



Olu Aijotan
www.naijaweightloss.com

The 3 Day Weight Loss Diet

The 3-day Weight Loss Diet Time Table

	Breakfast (7.am-10.am)	Lunch (1.pm-2.pm)	Snack (anytime)	Dinner (7pm-8pm)
DAY ONE	Green Smoothie	Fruit Salad	Garden Egg/ Cucumber/Carrot	Fish Peppersoup
DAY TWO	Quaker Oats With Milk + 1 Boiled Egg	Rice & Beans With Vegetable Stew	Garden Egg/ Cucumber/Carrot	Boiled Plantain With Vegetable Stew
DAY THREE	Watermelon Smoothie	Fruit Salad	Garden Egg/ Cucumber/Carrot	Fish Peppersoup

Ground Rules To Use The 3-Day Diet Meal Plan

- No fizzy drinks, alcohol, soft drinks allowed when on this diet. E.g. Coke, Fanta, pepsi, beer, vodka, maltina etc
- You have a choice of 3 different snacks. You can choose, combine or eat any of the ones available to you. This is 100% allowed.

- If you work full time, prepare your lunch and pack with you to work. The lunches are easy to prepare and can be preserved too.

- Engage in simple workout e.g. brisk walking, jogging or home workouts

- The meal times are just to serve as a guide. This is flexible and vary depending on your schedule, but your last meal of the day should be 3 hours before bedtime.

- You can repeat this 3 day time table as many times as you want.