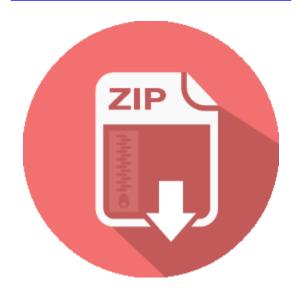
DIET PLAN WEIGHT LOSS



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3. Eat whenever you want during your 4-to-10 hour feasting period. Most diets tell you When to eat, What to eat & How much to eat and when you combine intermittent fasting with your current diet to burn fat faster. The only change you'll have to make is when you eat so you can still stick to your diet but you need to eat everything you're supposed to in that 4-to-10 hour period and generally

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Week 1 Diet Chart for Weight Loss 8:00 am (as soon as you wake up) 2 glasses of methi seeds water (soak 1tsp of methi seeds in 2 glasses of water. Strain out the methi seeds and drink the water. Helps a lot in water retention and bloating) 5 soaked almonds with the skin. 1 kali mirch u don't have to chew it just swallow it down. http://ebookslibrary.club/download/How-to-Lose-Weight-in-4-Weeks--Diet-Chart-for-Weight-Loss.pdf

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