

# WEIGHT LOSS PLAN

weight loss plan

| Diet/Exercise Schedule |             |                  |                  |               |
|------------------------|-------------|------------------|------------------|---------------|
| time                   | sports      | breakfast        | chinese foo      | dinner        |
| Monday                 | jogging     | 2 buns           | Mapo Tofu        | Vegetat       |
| Tuesday                | Dance       | two eggs         | fried vege       | an apple      |
| Wednesday              | ride a bike | lass of mil      | potato st        | cucumbe       |
| Thursday               | to play     | piece of cal     | chicken t        | glass of mil  |
| Friday                 | swim        | steamed b'repper | Bancket of ce    |               |
| Saturday               | mb mounta   | an apple         | ed vegeta        | vegetable sal |
| Sunday                 | running     | wal of neosork   | with Gladish Cen |               |
| 2021                   | 7           |                  |                  |               |

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**Clifford Lane**



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