

SIMPLE PLAN FOR LOSING WEIGHT!

@CARTERGOOD



Include Low-Cal Veggies with most of your meals



Include Leaner Protein with most of your meals



Limit Snacking (1/day) and eat fruit or protein



Stick to Low or Zero Cal drinks and condiments



Start Walking More (aim for 8-12k steps per day)



Start Lifting Weights a few times per week



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