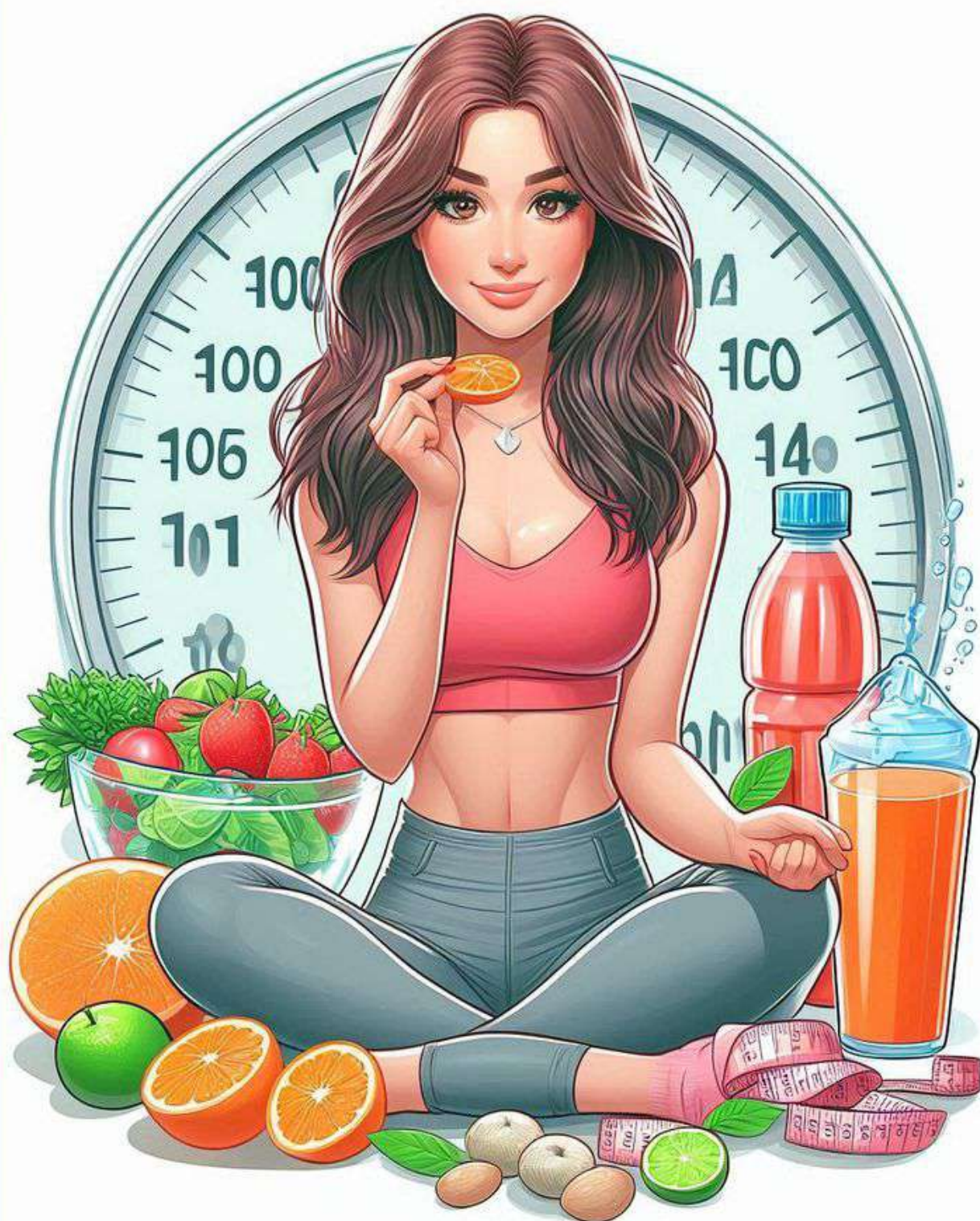


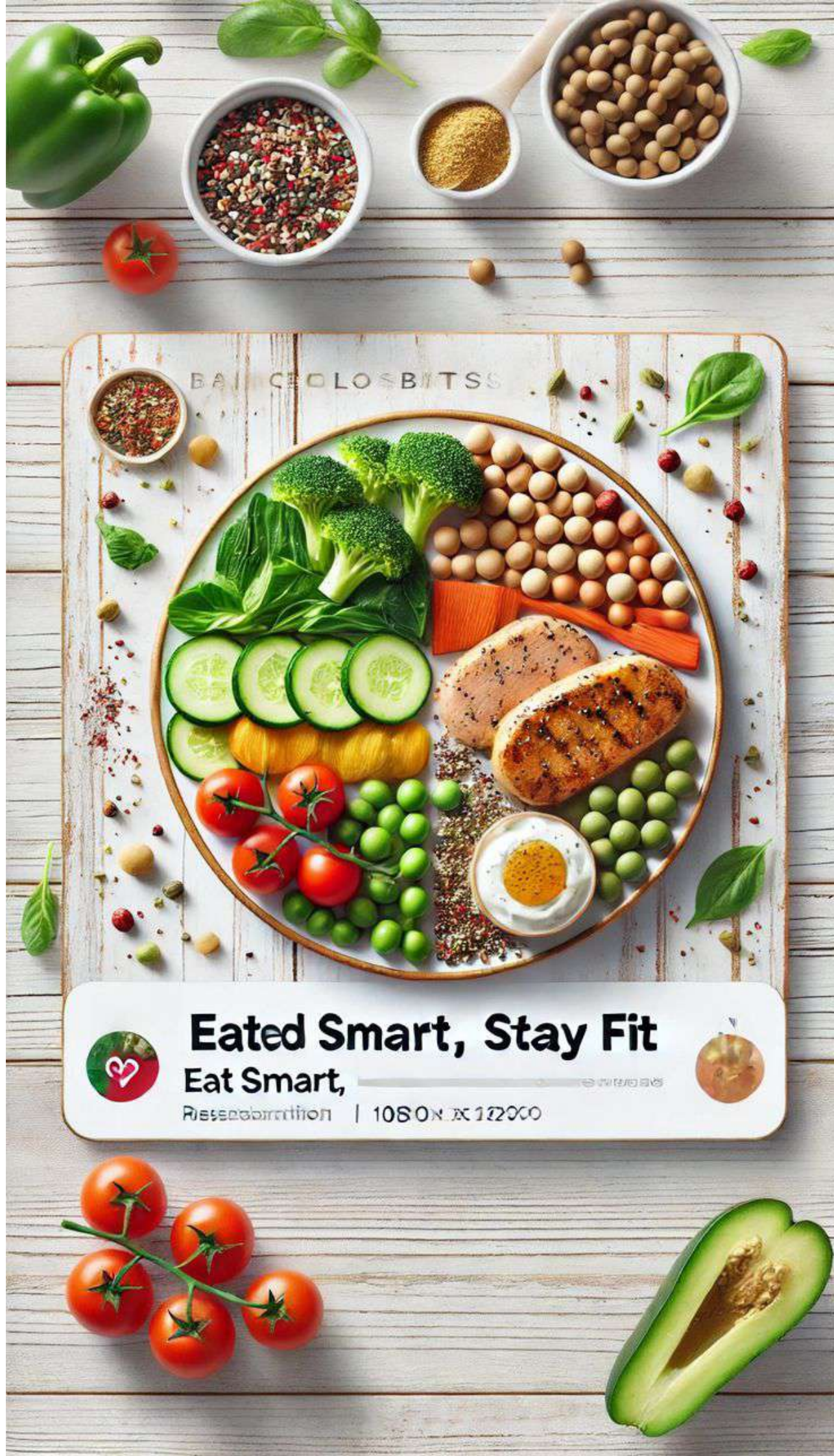




BEING FIT IS HARD, BEING OVERWEIGHT IS HARD.
CHOOSE YOUR HARD!



