HEALTHY NEWS

Lose 10 pounds in 7 days

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

Looking for a quick way to shed 10 pounds? This extremely easy, yet highly effective diet might be tailor maid for you then. Just follow the simple routine for a week:

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Breakfast:

Drink a glass of cold water with some lemon juice squeezed into it on an empty stomach. This will activate your metabolism, and in addition it will also flush out the toxins in your body. You can have breakfast half an hour later. The breakfast should be something simple, like two apples or oranges, or a grapefruit. If you want to achieve maximum efficiency, eat some nuts with the fruit. You can have almonds, hazelnuts, or whatever nut you prefer, as they are all packed with antioxidants and nutrients to keep you going for the day.

Lunch:

Meat is allowed with this diet, as proteins are one of the key elements in dropping weight and staying healthy while doing so. Just make sure you go for lean meat, such as chicken or veal. You can have it with veggies or a salad of your choosing, and with some no-fat yogurt.

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Snack:

For snack, a fresh seasonal salad is recommended. You can have some tomatoes, cucumbers, and onions, or basically a Greek salad, just with no cheese. During the winter, you can try salads with fruit, such as apple and Brussels salad. Make sure that the salads you consume have almost no salt

in them, and try using organic extra virgin olive oil.

Dinner:

The most important part of this diet is not to eat after 6 pm. You should have an early dinner, consisting of two hard boiled eggs, and a salad. The salad can be either cucumbers or green salad, with some olive oil and a tiny pinch of salt.

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After 6 pm, the only thing that you should consume is green tea. Put thekettle on, make a liter of green tea, and drink the entire thing by the time you go to bed. In case you're wondering, the optimal number of bags of tea per liter is 4. Try not using sugar. If you have to sweeten the tea, use honey of stevia.

The meals listed above are your daily routine for the week. It should be stood by religiously, and by the time the week ends you will be 10 pounds of fat lighter. If you are so happy with the results and want to keep up with the diet, do not do it for more than 10 days straight, as variety is needed for a healthy organism. You can do this dieting process once every two or three months with no issues.

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