

# Weight loss meal plan: 3 day detox diet

If you're looking for a 30-day meal plan for weight loss, I got something better for you.

Maybe you're curious and are thinking, it's a 7 day diet plan for weight loss.

But the answer is, it's not.

Using a healthy diet with weight loss foods in mind is very important, which will produce you to lose weight naturally.

Many people complain about diets because they can't do meal prep for weight loss on a budget, but with this kind of diet is not the case.

Let's talk about something called **the detox diet**, I also like to call it **the quick weight loss diet plan**.

## Introduction to the detox diet.

Perform detoxifying practices is very important to eliminate all toxins that can cause serious damage and diseases.

In addition, detoxification helps to lose weight as it also combats fat and adiposity accumulated in difficult areas.

Today we will teach you a detoxifying diet so that you can eliminate all the toxins from your body and lose weight.

The important thing in these cases is that you do not go hungry because in this way the metabolic process slows down.

Continue reading to learn all about this effective detoxifying diet to eliminate toxins and lose those extra kilos.

# **Detoxifying diet to eliminate toxins from the body and lose weight**

Detoxification diets have been practiced since ancient times as a way to keep organs clean.

Even the renowned doctor Hippocrates recommended to his patients to carry out this type of diet to carry out what he called «cleanliness of the soul». In any case, this cleaning was what in his idea gave rise to good health.

In addition, our own body often asks us to fight the toxins, essential for the proper functioning of the organs.

Then we will show you a spectacular diet that will eliminate all toxins from the body and allow you to lose weight.

## **3-day detox diet**



Because this diet is very powerful, it is essential that it is not performed for more than 72 hours.

It is also recommended to follow this diet on the weekend because, being low in calories, it removes energy.

**Follow this diet plan and eliminate all the toxins that do not allow you to lose weight!**

## **Breakfast**

We will begin the day by ingesting a large amount of soluble fiber, a very effective natural cleanser.

This breakfast also provides minerals such as phosphorus, proteins, and sorbitol, which is a natural laxative.

### **Ingredients**

- A  $\frac{1}{4}$  cup of almond milk or rice
- 1 teaspoon flaxseed oil

- 1/3 cup chopped red prunes
- 1 teaspoon grated ginger
- A ½ cup of quinoa
- 1 pinch of nutmeg
- 1 cup of water

### **Preparation**

- First, place the quinoa, water, nutmeg and grated ginger in a saucepan
- Bring to medium heat and stir constantly until it breaks in a boil
- Then put on low heat, cover the saucepan and let it cook for 10 more minutes
- Add the prunes and milk and cook for 5 more minutes
- Wait until it is warm and consumes

## **Snacks**

Because, as we mentioned, it is essential not to go hungry, we recommend eating these snacks every three hours.

### **Cucumber and pineapple drink**

#### **Ingredients**

- ½ cup pineapple
- 2 cucumbers
- A ½ cup of mint or spearmint
- 1 handful of kale
- The juice of half a lemon
- 1 slice of ginger

#### **Preparation**

To prepare this drink you must wash all the ingredients and then mix in a blender to form a homogeneous drink.

# **Grenadine with pineapple**

## **Ingredients**

- 1 cup pineapple cut into pieces or pineapple juice
- $\frac{1}{2}$  lemon cut into slices
- 1 cup of pomegranate juice (grenadine)
- 750 ml of water

## **Preparation**

Place all the ingredients in a blender and mix well until they are fully integrated.

Remember not to add sugar if you are looking to lose weight.

## **Vegetable snack**

You can also peck thin slices of radish, carrot, celery, cucumber or the vegetable that you like.

You can season with a sauce of olive oil, salt, pepper and lemon juice.

To eliminate the toxins completely we recommend you to have a smoothie of the fruits that you like along with half a cup of almond milk. At dinner, it is recommended to eat soup with all the vegetables you choose.

Remember that you can not perform this diet for more than two days.