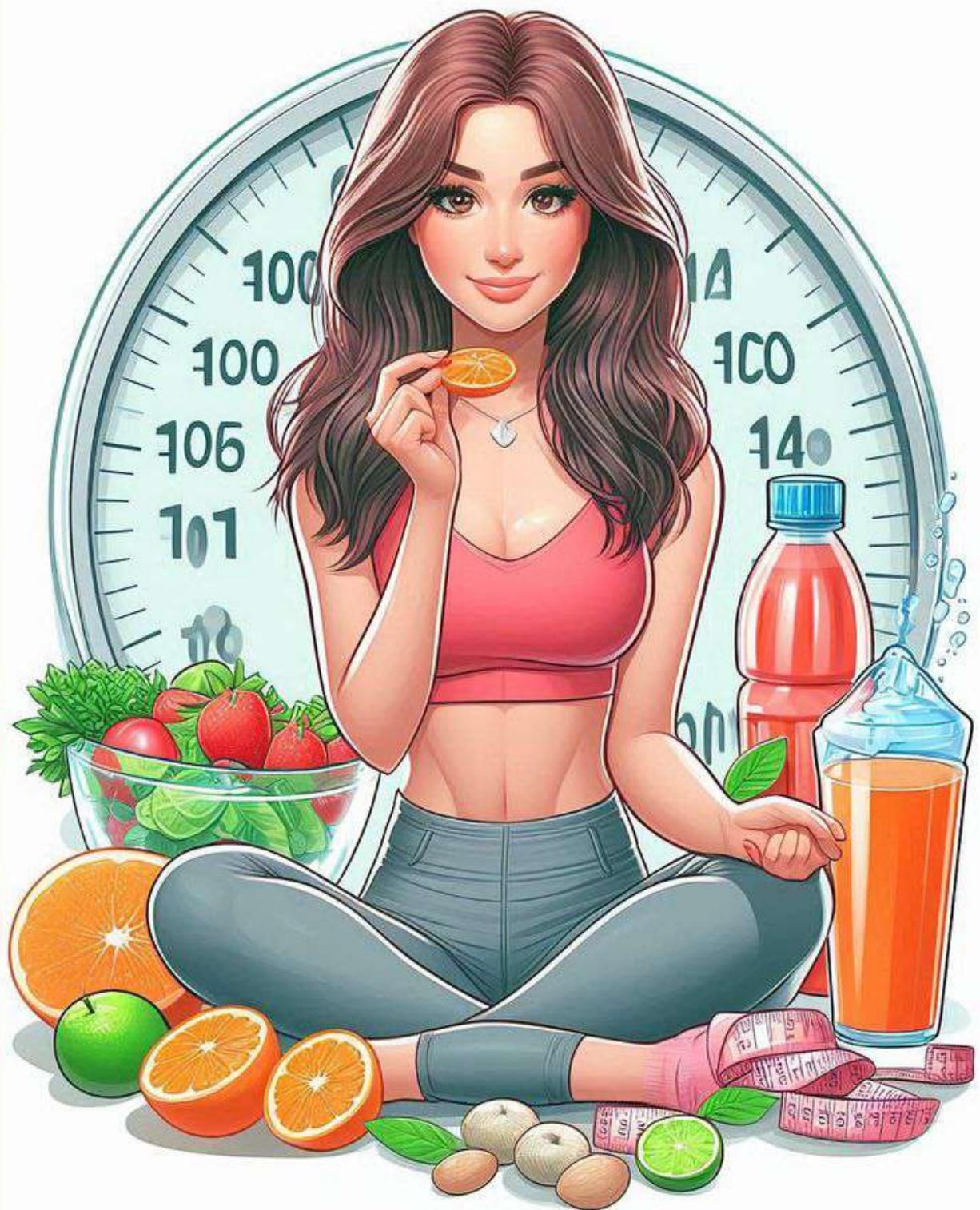




BEING FIT IS HARD, BEING OVERWEIGHT IS HARD.
CHOOSE YOUR HARD!



The #1 Fasting Trick for Weight Loss!



