



2-WEEK WEIGHT LOSS PLAN FOR WOMEN OVER 35

| | Breakfast | Lunch | Dinner |
|---------|---|---|--|
| 1st Day | <ul style="list-style-type: none"> 2 hard boiled eggs 1 Grapefruit 1 banana or 1 Toast Black Coffee | <ul style="list-style-type: none"> 2 hard boiled eggs 1 Banana or 1 Toast Black Coffee | <ul style="list-style-type: none"> 2 hard boiled eggs Vegetable salad (consists of lettuce, cucumber with a balsamic vinegar or lemon as dressing) |
| 2nd Day | <ul style="list-style-type: none"> 1 hard boiled egg 1 Grapefruit Black Coffee | <ul style="list-style-type: none"> 2 hard boiled eggs 1 Grapefruit 1 banana or 1 Toast Black Coffee | <ul style="list-style-type: none"> Beef Steak 200 g Vegetable Salad Black Coffee |
| 3rd Day | <ul style="list-style-type: none"> 1 hard boiled egg 1 Grapefruit Black Coffee | <ul style="list-style-type: none"> Vegetable Salad 1 Grapefruit 1 banana or 1 Toast Black Coffee | <ul style="list-style-type: none"> 1 hard boiled egg 1 Chicken Breast Black Coffee |
| 4th Day | <ul style="list-style-type: none"> 1 hard boiled egg 1 Grapefruit Black Coffee | <ul style="list-style-type: none"> Vegetable Salad 1 Grapefruit 1 Banana or 1 Toast Black Coffee | <ul style="list-style-type: none"> 2 hard boiled eggs boiled spinach Black Coffee |
| 5th Day | <ul style="list-style-type: none"> 1 hard boiled eggs 1 Grapefruit 1 banana or 1 Toast Black Coffee | <ul style="list-style-type: none"> 2 hard boiled eggs boiled spinach 1 banana or 1 Toast Black Coffee | <ul style="list-style-type: none"> 1 Piece of white fish Vegetable Salad 1 banana or 1 toast Black Coffee |
| 6th Day | <ul style="list-style-type: none"> 2 hard boiled eggs 1 Grapefruit 1 banana or 1 Toast Black Coffee | <ul style="list-style-type: none"> Fruit salad (consists of cucumber, lettuce, apple, cherry, berry, banana etc) | <ul style="list-style-type: none"> Beef Steak 200 g celery steamed Black Coffee |
| 7th Day | <ul style="list-style-type: none"> 2 hard boiled egg 1 Grapefruit Black Coffee | <ul style="list-style-type: none"> 1 chicken breast celery tomato 1 Grapefruit Black Coffee | <ul style="list-style-type: none"> 1 Chicken Breast tomato 1 Grapefruit steamed Cabbage Black Coffee |

Weight Loss Plan Price Tutorial

Julia Schneider



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