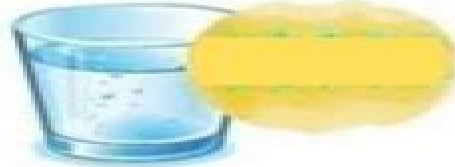


Rapid Weight Loss Diet Plan



Eat 1 cucumber daily



Drink 8 glass of water daily



Walk for few minut daily



Sleep 7 hours at night



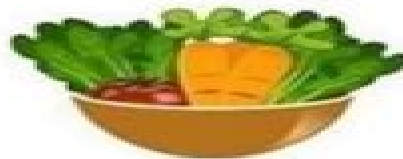
Add ginger and turmeric in food



Skip sugary beverages



Drink green tea daily



Eat more vegetables



Do skipping daily

For Women

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ML Morrison



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