

**5:2 Diet Vegetarian Meal Plans - 10 Weeks Of Menus: 21 Menu  
Plans For Easy Weight Loss (5:2 Fast Diet Book 8)**

**By Liz Armond**



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Note: Drink at least 12 Glass of water in whole day. Do not eat anything not recommended in "Lose 10 pounds in a week" diet plan. See Weight Loss Vegetable Salad

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