

A clipboard with a silver clip at the top holds a white sheet of paper titled "weight loss plan". Below the title is a table with five columns labeled "breakfast", "snack", "lunch", "snack", and "dinner". The table has two empty rows for notes. The clipboard is surrounded by two halves of a grapefruit, a green apple, and a red measuring tape with white markings.

weight loss plan

	breakfast	snack	lunch	snack	dinner

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