**The #1 Fasting Trick for
Weight Loss!**



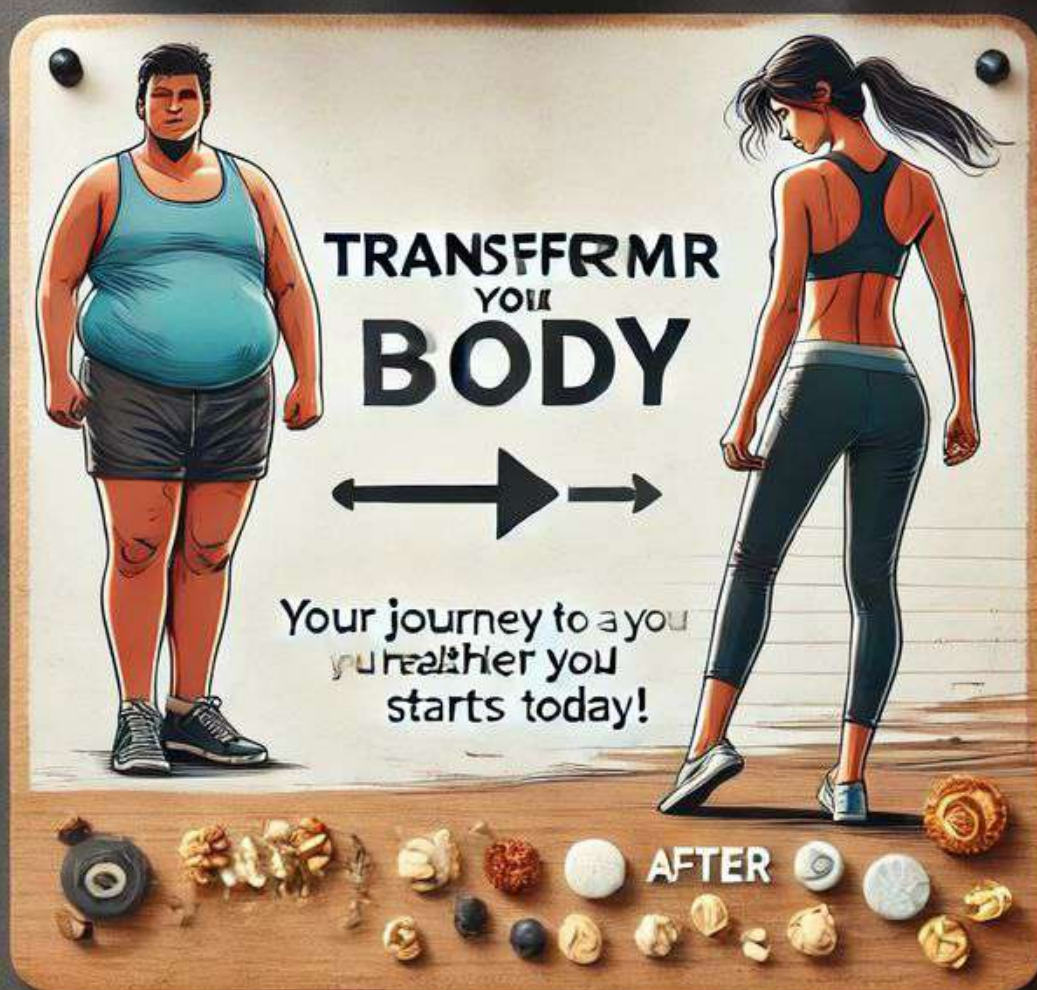
BALANCED BITSS



Eated Smart, Stay Fit
Eat Smart,

Rise & Shine | 1080N X 1720CO





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



FOOD LIFE



GLASS WATER



OAT EATS



HEALTHY NUTS



FOOD OATS



BNTCE



FLAWCE



FEESVOLAPUL



FRUDITS



SOGCKES



REERS

NOT THIS



WEETEH HEALTHYS



CHIPS



