

# weight loss plan

	breakfast	snack	lunch	snack	dinner
tuesday	145	144	143	142	141
	140	139	138	137	136
	135	134	133	132	131
	130	129	128	127	126
	125	124	123	122	121
	120	119	118	117	116
	115	114	113	112	111
	110	109	108	107	106
	105	104	103	102	101
	100	99	98	97	96
	95	94	93	92	91
	90	89	88	87	86
	85	84	83	82	81
	80	79	78	77	76
	75	74	73	72	71
	70	69	68	67	66
	65	64	63	62	61
	60	59	58	57	56
	55	54	53	52	51
	50	49	48	47	46
	45	44	43	42	41
	40	39	38	37	36
	35	34	33	32	31
	30	29	28	27	26
	25	24	23	22	21
	20	19	18	17	16
	15	14	13	12	11
	10	9	8	7	6
	5	4	3	2	1

# Weight Loss Plan Coupon Code Guide

**Jicheng Xie**



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