

# Diet PLAN FOR WEIGHT LOSS

## Breakfast



1/2  
lemon  
1 glass  
water



1 boiled  
egg



1 tbs  
0 fat  
sour  
cream



1 slice  
whole  
wheat  
bread



1 glass  
of 0 fat  
milk

**Snacks:** Choose 1 fruit with 2 glasses of water



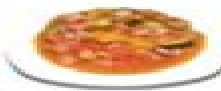
**Lunch:** 400 ml water 30 min before lunch



400ml  
water



or



Soup



Grilled  
chicken

or



Grilled  
Meat

**Snacks:** Choose 1 Fruit With 2 Glasses Of Water



**Dinner:** Eat last meal at 6 pm



400 ml  
water



1  
boiled  
egg



2 slices  
whole  
wheat  
bread



1 tbs  
0 fat  
sour  
cream



1 slice  
0 fat  
white  
cheese

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