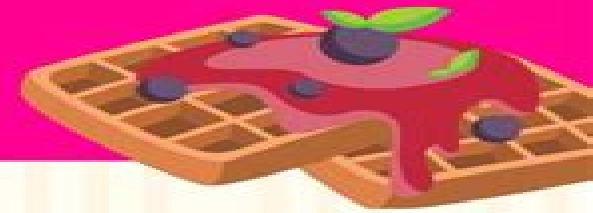


Weight Loss Diet and Exercise Plan



Week Of: _____

Current Weight: _____

Goal Weight: _____

Day	Meal Plan	Exercise	Mood
Sunday	Whole grain cereal, chicken salad, beef stir-fry, fruit salad, and yogurt	Walking	Relaxed
Monday	Muffin, fresh fruits, rainbow rice salad, kimchi omelet, and fruit smoothie	Jogging	Tired
Tuesday	Yogurt, fresh fruits, tuna salad sandwich, pork chops and vegetables, and fruit salad	Walking	Relaxed
Wednesday	Avocado on toast, vegetable soup, beef ramen, and yogurt	Yoga	Relaxed
Thursday			
Friday			
Saturday			

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