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[www.naijaweightloss.com](http://www.naijaweightloss.com)

# The 3 Day Weight Loss Diet

# The 3-day Weight Loss Diet Time Table

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	<b>Breakfast</b> (7.am-10.am)	<b>Lunch</b> (1.pm-2.pm)	<b>Snack</b> (anytime)	<b>Dinner</b> (7pm-8pm)
<b>DAY ONE</b>	Green Smoothie	Fruit Salad	Garden Egg/ Cucumber/Carrot	Fish Peppersoup
<b>DAY TWO</b>	Quaker Oats With Milk + 1 Boiled Egg	Rice & Beans With Vegetable Stew	Garden Egg/ Cucumber/Carrot	Boiled Plantain With Vegetable Stew
<b>DAY THREE</b>	Watermelon Smoothie	Fruit Salad	Garden Egg/ Cucumber/Carrot	Fish Peppersoup

# Ground Rules To Use The 3-Day Diet Meal Plan

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- No fizzy drinks, alcohol, soft drinks allowed when on this diet. E.g. Coke, Fanta, pepsi, beer, vodka, maltina etc
- You have a choice of 3 different snacks. You can choose, combine or eat any of the ones available to you. This is 100% allowed.

- If you work full time, prepare your lunch and pack with you to work. The lunches are easy to prepare and can be preserved too.

- Engage in simple workout e.g. brisk walking, jogging or home workouts

- The meal times are just to serve as a guide. This is flexible and vary depending on your schedule, but your last meal of the day should be 3 hours before bedtime.

- You can repeat this 3 day time table as many times as you want.

Please check your e-mail inbox for important information that I have sent to you on how you can use this meal plan and prepare some of the foods to get amazing result of rapid weight loss.

Thank you

**Please  
Note:**

This diet is just for 3 days and will get you  
SOME result.

However, If you want to get BIGGER and BETTER weight loss result that will be very visible you need to register for my 30 Day Fat Loss Program.

If you want to lose between 5kg - 10kg within the next 30 days and burn off belly fat and become slimmer and trimmed with a flatter belly, you will need the full 30 Day Fat Loss Program which you can get by clicking the link below:



# The 30 Day Fat Loss Program

So far, this program has been used by over 2,268 Nigerian men and women to get rid of excess ugly fat and transform their body into a confident sexy slimmer body.

Some Weight Loss Pictures Of  
My PERSONAL Satisfied Clients On

[www.NaijaWeightLoss.com/30dayfatlossprogram](http://www.NaijaWeightLoss.com/30dayfatlossprogram)



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Ada also used my weight loss advice and program to lose weight. Here's her BEFORE and AFTER picture

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**BEFORE**



[www.NaijaWeightLoss.com](http://www.NaijaWeightLoss.com)



**NOW**



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Blessing followed my weight loss program and here's her Before & After Pictures

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These are just a few of my clients who have my weight loss coaching advice and programs to finally get rid of the excess fat on their body and transform their body from being “BIG” to becoming slimmer with a flatter belly.

To see more weight loss result of other clients who are REAL people just like yourself, please click the below link:

<http://www.naijaweightloss.com/30dayfatlossprogram>

If you want to see similar result on your own body like the above, then I STRONGLY encourage you to get the full 30 Day Fat Loss Program at this link:

[\*\*http://www.naijaweightloss.com/30dayfatlossprogram\*\*](http://www.naijaweightloss.com/30dayfatlossprogram)

**Register for 30 Day Fat Loss Program**

**The 30 Day Fat Loss Program**