

# Did you know?



@DETOXSMOOTHIETIPS



**LEMON AND CHIA  
WATER  
ELIMINATES THE  
ACCUMULATED  
FAT  
AND CLEANSSES  
THE BODY IN**

TikTok  
@miaadorabeauty

Reply to alpsnat's comment

Is the fully understand what a calorie deficit is how to do it properly I think I'm doing something wrong 🤔

Part 2

**15 ways to burn more  
calories  
(Backed by research)  
By mom of 4**



high protein  
**EGG SALAD**

