

Quick 3-Day Healthy Weight Loss Meal Plan

- By Coach Olu Aijotan
www.naijaweightloss.com

	Breakfast	Lunch	Snack	Dinner
Day ONE	Green Smoothie	Rice & Beans With Vegetable Stew	Garden Egg	Oatmeal With Vegetable Stew
Day TWO	Oatmeal With Boiled Egg	Fruit Salad	Carrot or Cucumbers	Boiled Plantain With Vegetable Stew
Day THREE	Green Smoothie	Rice With Beans With Vegetable Stew	Garden Egg	Fish Pepper soup

Make sure you use this plan to kick-start your weight loss.
To get my other weight loss programs such as...

- 1. 30 Day Fat Loss Program** - Lose 8kg - 10kg In 30 Days
- 2. 90 Day Fat Loss Coaching** - How To Lose 20kg - 30 kg in 3 Months
- 3. Slim Down In 8 Weeks** - Slimmer Body & Flatter belly in 8 Weeks
- 4. 21 Day Detox Program** - How To Detox And Get Rid Of Toxins In Your Body

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