7-DAY CRASH DIET PLAN FOR QUICK WEIGHT LOSS

DAY 1

Breakfast Orange Juice + 2 boiled egg whites Vegans can have an apple instead of the eggs.

Lunch Cabbage soup made with lots of veggies such as tomato, broccoli, cabbage, onion, garlic, spinach, and carrots.

Post-Lunch 1 kiwi

Dinner Baked fish / grilled tofu and veggies

DAY 2

Breakfast Master cleanse juice and 1 apple

Lunch Grapefruit Juice and boiled lentils

Post-Lunch 4 almonds and 2-3 walnuts

Dinner Papaya Julce

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Extreme Diets How To Lose Weight Quickly

Terry C. Jones

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