

Four Week Meal Plan for Weight loss

GLOW ZONE

PURCHASE TO SEE FULL MEAL PLAN

Vegetable	
1.	Carrots sticks with hummus
2.	
3.	
4.	
5.	

Juice	
1.	
2.	
3.	
4.	
5.	

Tue	1.	Turkey and vegetable stir fry
	2.	
	3.	
Wed	4.	
	5.	Baked chicken with brown rice
	6.	
Thu	7.	
	8.	
	9.	
Fri	10.	
	11.	
	12.	

Goodreads Choice Weight Loss Plan 2025

Julia Schneider



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