DRINKS & SMOOTHIES

Diet With Eggs And Grapefruit – Lose 20 Pounds For 7 days

By bestfolkmedicine · 12/01/2019 · 2 min read

If you are looking for a quick and easy way to get rid of some excess weight, this eggs and grapefruit 7-day diet is what you are after.

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The diet has been rapidly gaining on popularity around the world, as there are numerous cases of people reporting to lose up to 20 pounds (9 kg) in the 7-day-period.

Grapefruit is not only known for its antioxidant properties, but it is also famous for its ability to burn down excess fat. The plethora of nutrients found in grapefruit work to burn the fat by improving our digestion and metabolism. It only takes a day of grapefruit consumption to achieve the maximum efficiency when it comes to digestion, and if you keep up with the regiment you will notice the results in just a day or two. Not only does grapefruit burn the fat, its nutritional ingredients are also responsible for efficiently eliminating it from our organism all together, so it doesn't store in our blood vessels.

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When it comes to the other ingredient in this diet, the eggs, you will only use egg whites. They are packed with proteins, which are the key element in every well-balanced diet.

If you are aiming to lose less than 20 pounds, you can be on the diet for less than 7 days, although no less than 3-4 days is recommended.

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The diet itself is pretty simple and straight-forward; your only source of nutrition for the week are grapefruits and egg whites. Eat 5 grapefruits a day, and 5-9 egg whites. Ideally, you should be getting 10 small meals per day, each of the meals consisting of ½ a grapefruit and one egg white. It is also recommended to have one serving per hour (of half a grapefruit and an egg white).

As with every weight loss adventure, proper hydration is also a must. Have a large glass of water with every meal, consuming at least 2 liters a day. You can also have a cup of unsweetened green tea in the mornings and in the evenings. Coffee should be avoided.

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Moderate physical activity is also suggested, as it will significantly affect the end result. Nothing crazy is necessary; just take a 30-45 minute walk.

Even though this diet only consists of two ingredients, it is extremely effective due to the rich nutritional profile of grapefruit.

As every essential nutrient your body needs come from the grapefruit, and all the proteins you'll need for the day from the egg whites, the results are guaranteed, if you stick with the regiment. Not only will you lose weight, you will also feel better, and your body will be rejuvenated and prepared for the cold season with all the nutrients coming from this diet.

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