HOW TO LOSE WEIGHT FAST AND **4 WEEKS MEAL PLAN**









FRI



BREAKFAST

- · Boiled egg.
- Bacon
- · Apple,
- · Toast.

BREAKFAST

 Berry smoothie with chia seeds.

BREAKFAST

 Broccoli & egg toast.

BREAKFAST

 Avocado banana smoothie.

BREAKFAST

 Cinnamon oatmeal.

RREAKEAST

 Berry and chia pudding.

LUNCH

· Ham. Cheese sandwich with avocado.

LUNCH

 Kale & tuna salad.

LUNCH

Shrimp salad.

LUNCH

 Pesto shrimp pasta.

LUNCH

Turkey wrap.

LUNCH

 Wasabi and tuna • Trail mix. sandwich.

SNACK

Greek yogurt.

- Berries.

SNACK

SNACK

- Nuts.

SNACK

· Olive & cheese.

SNACK

- Berries.

SNACK

Mediterranean

DINNER

 Cold lentil salad.

DINNER

 Grilled chicken salad.

DINNER

Grilled chicken.

DINNER

Flank steak.



DINNER

 Pecan and pork chops.

DINNER

style cod

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