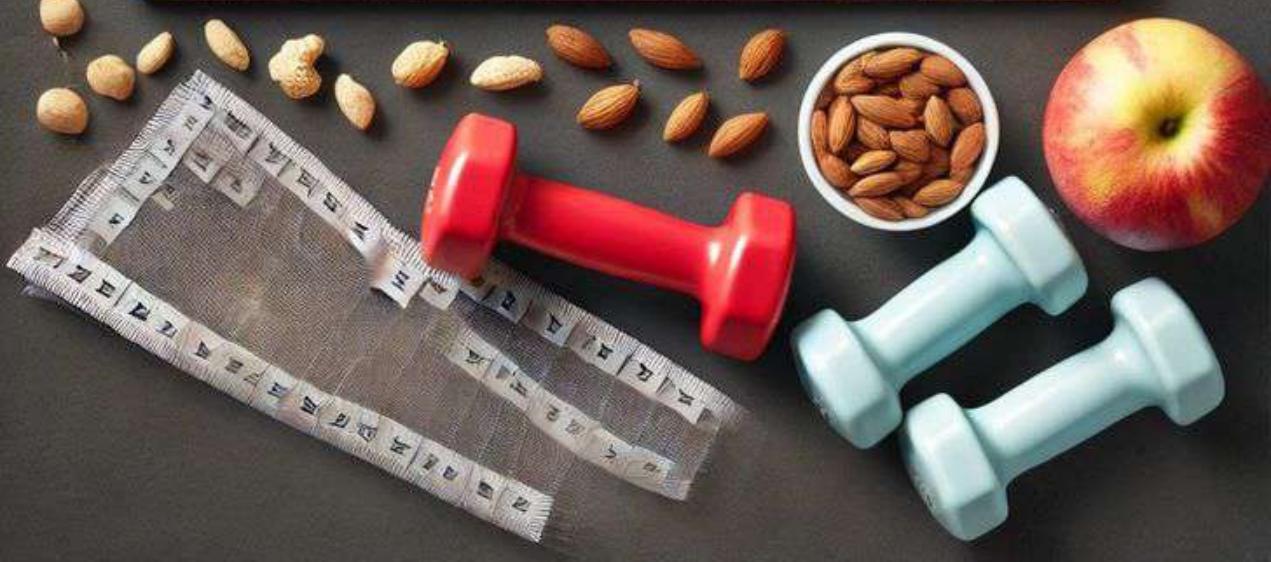
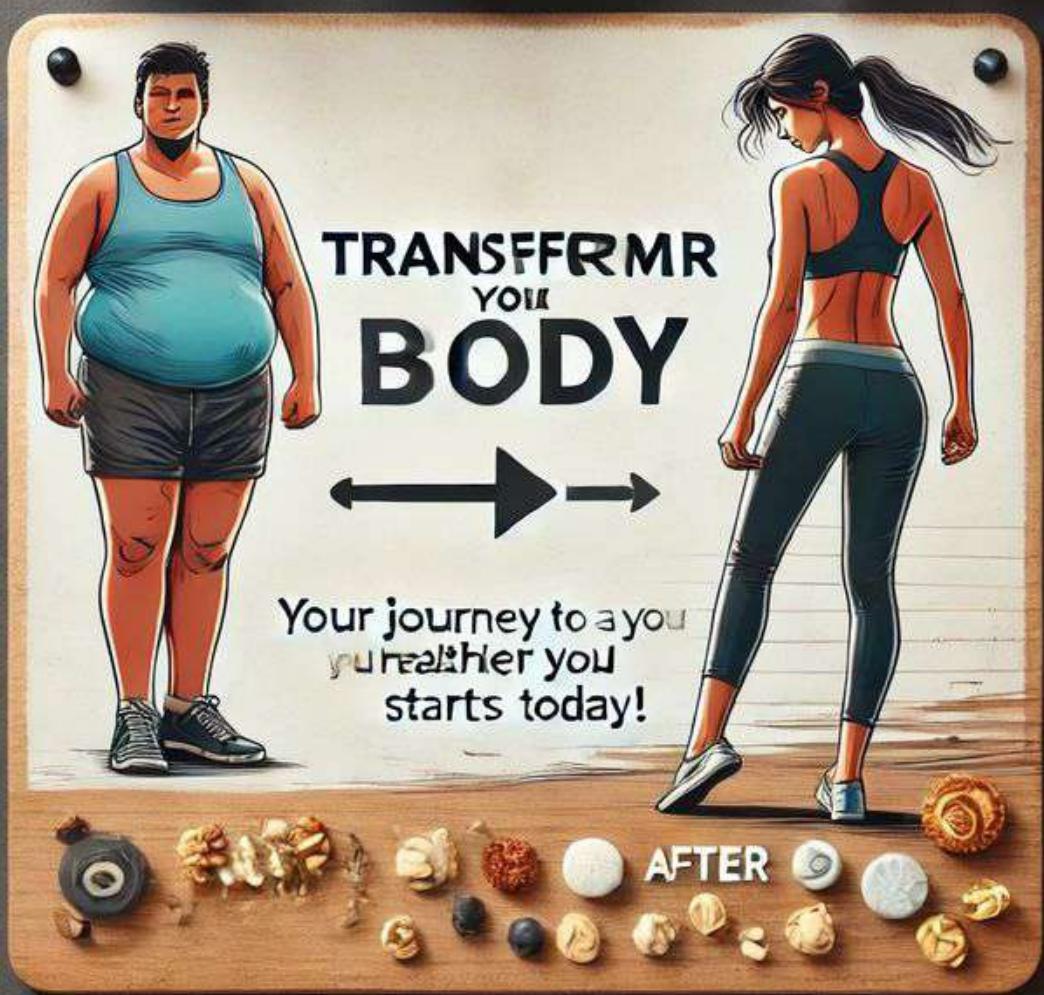
Eated Smart, Stay Fit

