

# Day 1

<b>Early Morning</b>	<b>Fresh lime water + 2 almonds</b>	
<b>Breakfast</b>	<b>Namkeen dalia with vegetables + Skim milk (1 glass, no sugar)</b>	
<b>Mid Morning</b>	<b>Sprouts with vegetables + 2 walnuts + 2 figs</b>	
<b>Lunch</b>	<b>Dal + Seasonal Veg+ Low Fat Curd + Salad (sprinkle lemon juice and salt over it) + Chappati</b>	
<b>30 Minutes Later</b>	<b>Green tea (without sugar) + handful dry roasted makhana</b>	
<b>Evening</b>	<b>A big bowl of papaya</b>	
<b>Dinner</b>	<b>Mix veg soup + Paneer (30 grams) or 2-3 egg whites + 1 big bowl of salad</b>	
<b>30 Minutes Later</b>	<b>Green tea (don't add sugar)</b>	

# Instagram Weight Loss Plan Last 90 Days

**Good Life Publishing**



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**Ultimate Weight Loss Formula** Dr. Vandana parti, 2025-03-31 Weight loss is need of the hour but people are confused the book clarifies the concepts and steps of weightloss *The Healthy You Diet* Dawna Stone, 2014-12-23 Even while competing on and eventually winning *The Apprentice* Martha Stewart Dawna Stone always knew that her first passion was health and fitness She has gone on to gather thousands of loyal fans through her Healthy You Facebook group who are eager to follow her diet plan and cook from her clean eating program *The Healthy You Diet* is a twofold volume that starts with a 14 day elimination plan that gradually and easily helps readers kick sugar wheat dairy processed foods soda red meat and alcohol to the curb Moving into the clean phase Stone guides readers through a diet free of these foods in order to focus on nourishment and rejuvenation of the body This clean phase will lead to successful and sustained weight loss and a resurgence of energy that keeps Stone s fans coming back for more long after they ve achieved their weight loss goals Stone provides more than 100 deliciously motivating recipes to keep the weight off in a healthy way This book is everything fans need to jumpstart clean habits for life With her motivating text and positive you can do it attitude Dawna Stone will get everyone up out of their weight loss rut and excited to be in the kitchen [Lean in 15 - The Shift Plan](#) Joe Wicks, 2015-12-28 Start your journey to better health and fitness with Joe Wicks the nation s favourite Body Coach Eat more Exercise less Lose fat With one hundred nutritious delicious and quick to prepare recipes from protein pancakes to lamb koftas Joe shows you how to fuel your body with the right food at the right time And through easy to follow guides Joe will teach you his signature HIIT High Intensity Interval Training home workouts With Joe s combination of the right food and the right exercise you can ignite intense fat burning and feel good in your body *Lean in 15 The Shift Plan* will teach you how to burn fat build lean muscle and never go hungry The man who kept the nation moving during lockdown Joe has sold more than 3 million books in the UK alone He has more than 4 million followers on social media where fans share their journeys towards a leaner fitter lifestyle *90 Days Weight Loss Challenge* Betty Fox, 2018-06-14 Do you want convenience and speedy results 90 DAYS Weight Loss Challenge is your companion during your 90 day diet It s your motivating planner for a successful change in diet and a daily companion on the journey to more health For daily filling out and documentation of nutrition and exercise Perfect for planning and preparing your own dairy plans and recording desired progress **90 Days from Now You Will Thank Yourself! (My Diet Planner and Fitness Tracker)** Good Life Publishing, 2018-12-11 An inspiring 90 day just over 12 weeks 3 months diet and fitness planner to support you on your health journey to stay on track and achieve your personal goals It s simple fast and easy and has space for you to record the key information you need to make progress It s undated so you can start and stop anytime if you require and a good size to fit in a bag or purse to carry with you Inside there s a tracker page to set your 90 days journey goals before you start and one at the end to assess how you did and plans to progress after the 90 days also This is a useful method to help you succeed At day 30 60 and 90 there s also progress reports for you to chart your

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