

After Holiday – A Simple Detox Diet for Energy and Weight Loss

In the holiday period the average person can gain between 1 and 3 kilos, and have more alcohol in that period than months prior to the holiday season. It's a heavy burden on anyone's body, and following outlines a simple detox diet to make you feel better lose weight and be full of energy here is what you should eat and drink for a week. This diet will mean you are full will detox your body and get back on the road to healthy living. Here is your one week plan.

January 3rd This is a day to go easy on food and drink. Firstly no alcohol at all is allowed, and your meals are: Breakfast. One half grapefruit (or fruit in season), brown toast with no butter or topping allowed, and tea or coffee. Morning Snack: One apple Lunch: Fresh fruit salad, and a few raw almonds Afternoon Snack: Another Apple Diner: Green salad, dressing of lemon and olive oil, one slice of grilled meat or fish, tea or coffee.

Day 1 Breakfast. One simple low-fat yogurt, a 3 minute egg, one slice of brown toast, no butter, and tea or coffee. Morning Snack: 25 raw peanuts Lunch: Tuna salad, very little mayonnaise, lots of tomato, and tea or coffee. Afternoon Snack: One orange Diner: Stir fry spinach, hamburger patty only, tomato, and one slice of brown bread.

Day 2 Same as yesterday, but chicken or turkey instead of meat or fish for diner.

Day 3 Breakfast: Oat meal, with milk, no sugar but honey is ok. Tea or coffee Morning Snack: Any fruit in season Lunch: Cheese plate (white cheese only), Greek olives, tomato and a raw onion (if your stomach allow). Tea or Coffee Afternoon Snack: 35 raw peanuts Diner: Large green salad, dressing of oil and lemon (or white vinegar), and tuna (fresh or canned).

Day 4 Same as day 2 Day 5 Breakfast: Cottage cheese, one slice of brown toast, and tea or coffee Morning Snack: Any fruit in season Lunch: Hamburger patty, with tomato, carrot and lightly stir fried broccoli Afternoon Snack: 35 raw peanuts Diner: Grilled fish, natural brown rice, and stir fried spinach

Day 6 This is a fruit and vegetable day only. Judge for yourself. Today you will be completing the detox and the fruit will help you rid yourself of toxins and free radicals. You have also lost at least one kilo from 24th of December

Notes Before beginning any diet, you should have a word with your doctor to make sure the suggestions are in keeping with your general constitution and medical conditions. The diet above will give you all the protein, carbohydrate and fats you need (and more), but still you will have consumed less than 1500 calories per day (more likely about 1000 only). In this diet you must drink at least 2 liters of water per day as well, at any intervals you feel comfortable. After the above, you should not eat heavily or drink (alcohol) but sparingly. Try not to toxify your body with fried or processed foods, and as much salad and vegetables as you can.

About the Author

Calorie counter diet and weight loss program software calculates nutrition and coaches you to desired weight as you log foods and exercise.

Source: <http://www.products herbal.com>