

# Weight Loss Tips!

1. Verb
2. Verb Plus Ing
3. Adjective
4. Number
5. Plural Food
6. Plural Food
7. Plural Food
8. Color
9. Nationality - African Australian Chinese Etc
10. Verb
11. Number
12. Number
13. Adjective
14. Food Spread - Honey Jam Mayo Etc
15. Adjective
16. Type Of Day - Day Night Afternoon Evening Etc
17. Plural Food
18. Number
19. Liquid
20. Plural Fruit
21. Adjective
22. Number
23. Choose One - Day Week Hour Minute Second Year

24. Verb

25. Noun - Plural

26. Verb Plus Ing

27. Verb Plus Ing

28. Animal

29. Verb

30. Plural Body Part

31. Verb Plus Ing

32. Body Part

33. Verb

34. Verb Plus Ing

35. Noun

36. Verb Plus Ing

37. Noun - Plural

38. Verb

39. Good Or Bad

40. Verb

41. Plural Food

42. Single Food Item

43. Increase Or Decrease

44. Gaining Or Losing

45. Number

46. Plural Food

47. Plural Food

48. Single Fruit Item

49. Always Or Never \_\_\_\_\_

50. Plural Food \_\_\_\_\_

51. Always Or Never \_\_\_\_\_

52. Adjective \_\_\_\_\_

53. Number \_\_\_\_\_

54. Adjective \_\_\_\_\_

55. Vegetable \_\_\_\_\_

56. Liquid \_\_\_\_\_

57. Adjective \_\_\_\_\_

58. Good Or Bad \_\_\_\_\_

59. Noun \_\_\_\_\_

60. Number Between One And Twelve \_\_\_\_\_

61. Am Or Pm \_\_\_\_\_

62. Adjective \_\_\_\_\_

63. Am Or Pm \_\_\_\_\_

64. Verb \_\_\_\_\_

65. Adjective \_\_\_\_\_

# Weight Loss Tips!

Want to lose weight but don't know where to \_\_\_\_\_ verb \_\_\_\_\_? Follow these tips from expert Ally \_\_\_\_\_ verb \_\_\_\_\_ plus ING \_\_\_\_\_ -Berg.

TIP #1:

Eat a \_\_\_\_\_ Adjective \_\_\_\_\_ breakfast! Beat \_\_\_\_\_ number \_\_\_\_\_ eggs with chopped \_\_\_\_\_ plural food \_\_\_\_\_, diced \_\_\_\_\_ plural food \_\_\_\_\_, \_\_\_\_\_ plural food \_\_\_\_\_, \_\_\_\_\_ color \_\_\_\_\_ onion, \_\_\_\_\_ nationality - african australian chinese etc \_\_\_\_\_ cheese and a good \_\_\_\_\_ verb \_\_\_\_\_ of salt and pepper. Fry for \_\_\_\_\_ number \_\_\_\_\_ minutes on high. Serve with \_\_\_\_\_ number \_\_\_\_\_ slices of whole- \_\_\_\_\_ Adjective \_\_\_\_\_ toast and real \_\_\_\_\_ food spread - honey jam mayo etc \_\_\_\_\_. This will give you plenty of energy throughout the day to keep \_\_\_\_\_ Adjective \_\_\_\_\_. For a healthy mid- \_\_\_\_\_ type of day - day night afternoon evening etc \_\_\_\_\_ snack, munch on unsalted \_\_\_\_\_ plural food \_\_\_\_\_ or up to \_\_\_\_\_ number \_\_\_\_\_ cups of plain \_\_\_\_\_ liquid \_\_\_\_\_ with \_\_\_\_\_ plural fruit \_\_\_\_\_.

TIP #2:

Do a \_\_\_\_\_ Adjective \_\_\_\_\_ workout at least \_\_\_\_\_ Number \_\_\_\_\_ times per \_\_\_\_\_ choose one - day week hour minute second year \_\_\_\_\_ ! \_\_\_\_\_ verb \_\_\_\_\_ around your neighborhood, lift \_\_\_\_\_ Noun - Plural \_\_\_\_\_, go \_\_\_\_\_ verb plus ING \_\_\_\_\_, go \_\_\_\_\_ verb plus ING \_\_\_\_\_, take your \_\_\_\_\_ Animal \_\_\_\_\_ for a morning \_\_\_\_\_ verb \_\_\_\_\_. Get those \_\_\_\_\_ plural body part \_\_\_\_\_ \_\_\_\_\_ verb \_\_\_\_\_ plus ING \_\_\_\_\_! Another good way to tighten the skin around your \_\_\_\_\_ body part \_\_\_\_\_ is \_\_\_\_\_ verb \_\_\_\_\_ rope, \_\_\_\_\_ verb plus ING \_\_\_\_\_ on a \_\_\_\_\_ Noun \_\_\_\_\_ or high \_\_\_\_\_ verb plus ING \_\_\_\_\_ over \_\_\_\_\_ Noun - Plural \_\_\_\_\_. Don't over \_\_\_\_\_ verb \_\_\_\_\_ it, but this will help you get a \_\_\_\_\_ good or bad \_\_\_\_\_ nights \_\_\_\_\_ verb \_\_\_\_\_ !

### TIP #3:

Back off on the \_\_\_\_\_ plural food \_\_\_\_\_. Put down the \_\_\_\_\_ single food item \_\_\_\_\_. Those types of foods only  
\_\_\_\_\_ increase or decrease \_\_\_\_\_ your chance of \_\_\_\_\_ gaining or losing \_\_\_\_\_ an extra \_\_\_\_\_ Number \_\_\_\_\_ pounds in no time.  
Instead, reach for brown rice \_\_\_\_\_ plural food \_\_\_\_\_, whole-grain \_\_\_\_\_ plural food \_\_\_\_\_ and low- \_\_\_\_\_ single fruit item \_\_\_\_\_  
cereal.

### TIP#4:

\_\_\_\_\_ always or never \_\_\_\_\_ eat \_\_\_\_\_ plural food \_\_\_\_\_ after a workout and \_\_\_\_\_ always or never \_\_\_\_\_ drink \_\_\_\_\_ Adjective \_\_\_\_\_  
drinks. Reach for \_\_\_\_\_ Number \_\_\_\_\_ percent \_\_\_\_\_ Adjective \_\_\_\_\_ vegetable \_\_\_\_\_ juice or even better, grab  
\_\_\_\_\_ liquid \_\_\_\_\_! It will keep you \_\_\_\_\_ Adjective \_\_\_\_\_ all day and allow you to experience a \_\_\_\_\_ good or bad \_\_\_\_\_  
nights sleep! Hop into your \_\_\_\_\_ Noun \_\_\_\_\_ at about \_\_\_\_\_ number between one and twelve \_\_\_\_\_ AM or PM \_\_\_\_\_ and you  
will feel \_\_\_\_\_ Adjective \_\_\_\_\_ by 6 \_\_\_\_\_ AM or PM \_\_\_\_\_ and ready to \_\_\_\_\_ verb \_\_\_\_\_. make it a \_\_\_\_\_ Adjective \_\_\_\_\_  
routine!