



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

**American Institute of Agriculture,
Chicago**



Weight Loss Plan Price Tutorial:

Unveiling the Magic of Words: A Overview of "**Weight Loss Plan Price Tutorial**"

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