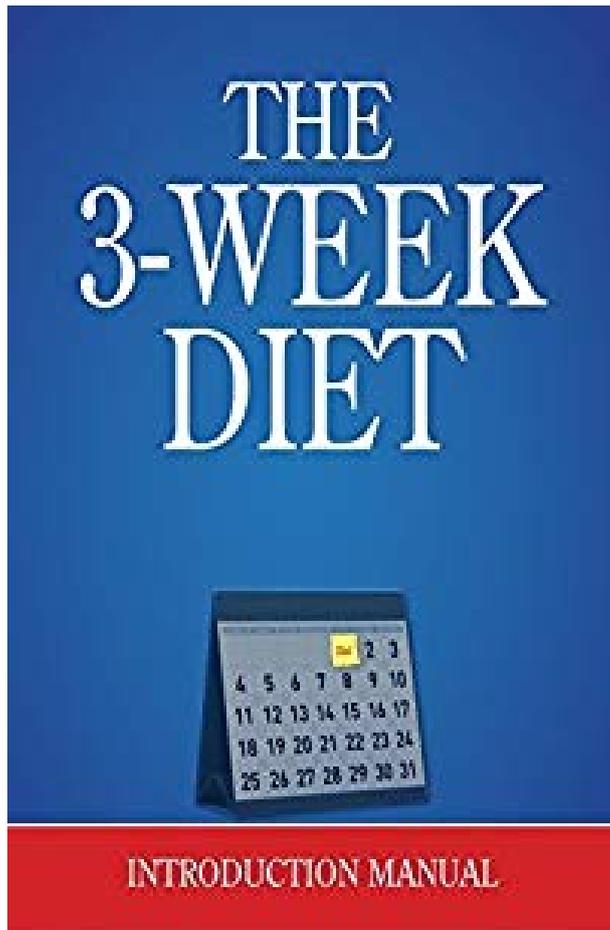


# 3 Week Diet : Shed Up to 23 Pounds in 21 Days



<b>ASIN</b>	B073Q2MQS5
<b>Author:</b>	Brian Bratt
<b>Goodreads Rating:</b>	0.00
<b>Pages:</b>	170
<b>Published:</b>	July 3rd 2017

[3 Week Diet : Shed Up to 23 Pounds in 21 Days.pdf](#)

[3 Week Diet : Shed Up to 23 Pounds in 21 Days.epub](#)

3 Week Diet For Fast Weight Loss Flatt says that people who undertake this diet lose an average of 12 to 23 pounds of pure body fat. Some dieters have experienced losses as high as 33 pounds. According to The 3 Week Diet, your results will depend on your dedication and the amount of effort you put into the diet.

If you want to lose even more weight you also have the option to continue the diet beyond the 21-days. How to Burn Stubborn Body Fat The 3 Week Diet utilizes 5 techniques to specifically target body fat. Reducing Calories. Intermittent Fasting. Lowering Carbohydrate Intake. Exercise. Strategic Supplementation. Each method alone can have a significant effect so you do not have to incorporate all of them. However, when you implement them all together, you will lose weight rapidly. The Three Phases of This Diet Each week, you will begin a new phase. All of the phases are low in carbohydrates and calories. The purpose is to maximize fat loss early on while gradually introducing more whole foods into your diet. Eventually, you will progress towards a nutritionally balanced and complete diet, to maintain a healthy weight for life.

**The 3 Pound Rule** When you complete The 3 Week Diet or have achieved your goal weight, you will continue to weigh yourself every day. At any time if you are three pounds or more above your target weight you should begin Phase 1 immediately. Continue on Phase 1 until you get back to your target weight, which

usually just takes one or two days. This allows you to enjoy “cheat” meals occasionally while ensuring you maintain your weight loss. Recommended Foods Dieters can expect to eat the following foods: Whey protein, chicken, turkey, beef, fish, eggs, cream cheese, asparagus, beets, cabbage, artichoke, squash, broccoli, carrots, celery, kale, mushrooms, onions, peppers, spinach, tomato, cauliflower, avocado, macadamia nuts, almonds, pumpkin seeds, sunflower seeds, olive oil, butter, mayonnaise, balsamic vinegar.