



3 Day Diet. Get visible results in just 3 days.

Filippo Fabbri

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The 3 Day Diet

Many diets have come and gone over the years. What was once the most popular diet might now be something that no one is even interested in. One diet that has stood the test of time and that many people are still using to lose weight quickly is the 3 Day Diet. This diet plan is a program that is very low in calories, but only needs to be followed for three days. People have lost anywhere from 5 to 10 pounds in that time frame and as long as they continue healthy eating habits after the plan has been completed, they can keep the weight off.

What You Can Eat and Drink

The 3 Day Diet is different from many others because it allows the follower to eat certain foods that they might never be allowed on other plans. For instance, ice cream is eaten every night on this plan. How can this be? Weight loss boils down to one principle: Calories in versus calories out. You can eat things that you enjoy, such as ice cream, in small amounts and still lose weight. Ice cream also has some nutrients that you need. It contains calcium, which is essential for strong bones and it has fat, which you need to live healthfully. Eating a small amount of this type of food can actually help you to lose weight quicker because you are not feeling deprived. When you are not deprived, you do not rebel against the diet and eat everything in sight.

The diet is roughly 1,000 calories per day, which is a lot less than you naturally burn. This means that you can burn a lot of fat in a short amount of time, as well as lose water weight that can make you appear pudgier than you are. Most people can eat between 2,000 and 2,500 calories a day and not gain weight, so eating this much smaller amount will speed up your weight loss dramatically.

Another facet of this diet that sets it apart from others is that you are able to drink coffee and tea. Some diets advise against caffeine, but studies have actually proven that caffeine can give your metabolism a boost so that you burn more calories even while at rest. It can also suppress your appetite. You can drink as much water as possible on this plan. Water is excellent for overall health and will enable your body to function properly and flush out all of the toxins that have built up over the years. Water is a dieter's best friend and is a vital part of the 3 Day Diet.

The great thing about this diet plan is that you will also be able to eat bread and crackers. Many other diets, such as Atkins or The Zone, call for restriction of bread products. This is not the case with the 3 Day Diet, as the creators understand that people need carbohydrates to function properly. Many people feel irritable, lethargic and hungry when they do not consume bread products, which is why this diet plan incorporates bread and crackers.

Exercising on the Plan

While on the plan, it is a good idea to exercise moderately, which can help to burn off even more calories. Those who have the most success on this diet do some form of moderate cardiovascular exercise, along with light strength training. This boosts their energy, gets their metabolism humming and will help them to feel good even while eating such a low number of calories.

When to Start

The 3 Day Diet works as long as you follow it carefully and ensure that you do the program during a time when there are fewer temptations in your life. This means not starting the diet plan during the holiday season or during a time when you will be away from home, like on a vacation. Following any kind of diet is hard enough as it is, but when you add in factors like holiday festivities or being away from your home, you can be even more tempted to fall off the wagon.

When you start the diet, make sure to go to the grocery store and stock up on the foods that you need so that

you have no excuse to not stick to your meal plan. Try to keep unhealthy foods out of sight during this time or get rid of them altogether if you think you will be unable to resist the lure of sugary, fatty food

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Lorraine Stark:

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