



Do You want to lose 10 pounds in a week?

Try this simple and effective diet!



Before breakfast

Before you even start thinking about breakfast, I recommend squeezing one fresh lemon into a glass of cold water. Drink it on an empty stomach to purify and detox your body from toxins and also kickstart your metabolism.



Now, half an hour after you've drunk the glass of water, it is time to think about breakfast.

Breakfast



What you want are fruits. Now everyone who tells you can eat fruits through the whole day is not being honest with you. The truth is, the best time to eat fruits is in the morning when the sugars from fruits are distributed nicely through our body. You can take two oranges, two apples, a large grapefruit, two pears, or anything similar. Add a handful of hazelnuts, almonds or nuts to your breakfast.

Lunch

For your lunch, you can get a slice of meat, be it cooked veal or cooked chicken. The trick is to avoid bread during your lunch and get two cups of sour milk or yogurt with your lunch. Limit your side dish, and avoid creamy salads during lunch. You can get few veggies as a side dish for your slice of meat.



Snack



Few hours after your lunch, it is time for a snack. But instead of going all chips and chocolate for your snack, make a fresh season salad, add just a pinch of salt and some olive oil and you are set.

Dinner

Dinner is your last meal. The important notice here is that you want to consume your dinner before 6 pm. Your dinner menu is two hard boiled eggs, green salad or cucumber salad with olive oil. Now, the hard part is how to survive after 6 pm until you go to bed. This is where your determination comes in place. However, since your menu before 6 pm consists of proteins and healthy nutrients, you should be fine.



After dinner



Prepare green tea, one liter of water with 4 bags of green tea, and drink it before bedtime. Now, you do not want to drink the whole liter before bedtime. Instead, dose your tea between 6 pm and your bedtime.