



The Fastest Vegetarian/ Vegan Diet to Lose Weight- 7 Days Diet Plan To Lose 5-10 Pounds Weight: No Exercise, 7 Days Easy To Follow Diet Plan

Narendra

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Follow Vegan/ Indian Vegetarian Diet to Lose Weight The Healthy Way

If you are committed to reduce your weight fast and look much younger, healthier. This is THE book you should follow for the next 10 days to reduce weight rapidly. Empty your fridge and cupboards to get rid of all those stuff that taste yummy but is actually bad for your health. This included cookies, soda's, chips etc. Since you are committed to lose weight, I request you to have fruit and vegetables instead of above mentioned stuffs. Also for the next 10 days quit eating foods that contain sodium. Intake of sodium causes waters retention and can increase your weight by 2-3 pounds.

Once you are done with the above sacrifices (yes I mean it, no pain no gain but let me assure you, you are going to cherish this once you achieve you ideal body weight), now start following my one week day by day schedule to reduce weight as much as 10 pounds in 7 days.

If you have any feedback/suggestions, please feel free to mail it to me at narendrj@gmail.com.

Kind Regards,
Narendra

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