

# INSANE WEIGHT LOSS HABITS



Cut Off  
Carbs



No Favourite  
Foods



Eat Veggies  
All Day



Don't Eat  
After 7 pm



Cardio Like  
Crazy



Eat Clean  
Whole Time

# REALISTIC WEIGHT LOSS HABITS



Limit Processed  
Foods



Eat Veggies  
With Meals



Include More  
Protein in Diet



Eat From  
Smaller Plate



Drink 4-6 L  
Water Per Day



Workout  
3 Times/Week

# Weight Loss Plan Tricks Store Hours

**Hussin A.Rothana**

## Weight Loss Plan Tricks Store Hours:

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