

WEIGHT LOSS PLAN

weight loss plan

Diet/Exercise Schedule				
time	sports	breakfast	chinese foo	dinner
Monday	jogging	2 buns	Mapo Tofu	Vegetat
Tuesday	Dance	two eggs	fried vege	an apple
Wednesday	ride a bike	lass of mil	potato st	cucumbe
Thursday	to play	piece of cal	chicken t	glass of mil
Friday	swim	steamed b'repper	Bancket of ce	
Saturday	mb mounta	an apple	ed vegeta	vegetable sal
Sunday	running	wal of neosork	with Gladish Cen	
2021	7			

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RC Schank



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