

Lose Weight Easy Solution

There are all sorts of body weight variations one goes through in a life time but as long as they are not major and do not persist, there is no point to worry. Overweight becomes a problem when you no longer fit in clothes, you feel heavy and burdened when trying to move or be active. That is when you wish you could lose 10 pounds a week and get your younger slimmer look in just a fortnight. The problem is how to lose 10 pounds a week. There are lots of suggestions as for what type of diet to turn to when you attempt to lose 10 pounds a week. One such dietary plan is Dr. Steveson's who as a diet expert and apparently relies on dissociated foods taking into account the seven days of the week. On the first day it is recommended that you eat soup and fruit except bananas, drink tea that has no sugar or sweetener of any kind, and water. On the second day they cross out fruit, beans, corn and peas from the list of allowed foods. Again do not exclude your soup and make sure that you eat a lot of veggies especially fresh or raw. Baked potatoes with butter is the suggestion for dinner here. Should you still be determined to lose 10 pounds a week with this diet, you can follow the rest of the diet recommendations while supporting them with lots of physical activity. The third day could really be a challenge in terms of determination and commitment. Hold your position and don't give in after only two days. The meals for the third day are a combination of the foods allowed in the previous two, without bananas, butter and potatoes. The fourth day finally grants you bananas, eight in number and as much skimmed milk as you like. We know that to lose 10 pounds a week can be quite tough work but we are sure you can do it. Dr. Stevenson's dietary plan usually works great. Proceed with the fifth day. This time you should turn to beef or chicken either broiled or baked and remove the skin from the meat in case you choose the latter. You can also have soup, six tomatoes and plenty of water. The next day you may go for vegetables and beef or fish and soup, but avoid potatoes. On the seventh day go for brown rice, fruit juices, soup and vegetables.

About the Author

Steve Vo is a fitness writer. If you like what you read, please visit his blog to read more about [Sleep Apnea Treatments](#) or click here if you are interested in learning about life insurance, [Life Insurance For over 50s](#)

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