

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

Weight Loss Plan Update Returns

Jianjun Gao



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Abstracts on Hygiene ,1929 **Delaware State Medical Journal** ,1951

Annals of Internal Medicine Aldred Scott Warthin,Carl Vernon Weller,Maurice C. Pincoffs,Paul Wiswall Clough,1928

Dr. Siegal's Natural Fiber Permanent Weight-Loss Diet Sanford Siegal,Sanford Siegal, D.O. D.O., M.D.,1984

Census Reports ... Compiled from the Original Returns of the Ninth Census (June 1, 1870,) Under the Direction of the Secretary of the Interior United States. Census Office. 9th census, 1870,Francis Amasa Walker,1872

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