**[ Your friend wants to go on a diet. Make a plan for him to lose weight in a healthy way. Give lots of details to help him. ]**

Listen, my friend. Diet is not difficult, but if you think much seriously about diet, you will fail on your diet. So you don't have to be pressured to diet, otherwise, you will have much stress and then will be fat. I want you not to think of doing special movement because of diet, so I recommend two ways for a diet. First, you eat a special meal like vegetable's powder in the morning. The breakfast will give many nutrients to you. Second, you should do a workout at least three times a week. You don't need to work out lots of time. You just work out to do only enough to sweat your body. You should keep in mind that diet is important that you keep steady for a long time.