

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!