

EASY MEAL PLAN FOR <i>WEIGHTLOSS</i> (CLICK FOR FREE PRINTABLE)				
Mon	Oatmeal + Banana	Grilled Chicken Salad	Rice and Chicken	Apple + Peanut Butter
Tue	Granola Cereal + Milk	Sweet Potatoes + Scrambled Eggs	Veggie Stirfry and Grilled Beef	Almonds
Wed	Peanut Butter Sandwich	Rice and Chicken	Grilled Chicken Salad	Fresh Fruits
Thur	Turkey Bacon + Eggs	Tuna Salad on Wheat Bread	Soup and Salmon	Popcorn (Sugar free)
Fri	Oatmeal + Banana <a href="http://www.KobokoFitness.com">www.KobokoFitness.com</a>	Soup and Salmon	Sweet Potatoes + Scrambled Eggs	Greek yogurt
Sat	Pancakes	Bacon, lettuce, tomato wrap	Veggie Stirfry and Grilled Beef	Cashews
Sun	Smoothie Bowl	Quinoa	Stuffed Bell Peppers	Bananas



## Nutrition plans

Everybody has a unique body ,so everyone must have a unique plan suitable to him

There's many nutrition plans like:

Mediterranean diets

Low carb diets

Balanced diets

Ketogenic diet

Dash diet

**Case :**

**A female 45 years**

**She suffer from a weight gain and fat accumulation in her belly,she always feel fatigue and confused,she feel no good at all the day, her work in at office so there is no physical activity for 8 hours ,her performance in work decreased,she tried many diets but her metabolism is very slow she wants to lose weight and want to suppress her appetite , she is 160 cm , 90 kg ,little or no exercise**

#### **Risks associated with being obese**

- Mental illnesses such as clinical depression, anxiety, and others
- Body pains and difficulty with certain physical functions
- Generally, an increased risk of mortality compared to those with a healthy BMI
- Low quality of life
- Metabolic syndrome and insulin resistance

**Her BMI 35 , she is obese class 1,**

**Her calories 1,800 k cal / day to maintain her weight, but she want to lose her weight so she must take 1,300 kcal/day (decrease 500**

cal )she is normal no chronic disease or pregnant

Her diet plan for a week :

- Intermittent fasting 16 fasting hours/ 8 hrs divided into
- Three meals per day , No snacks, drink 3 L of water and drinks without suger or milk in fasting time
- Breakfast ( two boiled eggs,1 slice brown toast,cheese ,salad)
- After 3 hr from breakfast, Launch meal (Whole wheat pasta noodles with meats ball and tomato sauce ).

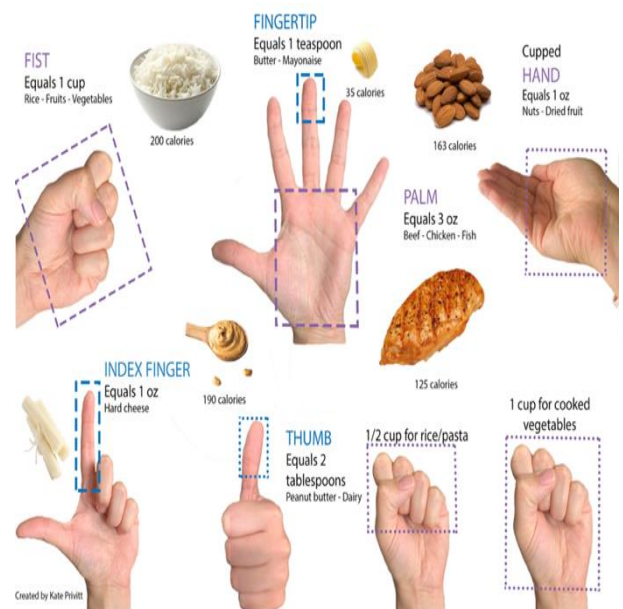
After 3 hrs from lunch, Dinner meal  
(One yogurt mixed with shea seeds)

- Breakfast choices (salad sandwiches with grilled falafel ,oats with skimmed milk, hummus elsham 1cup, pancakes 2 slices with honey,granola cereal 1 cup)

