# 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	<ul> <li>Grain (Oats)</li> <li>Apple, peanut butter, and banana for snacks</li> <li>Vegetables</li> <li>Top up protein</li> </ul>
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

# **Weight Loss Plan Update Tutorial**

Joe Klemczewski, J. Scott Uloth

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