

# 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 \_\_\_\_\_? Follow these tips from expert Ally \_\_\_\_\_

\_\_\_\_\_ -Berg.

## TIP #1:

Eat a \_\_\_\_\_ breakfast! Beat \_\_\_\_\_ eggs with chopped \_\_\_\_\_, diced \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ onion, \_\_\_\_\_ cheese and a good \_\_\_\_\_ of salt and pepper. Fry for \_\_\_\_\_ minutes on high. Serve with \_\_\_\_\_ slices of whole- \_\_\_\_\_ toast and real \_\_\_\_\_. This will give you plenty of energy throughout the day to keep \_\_\_\_\_. For a healthy mid- \_\_\_\_\_ snack, munch on unsalted \_\_\_\_\_ or up to \_\_\_\_\_ cups of plain \_\_\_\_\_ with \_\_\_\_\_.

## TIP #2:

Do a \_\_\_\_\_ workout at least \_\_\_\_\_ times per \_\_\_\_\_. \_\_\_\_\_ around your neighborhood, lift \_\_\_\_\_, go \_\_\_\_\_, go \_\_\_\_\_, take your \_\_\_\_\_ for a morning \_\_\_\_\_. Get those \_\_\_\_\_ \_\_\_\_\_! Another good way to tighten the skin around your \_\_\_\_\_ is \_\_\_\_\_ rope, \_\_\_\_\_ on a \_\_\_\_\_ or high \_\_\_\_\_ over \_\_\_\_\_. Don't over \_\_\_\_\_ it, but this will help you get a \_\_\_\_\_ nights \_\_\_\_\_!

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!