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- **Lunch choices** (chicken breast 2 slices with 5 tbsp rice and salad, a medium grilled fish with 5 tbsp rice with salad, vegetable soup with one slid brown toast and salad , one fourth grilled chicken with brown noddels )
- **Dinner choices** ( eggs , tuna salad , oats with milk , fruit salad one cup , peanut putter with one slide toast, 10 tbsp foul Mesdames)

SERVING SIZE	PORTION SIZE
 <p><b>90 Calories</b> 1 Slice Bread (~40g)</p>	 <p><b>180 Calories</b> 2 slices Bread</p>
 <p><b>145 Calories</b> 1/2 Cup Pasta (Cooked)</p>	 <p><b>363 Calories</b> 1 1/4 Cup Pasta (Cooked)</p>
 <p><b>126 Calories</b> 1/4 Cup Muesli</p>	 <p><b>252 Calories</b> 1/2 Cup Muesli</p>

CREATED BY @THESAVVYDIETITIAN



- I recommend x-treme thermoburn to enhance her activity and help in fat burning and give a mental clarity to reduce her confusion and enhance her quality of life so she doesn't feel fatigue again.

### **Dose recommended:**

- 4 tab during breakfast per day and stop drinking a coffee or any stimulant that supplement will give all needs with exercise and enhance lifestyle and help in weight loss and fat don't exceed the dose

### **Warnings:**

Contains high caffeine content (200 mg daily); avoid additional caffeine intake.

Not recommended for children, pregnant, or breastfeeding women.

Consult a healthcare professional if you have underlying health conditions, especially related to blood pressure or diabetes. must doses adjustment

### **Pack Size:**

120 tablets per bottle, providing 30 servings

## Why x-Treme thermoburn ?



- **X-treme thermoburn is a herbal product it's ingredients:**

- 1.Green Tea Extract (300 mg):** Rich in antioxidants, supports metabolism and fat oxidation.
- 2.Caffeine Anhydrous (182 mg):** A stimulant that enhances energy, focus, and thermogenesis.
- 3.Yerba Mate Extract (183 mg):** Helps in fat oxidation and energy boost.
- 4.Guarana (80 mg):** Provides a steady release of caffeine, supporting prolonged energy levels.
- 5.Cayenne Pepper (5 mg):** Increases body temperature to promote thermogenesis.
- 6.Ginger Extract (950 mg):** Supports digestion and further enhances thermogenic effects.
- 7.Oolong Tea Extract (300 mg):** Aids in fat metabolism and overall weight management.



## It's benefits:

- **Rapid Fat Loss:** thermogenic ingredients accelerates fat burning.
- **Improved Workout Performance**
- **Enhanced Metabolism:** Boosts metabolic rate leading to increased calorie burn even at rest.
- **Mood and Cognitive Support:** reducing fatigue.
- **Appetite Suppression:** Reduces hunger pangs, aiding in calorie control.
- **Energy and Focus:** Enhances mental clarity and physical energy levels during workouts.



**There are many products (Fat burning) and it effectively works why x-treme thermoburn?**

**1. Unique Ingredients: X-Treme Thermoburn can stand out by emphasizing its natural, comprehensive blend of ingredients that not only burn fat but also improve energy and mental focus.**

**2, science-backed product**

**3.: Providing detailed information about the ingredients**

**Finally :**

**With every nutrition plan, we need a trusted product help us in weight management and enhance our life**

**X-treme thermoburn is the magic product because:**

**It's natural ingredients than others you can take it with protein supplement unlike others**

**“More Than Just Fat Burning”**

**X-Treme Thermoburn isn't just about burning fat. It's about transforming your entire weight loss experience.**

**not only accelerates fat loss but also sharpens focus, curbs appetite, and enhances mood.**



**With X-Treme Thermoburn, you're not just losing weight—you're gaining a new level of energy and mental clarity.**

**“Premium Results at a Competitive Price”**

**“For Everyone, From Athletes to Everyday Heroes”**

**“Backed by Science, Proven by You””**

**So I recommend.**

**Thank you**