

SIMPLE WEEKLY WEIGHT LOSS CHART

10 Weight Loss Secrets to Try

1	Consume 8 to 12 glasses of water daily
2	Consider trying intermittent fasting
3	Consume Green Tea
4	Cut back on refined carbs
5	Top up your protein intake
6	Try cutting off fast/junk food
7	Consider minimizing sugar intake
8	Get more active
9	Consume smaller portions of food
10	Eat plenty of fruits and vegetables



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themselves so that they can manage their choices *The Publishers Weekly* ,1972 New York Medical Journal ,1916
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at the annual sessions and list of current medical literature *Circular* ,1929 *Administration Report on the Jails of the*
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