

HOW TO LOSE 20 POUNDS IN 2 WEEKS

FIRST WEEK

Morning - 2 eggs, boiled or poached. Season with black pepper and a very small pinch of salt. Some citrus fruit.

NOTE: THE BREAKFAST WILL REMAIN THE SAME THROUGHOUT.

Afternoon - Couple of pieces of sweet potato, preferably boiled. 2 medium apples cut into pieces.

Evening - A plate of vegetable salad, avoid putting salt on it. Grilled chicken breast.



Morning - Same as day 1. 2 eggs with a piece of citrus fruit.

Afternoon - A vegetable of choice, preferably a green one. Chicken salad.

Evening - 1 medium orange. 2 eggs, boiled. Side of vegetables.



Morning - the same. 2 eggs with citrus fruit piece.

Afternoon - You get to have cheese. Low fat cheese with 1 tomato and a piece of sweet potato.

Evening - Piece of grilled chicken with a side of vegetable salad.



Morning - 2 eggs with citrus fruit piece.

Afternoon - Couple of medium apples or other fruit.

Evening - Steamed chicken piece with a side of salad.



Morning - 2 eggs with citrus fruit piece.

Afternoon - 2 eggs, boiled. Vegetable soup or boiled vegetables.

Evening - Piece of grilled fish with a side of vegetable salad.



Morning - 2 eggs with citrus fruit piece.

Afternoon - 2 of your favorite medium sized fruits.

Evening - Steamed piece of chicken and some steamed vegetables.



Morning - 2 eggs with citrus fruit piece.

Afternoon - Salad with lots of tomatoes. Steamed piece of chicken.

Evening - Steamed vegetables only.



DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

SECOND WEEK

Morning - 2 eggs with citrus fruit piece.

Afternoon - Vegetable salad and grilled chicken piece.

Evening - An orange, medium sized. Vegetable salad and 2 eggs, boiled.



Morning - 2 eggs with citrus fruit piece.

Afternoon - 2 eggs, boiled. Steamed vegetables.

Evening - Grilled fish, preferably salmon with a side of vegetable salad.



Morning - 2 eggs with citrus fruit piece.

Afternoon - Steamed chicken with some salad.

Evening - An orange, 2 boiled eggs and some vegetable salad.



Morning - 2 eggs with citrus fruit piece.

Afternoon - Low fat cheese with steamed vegetables. 2 boiled eggs.

Evening - piece of steamed or grilled chicken with a side of salad.



Morning - 2 eggs with citrus fruit piece.

Afternoon - Vegetable salad with codfish, or other fish.

Evening - Vegetable salad and 2 boiled eggs.



Morning - 2 eggs with citrus fruit piece.

Afternoon - Piece of chicken, grilled. Side of vegetable salad.

Evening - couple of fruits, oranges or apples.



Morning - 2 eggs with citrus fruit piece.

Afternoon - Steamed chicken with side of salad or steamed vegetables.

Evening - Grilled chicken or fish, with steamed vegetables.



DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

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