



# 2-WEEK WEIGHT LOSS PLAN FOR WOMEN OVER 35

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

# Weight Loss Plan Price Tutorial

**Patrick Vollmar**



## **Weight Loss Plan Price Tutorial:**

## **Weight Loss Plan Price Tutorial** Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the energy of words has become more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such could be the essence of the book **Weight Loss Plan Price Tutorial**, a literary masterpiece that delves deep into the significance of words and their effect on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

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