



2-WEEK WEIGHT LOSS PLAN FOR WOMEN OVER 35

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

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