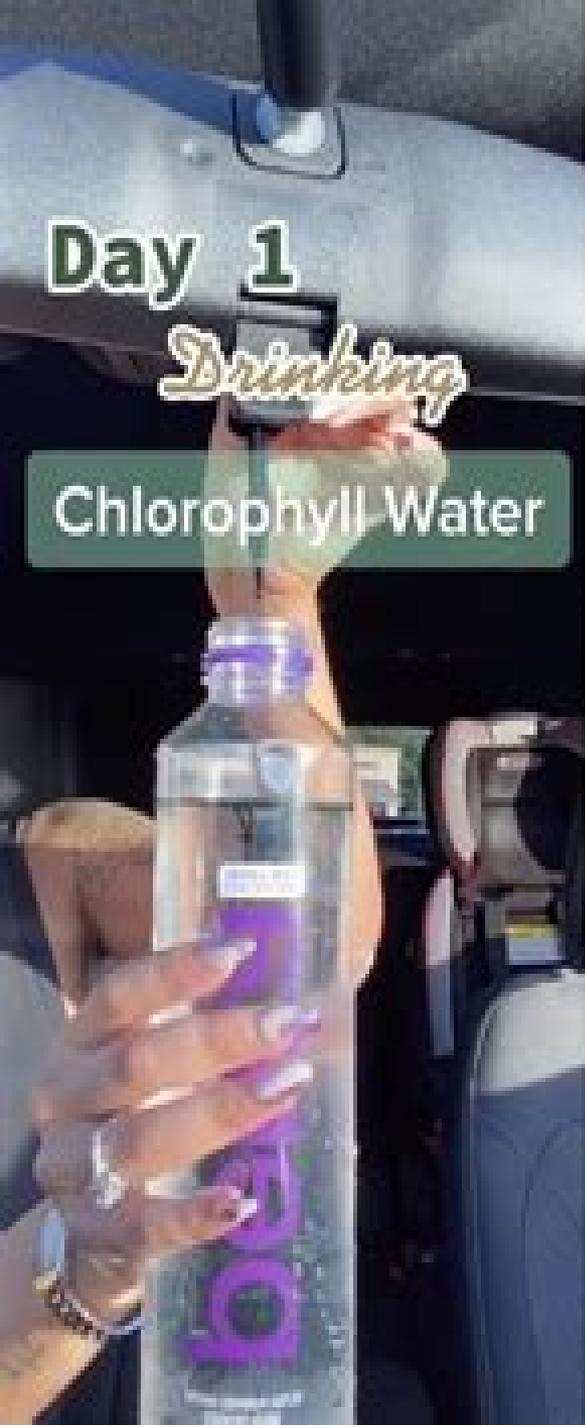


Day 1

Drinking

Chlorophyll Water



DAY 1
Breakfast

1/2 cup Coffee
1 slice of toast
1 slice of watermelon

1/2 cup coffee
1 slice of toast
1 slice of watermelon

TOTALS
967 CALORIES
70G PROTEIN

DAY 1
Lunch

1/2 cup Coffee
1 slice of toast
1 slice of watermelon

1/2 cup coffee
1 slice of toast
1 slice of watermelon



Eating under 1000
calories like this is just
going to

X Crash your
metabolism

X Ruin your hormones

DAY 1
Dinner

1/2 cup Coffee
1 slice of toast
1 slice of watermelon

1/2 cup coffee
1 slice of toast
1 slice of watermelon



Tok Trending Weight Loss Plan Guide

Daniel F McAuley



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