FRESH FOOD BURGER



CHIPS



UNHEALTHY CHIPS



SODA CANS



UNHEALTHY CATONS



VEGIE KER



BURGERS



WATER



EAUVE 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



 **EXERCISE**
GUIDE

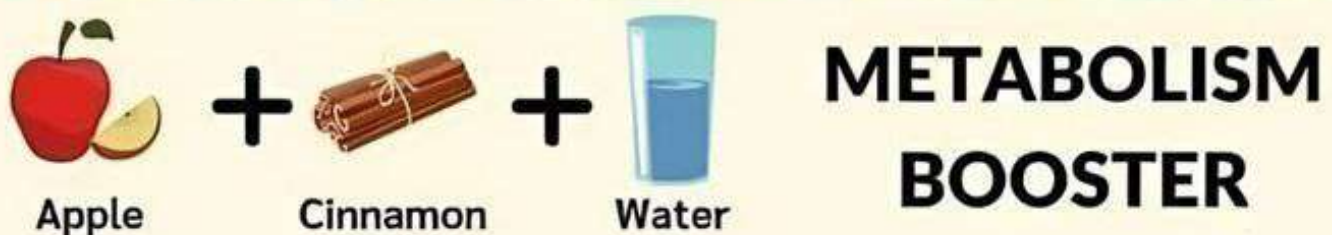
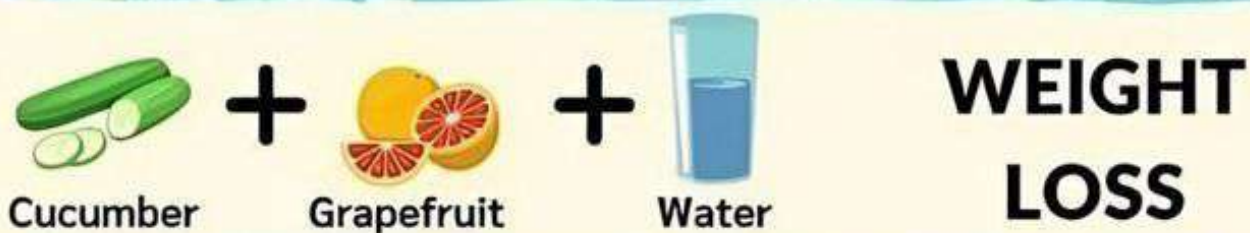
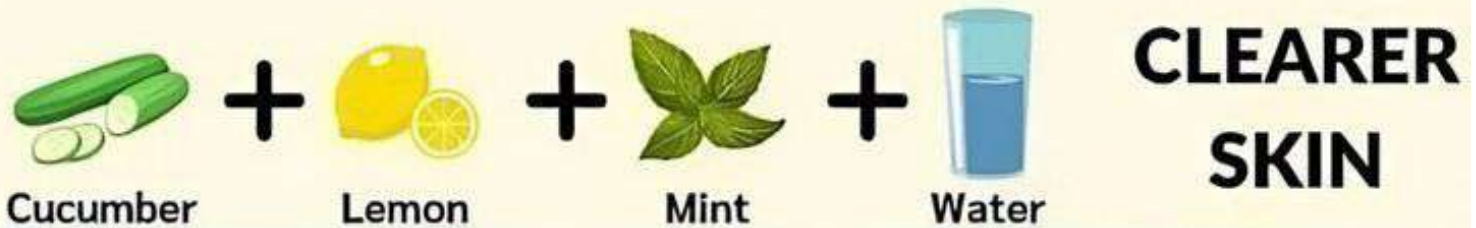


Snack

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.



SAVE THIS FOR LATER