

1 WEEK WEIGHT LOSS CHART

One-Week Diet Plan to Try

Day 1	Monday	• Fruits of your choice • Greek Yogurt for your snack • Water (8-12 glasses)
Day 2	Tuesday	• Fresh, organic vegetables depending on your choice • Salted nuts for your snack • Water (8-12 glasses)
Day 3	Wednesday	• Fruits (you may choose different fruit from day 1 to avoid monotony) • Water (8-12 glasses)
Day 4	Thursday	• Avocado Banana smoothie • 3 glasses of reduced-fat milk • Water (8-12 glasses)
Day 5	Friday	• 1 cup of brown rice paired with any vegetable of your choice • Water (8-12 glasses)
Day 6	Saturday	• 1 cup of brown rice paired with any vegetable of your choice • Water (8-12 glasses)

Note: Focus on low-calorie foods. An increased amount of water intake can give effective weight loss results.

Weight Loss Plan Compare

Michael Hoelscher

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the author's name.

Weight Loss Plan Compare:

Prevention's 3-2-1 Weight Loss Plan Joy Bauer, Editors Of Prevention Magazine, 2007-12-26 1 New York Times best selling author Joy Bauer shows you how you can eat your favorite foods kick up your energy level and take off pounds Joy Bauer the 1 New York Times best selling author of Joy Bauer's Food Cures and one of the nation's leading nutrition authorities teams up with Prevention America's favorite health magazine for an easy to follow diet and exercise program that delivers steady safe and impressive weight loss up to 6 pounds in the first week and up to 2 pounds every week thereafter and you'll enjoy every minute of it Millions of viewers who watch Joy Bauer's regular appearances on the Today show have come to rely on her sound nutritional advice and encouraging motivational tips Prevention's 3 2 1 Weight Loss Plan combines effective eating fitness and thinking into one winning formula 3 2 1 eating Boost energy and reduce cravings by eating 3 meals 2 snacks and 1 delicious treat every day 3 2 1 fitness Boost your metabolism burn fat and stay motivated with 3 minutes of cardio exercise 2 minutes of strengthening movements and 1 minute of abdominal work 3 2 1 thinking Easy to remember positive behavior techniques Some you do 3 times a day each time you eat a meal 2 times a day just before or during lunch and dinner or just 1 time a day at the end of the day or week The 3 2 1 approach minimizes the effort and maximizes the satisfaction How does it do this With the following unique and powerful benefits Less hunger and more satisfaction from every bite The opportunity to eat your favorite foods every day A sane meal plan for people with insane lives Effective exercise that is invigorating interesting and motivating A faster metabolism A system for staying motivated And best of all it works Prevention's 3 2 1 Weight Loss Plan is the last weight loss plan you'll ever need [The Diet Food Finder](#)

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