

How To LOSE 10 POUNDS IN 3 WEEKS



**BURN MORE
CALORIES
THAN YOU
CONSUME**



**SET
ATTAINABLE
GOALS AND
TRACK YOUR
PROGRESS**



**CONSIDER
SKIPPING
BREAKFAST**



**DRINK MORE
WATER**



**DRINK BLACK
COFFEE**



**DRINK
GREEN TEA**



**PAY
ATTENTION
TO SUGAR
INTAKE**



**CUT OUT
SIMPLE
CARBS**



**SCALE
DOWN YOUR
PORTION
SIZES**



**EAT
HEALTHY
SNACKS**



**ADD SPICES
IN YOUR
MEALS**



**TOP UP YOUR
PROTEIN
INTAKE**



**CHOOSE
COMPLEX
CARBS**



**NO FAST
FOOD**



**WATCH OUT FOR
"HIDDEN
CALORIES"**



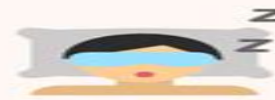
**CHOOSE
LOW-
MEDIUM
GI FOODS**



**WEIGHT
TRAINING**



**GO WALKING
OR CYCLING**



**GET ENOUGH
SLEEP**



**BE
CAREFUL
OF LIQUID
CALORIES**

Lose 10 Lbs In 3 Weeks

Lingsheng Yao



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