

SIMPLE WEEKLY WEIGHT LOSS CHART

10 Weight Loss Secrets to Try

| | |
|----|--|
| 1 | Consume 8 to 12 glasses of water daily |
| 2 | Consider trying intermittent fasting |
| 3 | Consume Green Tea |
| 4 | Cut back on refined carbs |
| 5 | Top up your protein intake |
| 6 | Try cutting off fast/junk food |
| 7 | Consider minimizing sugar intake |
| 8 | Get more active |
| 9 | Consume smaller portions of food |
| 10 | Eat plenty of fruits and vegetables |



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Ying-Ying Zheng



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