

# 7 DAYS WEIGHT LOSS MEAL PLAN

with Healthy Meal Kits, Beverages and Detoxifying Teas

**1300 kCAL per day**

**2 Main meals + 2 small  
snacks per day**

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**7 Days: 14 Meals**

**14 Protein Shakes**

**7 Teas**

**Non Spicy**



# Stem Kits Weight Loss Plan Latest

**Wolfgang Guggemos**



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