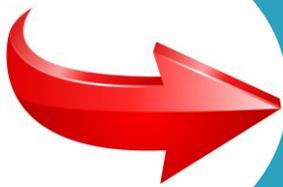


Weight Loss Checklist

Many of us have tried to lose weight over the years only to be met with strict diet instructions or impossible exercise routines. Those that mastered the strict diet or exercise routines and lost weight often found themselves back up to their original weight after going back to a normal diet.

Let's face it, sticking with strict plans don't work for most people! Should you still eat healthy foods and avoid processed foods? Yes! Just don't count on strict diet plans for long term weight loss.

This is the simplest way to help your body release weight. Let me know if you have any questions with a [message here](#).



Drink 1 cup of this [Slimming Coffee or Detox Tea](#) per day. This will help provide key nutrients, curb appetite, and aid weight loss.



Drink a good amount of pure water during the day. 2 quarts a day is a good place to start.



Pay attention to your appetite during the day. Eat 3 meals, but stop when you are full.