

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	<ul style="list-style-type: none">• Grain (Oats)• Apple, peanut butter, and banana for snacks• Vegetables• Top up protein
Day 2	<ul style="list-style-type: none">• Grain (Oats)• Apple, peanut butter, and banana for snacks• Vegetables• Top up protein
Day 3	<ul style="list-style-type: none">• Grain (Oats)• Apple, peanut butter, and banana for snacks• Vegetables• Top up protein
Day 4	<ul style="list-style-type: none">• Fruits• Egg and dark chocolate for snacks• Vegetables for lunch• High-carb
Day 5	<ul style="list-style-type: none">• Fruits• Hard-boiled egg and dark chocolate for snacks• Vegetables• High-carb
Day 6	<ul style="list-style-type: none">• Fruits• Hard-boiled egg and dark chocolate for snacks• Vegetables; veggie soups• Starchy; high-carb
Day 7	<ul style="list-style-type: none">• Fruits with protein• Apple, raspberries, and dark chocolate for snacks• Vegetable; veggie soups• High-carb

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Katie Ferraro, Cheryl Winter



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Internet of Things and Big Data Applications Valentina E. Balas,Vijender Kumar Solanki,Raghvendra Kumar,2020-02-24 This book provides essential future directions for IoT and Big Data research Thanks to rapid advances in sensors and wireless technology Internet of Things IoT related applications are attracting more and more attention As more devices are connected they become potential components for smart applications Thus there is a new global interest in these applications in various domains such as health agriculture energy security and retail The main objective of this book is to reflect the multifaceted nature of IoT and Big Data in a single source Accordingly each chapter addresses a specific domain that is now being significantly impacted by the spread of soft computing

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