

WEEKLY WEIGHT LOSS CHART FOR FEMALE

1-Week Weight Loss Plan

Reach a 1,500-calorie diet daily, and repeat the same process weekly to lose 1 to 2 pounds per week. Switch to different food to avoid monotony. Pair with a regular exercise routine.

Day 1	• Grain (Oats) • Apple, peanut butter, and banana for snacks • Vegetables • Top up protein
Day 2	• Grain (Oats) • Apple, peanut butter, and banana for snacks • Vegetables • Top up protein
Day 3	• Grain (Oats) • Apple, peanut butter, and banana for snacks • Vegetables • Top up protein
Day 4	• Fruits • Egg and dark chocolate for snacks • Vegetables for lunch • High-carb
Day 5	• Fruits • Hard-boiled egg and dark chocolate for snacks • Vegetables • High-carb
Day 6	• Fruits • Hard-boiled egg and dark chocolate for snacks • Vegetables; veggie soups • Starchy; high-carb
Day 7	• Fruits with protein • Apple, raspberries, and dark chocolate for snacks • Vegetable; veggie soups • High-carb

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**Chicago (Ill.). Municipal Tuberculosis
Sanitarium, Samuel Levy Bensusan**

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FDA Consumer ,1974 **Sales Management** ,1929 **Monthly Bulletin** Chicago (Ill.). Municipal Tuberculosis Sanitarium, Samuel Levy Bensusan, 1928 Protecting Consumers from False and Deceptive Advertising of Weight-loss Products United States. Congress. Senate. Committee on Commerce, Science, and Transportation. Subcommittee on Consumer Protection, Product Safety, and Insurance, 2015 **Monthly Bulletin** Indiana State Board of Health, 1925

The Illustrated Weekly of India ,1976 Weight in America Barbara Wexler, 2008-10 Contains studies surveys and statistics on issues related to weight in America covering weight and physical health dietary treatment for overweight and obesity political legal and social concerns and other topics **The Jewelers' Circular** ,1920 *The Journal of the American Medical Association* ,1884 **Journal of the American Medical Association** ,1925 **Men's wear. [semi-monthly]** ,1910 **Printers' Ink; the ... Magazine of Advertising, Management and Sales** ,1896 **United States Economist, and Dry Goods Reporter** ,1912 Advertising and Selling ,1912 Advertising & Selling ,1912 *The Credit Monthly* ,1929 *The Endocrine Survey* ,1928 *Oregon Teachers Monthly* ,1921 Management and Administration in Manufacturing Industries Leon Pratt Alford, 1927 Telephony ,1919

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