



2-WEEK WEIGHT LOSS PLAN FOR WOMEN OVER 35

| | Breakfast | Lunch | Dinner |
|---------|---|--|--|
| 1st Day | 2 hard boiled eggs 1 Grapefruit 1 banana or 1 Toast Black Coffee | 2 hard boiled eggs 1 Banana or 1 Toast Black Coffee | 2 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 | 2 hard boiled eggs boiled spinach Black Coffee |
| 5th Day | 1 hard boiled eggs 1 Grapefruit 1 banana or 1 Toast Black Coffee | 2 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, cherry, berry, banana etc) | Beef Steak 200 g Celery Steamed Black Coffee |
| 7th Day | 2 hard boiled egg 1 Grapefruit Black Coffee | 1 chicken breast Celery Lemon 1 Grapefruit Black Coffee | 1 Chicken Breast Tomato 1 Grapefruit Steamed Cabbage Black Coffee |

Weight Loss Plan Price Tutorial

Celia M. Haynes



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