

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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