Vegetal
Tuesday	Dance	two eggs	fried vege	an apple
Wednesday	ride a bike	lass of mil	potato sh	cucumbe
Thursday	to play	piece of cal	chicken	glass of mil
Friday	swim	steamed b'repper	Bancket of ce	
Saturday	mb mounta	an apple	ed vegetal	vegetable sal
Sunday	running	wil of neosork	with Gladish Cen	
2021	7			

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Hussin A.Rothana



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