

10 Pounds In 2 Weeks

10 STEPS TO SHEDDING 10 POUNDS IN 2 WEEKS

	1. START YOUR DAY WITH A LEMON DRINK Before you eat breakfast, make yourself a lemon drink: one glass of mild water with three tablespoons of freshly squeezed lemon juice. Mix it well and make sure to drink it on an empty stomach. Lemon water helps hydrate you and cleanse your liver of toxins, preparing your body for the day ahead.	
	2. STICK WITH FRUIT AND NUTS FOR BREAKFAST Start with two apples or oranges or a combination of the two. A single grapefruit can also provide the necessary nutritional kick you need. If you're still hungry, eat half a cup of almonds or hazelnuts. These nuts are among the highest in nutritional value and will also provide you with your essential fat intake for the day.	
	3. PACK YOUR LUNCH FULL OF PROTEIN Your lunch should be pure protein. Try to stick with 5 ounces of meat and choose boneless chicken over beef. A single container of Greek yogurt will give you an extra protein kick and a calcium boost. This should keep you full for around four hours, which is approximately how long it takes to digest the meat.	
	4. HAVE A HEALTHY SNACK Odds are you're familiar with the "JPM wall" you hit when your energy completely tanks. Usually this is because you're hungry, and in the past you might have turned to a bag of potato chips for your energy boost. While that isn't a great strategy, going without a snack at all can mean overeating at dinner. So treat yourself to a piece of fruit or a small green salad.	
	5. EAT DINNER EARLY This might be difficult depending on your work schedule, but try to eat your dinner before 6PM if possible. If you can't eat before 6PM make sure you're eating as close to when you get home as possible. This allows your digestive system time to work through your meal properly before you go to sleep.	
	6. KEEP DINNER SIMPLE An ideal dinner consists of two hard boiled eggs and an organic green salad with cucumber and a touch of extra-virgin olive oil as dressing. This provides you with a final burst of protein and nutrients to get you through the rest of the day.	
	7. DRINK GREEN TEA AFTER DINNER Green tea has been proven to speed up your metabolism, so you should at least drink one liter after dinner—a single liter can help you burn 80 calories. You can find green tea in multiple flavours in many tea specialty shops, and this can be a worthwhile investment if you don't like traditional green tea much.	
	8. STICK WITH WATER BASED DRINKS Speaking of tea, while you're trying to lose weight you want to stick to only water based drinks such as tea, coffee and of course, water. Most flavourings for water contain high amounts of sugar and should be avoided. You also want to avoid adding more than a teaspoon of sugar or milk to your tea/coffee, although you can use cinnamon to improve the flavour.	
	9. MODERATE RESISTANCE WORKOUT TWICE PER WEEK Working out regularly will not just help you lose the weight but also help you feel healthier. Since muscle is heavier than fat, to truly see the pounds drop you don't want to work out like a body builder, but build two short workouts into your weekly routine.	
	10. ALLOW YOURSELF A CHEAT DAY If you want to actually keep the weight off once you've lost it—or keep losing weight—allow yourself one day each week to cheat by eating the fatty foods you find yourself most heavily craving throughout the week. This gives you something to look forward to each week and keeps your metabolism from shifting into a lower gear, which happens when your caloric intake lowers for a long period of time.	

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10 pounds in 2 weeks is a phrase that resonates with many people looking to shed weight quickly for various reasons, be it an upcoming event, a desire for improved health, or simply the need for a fresh start. While the idea of losing weight rapidly can be enticing, it is crucial to approach such goals with caution and an understanding of the health implications involved. This article delves into the strategies, challenges, and considerations associated with losing 10 pounds in just two weeks.

The Science of Weight Loss

Before diving into specific methods for losing weight, it's essential to understand the basic science behind weight loss. Weight loss occurs when you consume fewer calories than your body burns. This caloric deficit can be achieved through dietary changes, increased physical activity, or a combination of both.