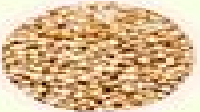


# BUILD A COMPLETE WEIGHT LOSS BOWL

|                   |                                                                                              |                                                                                                |                                                                                                     |                                                                                                            |                                                                                                     |
|-------------------|----------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|
| STARCH/CARB       | <br>RICE    | <br>POTATO    | <br>QUINOA        | <br>WHOLE GRAIN PASTA   | <br>SWEET POTATO |
| PROTEIN           | <br>TOFU    | <br>TEMPEH    | <br>EDAMAME       | <br>BEANS               | <br>TVP          |
| FAT               | <br>AVOCADO | <br>NUTS      | <br>OLIVES        | <br>NUT BUTTER          | <br>SEEDS        |
| DARK GREEN VEGGIE | <br>KALE   | <br>ZUCCHINI | <br>LETTUCE      | <br>CAULIFLOWER        | <br>GREEN BEANS |
| FLAVOR            | <br>FRUIT | <br>HUMMUS  | <br>PICKLED VEG | <br>OIL FREE DRESSING | <br>SAUCE      |

# Weight Loss Plan Latest Returns

**Lingjun Ying**



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