

# Fast Weight Loss Diet Plan Lose 5kg in 5 days

This diet plan promises to help you to lose approximately 5kgs in 5 days.

## Day 1 of the Diet Plan

Start your day with a glass of warm lemon water, it helps detox your body.

**Breakfast:** Two boiled eggs with the yolk. If you're a vegetarian then have a cup of boiled chickpeas salad also include a cup of green tea. Egg or chickpeas are put on a good source of protein and fiber and they will keep you full for a long time.

**Lunch:** Have a bowl of watermelon or pineapple with a cup of [green tea](#). Pineapple is rich in vitamin C and fiber and is low in calories. Watermelon is 92% water and helps detox your body and lose weight. After lunch has one banana it is high in fiber and low in calories and will keep you away from hunger for a few hours.



In the evening have one apple and five to seven almonds (raw or soaked) with a cup of warm green tea. Almonds have loads of fiber which makes digestion slow and helps reduce fat from the belly.

**Dinner:** Bowl of oats sweet or savory any of your choice with a cup of green tea.

## **Day 2 of the Diet Plan**

**Breakfast:** Start your second day with a glass of warm lemon water and in the breakfast have a plain or ham omelet. Whisk 2-3 eggs, 1/2tsp blended herbs, salt, and pepper. Liquefy a handle of spread (close to 1/2tsp) in a container. Try not to include milk. If you want a vegetarian then have a cup of boiled chickpeas salad also include a cup of green tea.

**Lunch:** Have a bowl of oats sweet or savory any of your choices with a cup of green tea. Post lunch have one banana in the evening have one apple with five Armand's raw or soaked with a cup of green tea.

**Dinner:** A bowl of soup made up of cabbage spinach chicken or sweet potato. Don't have ready-made or instant soups.



## **Day 3 of the Diet Plan**

**Breakfast:** Porridge made from up to 75g porridge oats (a quick tip is to just pour boiling water from the kettle on the dry oats until it's the consistency you like). Include a cup of green tea.

**Lunch:** Pork or vegetable kebabs. Skewer cubes of pork or vegetables such as broccoli florets, peppers, onions, and tomatoes drizzled with olive oil and roasted in the oven. In the evening have one apple and one cucumber with a cup of green tea.

**Dinner:** Bowl of papaya. It has zero cholesterol and contains a large amount of fiber and very few calories. It can be served with a selection of vegetables as a side salad.



## Day 4 of the Diet Plan

**Breakfast:** Start your fourth day with a glass of warm lemon water and in the breakfast have a bowl of oats sweet or salty any of your choices with a cup of green tea.

**Lunch:** Have a bowl of pineapple and a cup of green tea. Post-lunch I have one apple and two cucumbers. And in the evening have one banana and five almonds with a cup of cream tea.

**Dinner:** Boiled dry weight dark colored rice, pan-fry cleaved, blended, vegetables in olive oil and after that blend the rice and veg and fill a seedless pepper shell. At that point heat in a medium broiler until the point when the pepper is delicate to fork contacts. In a study published in Endocrine, the researchers found that long-term weight loss decreased the frequency of low [testosterone](#) levels in middle-aged, overweight men in a prediabetic state significantly.



## Day 5 of the Diet Plan

**Breakfast:** Up to 100 grams of puffed rice oat (rice must be the main fixing). Accessible in the no gluten area of supermarkets.

**Lunch:** Brown rice plate of mixed salad. Pre-cook 50g dry weight brown rice. Leave to chill. Include a finely-sashed plate of mixed greens fixings (cucumber, spring onions, pepper, celery, squashed garlic clove). Utilize olive oil and dark pepper as a dressing. In the evening have one apple with green tea.

**Dinner:** A bowl of soup made up of cabbage spinach chicken or sweet potato. Also please avoid any ready-made or instant soups.



## Foods to avoid in Fast Weight Loss Diet Plan

- **Processed foods**, which are typically refined and high in calories cream, soured cream, and ice cream. Ice cream is very high in sugar, a high-calorie dessert that offers very little protein and 0 fiber.
- **Processed meats** including bacon, jerky, hot dogs, salami, and ham.
- **Refined carbohydrates**, such as cookies, cupcakes, muffins, bread, pastries, and white rice.
- **Fried foods**, including French fries, are generally high in calories, salt, and unhealthy fats.
- **Excess fats**, including, fatty cuts of meat, butter, cooking oils, animal fats, and cheese.
- **Sugary beverages** such as sodas, sports drinks, and processed fruit juices.
- **Candy bars** are unhealthy due to their high sugar, calorie, and fat contents.