

SIMPLE PLAN FOR LOSING WEIGHT!

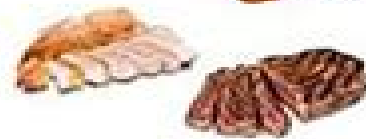
@CARTERGOOD



Include **Low-Cal Veggies** with most of your meals



Include **Leaner Protein** with most of your meals



Limit Snacking (1/day) and eat fruit or protein



Stick to **Low or Zero Cal** drinks and condiments



Start Walking More (aim for 8-12k steps per day)



Start Lifting Weights a few times per week



Weight Loss Plan Today Tutorial

Ying-Ying Zheng

A red circular graphic with a gradient, appearing as a partial circle or a thick curved line, located to the right of the author's name.

Weight Loss Plan Today Tutorial:

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