Eat Smart,

Resolution | 1080 x 1200

© 2014 Fitbit, Inc.





WEIGHT LOSS CHART

Follow This Chart For

Weight Loss

Workout

- 30 Minutes morning walk
- 1 Hour workout

Diet

- **Morning** – Warm Lemon Drink
- **Breakfast** – Oats with Nuts
- **Lunch** – 1 small bowl Rice + Dal
- **Evening** Fruit salad + Snacks
- **Dinner (at 7:00 PM)** – 1 Chapati + Mix veg.
- Drink Lots of **water**
- **Sleep** at 9:00 PM

DIETING TIPS TO LOSE WEIGHT

EAT THIS



MIXED NUTS



MIXED NUTS



WATER



HEALTHY NUTS



ALMONDS



HEALTHY OATS



OATS



FRUIT



JUICE



FRUIT BOWL



FRUIT



FRUIT



BANANAS

NOT THIS



WEETER HEALTHY'S



CHIPS



FRESH FOOD BURGER



CHIPS



UNHEALTHY CHIPS



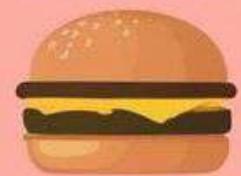
SODA CANS



UNHEALTHY CARTONS



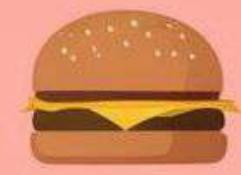
SOFT DRINK



BURGERS



WATER



FAVIL LOSS



BURGER



JUICE CARTONS

HEALTHY MEALS

TO LOSE 2 POUNDS PER WEEK

265
CALORIES

BREAKFAST

All-bran cereal
Milk
Banana



80
CALORIES

MID MORNING SNACK

Cucumber
Avocado dip



350
CALORIES

LUNCH

Grilled cheese
with tomato
Salad



100
CALORIES

AFTERNOON SNACK

Walnuts



450
CALORIES

DINNER

Grilled Chicken
Brussel sprouts
Quinoa





7 DAY DIET TO REDUCE BELLY FAT



Breakfast

Greek yogurt parfait with granola and mixed berries



Snack

Almonds and dried apricots



Lunch

Turkey and vegetable stir-fry with brown rice

Day 6 (Saturday)



Dinner

Grilled chicken breast with sweet potato wedges and green beans

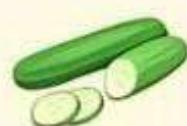


Snack

Sliced mango with lime juice

Water Detox Tips

Drinking water can help cleanse your body, flush out harmful toxins, increase energy, and help aid weight loss.



Cucumber



Lemon



Mint



Water

CLEARER SKIN



Cucumber



Lemon



Ginger



Water

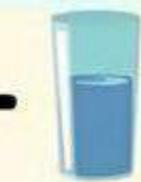
STOMACH BLOAT



Cucumber



Grapefruit



Water

WEIGHT LOSS



Apple



Cinnamon



Water

METABOLISM BOOSTER

SAVE THIS FOR LATER