

THE MONDAY TO FRIDAY DIET

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Fifty-seven percent of people are guilty of waiting until a Monday to start a diet, research shows. Since motivation is at its peak, set the alarm

The Workweek Diet | SELF

Tip: Make sure to eliminate high carbohydrate foods and include fruits, vegetables and high protein food. Eating food in smaller portions rather.

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The diet plan deems Mondays as the most important and busy days of the week. If you are unable to practice workouts on these three busy days of the week, you can conveniently switch to other days of the week. Ms Burrell said most people need 30 minutes of high intensity cardio per week.

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Denying food to your body is not the solution to lose weight. Nut flours are a great ingredient for baking and can be used in place of wheat flour.

Apartfromguidingyou,thedietprogramwillassistyouinplanningyourdietreally had me change my eating habits.