

# Download File PDF Vegetarian Weight Loss Quick Guide To Losing Weight Naturally Easy To Make Recipes

#Jenny



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Cool! I'am really happy

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#Diego Butler



so many fake sites. this is the first one which worked! Many thanks

Meal	Food Items	Quantity	Calories
Breakfast	Whole oats	1 serving	150
	Small banana	1	90
	Light margarine	2 teaspoons	35
	Whole grain bread	1 slice	70
	Honey	1 teaspoon	32
	Skimmed milk	1 cup	90
Morning Snack	Plum	1	30
Lunch	Chili cheese pie	1	200
	Whole grain crackers	12	120
	Cheese (Shredded)	1 slice	100
Afternoon Snack	Low fat yogurt	6 ounces	110
Dinner	Baked potato	1 small	134
	Light sour cream with (1/4 cup) cheese	1 serving	100
	Bacon bits (Vegetarian)	1 serving	25
	Plum tomato (Chopped)	1	11
	Any steamed vegetable	2 cups	50
	Light margarine	5-7 teaspoons	120
	Blueberries	Half cup	35

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