

DIET Crash

**LOSE
20 LB
QUICK**



*See
Improvement
in 3 days*

RIGHT AFTER WAKING UP

1 cup melon, or papaya, or watermelon, or strawberries, or jicama plus 2 almonds or 1 whole walnut

BREAKFAST

A cup of fiber-rich cereal + 200 ml of 2% fat milk, or coconut milk.

4 almonds or 2 whole walnuts and 1 tablespoon of honey

MORNING SNACK 1

1 cup melon, or papaya, or watermelon, or strawberries, or jicama plus 2 almonds or 1 whole walnut

MORNING SNACK 2

1 cup melon, or papaya, or watermelon, or strawberries, or jicama plus 2 almonds or 1 whole walnut

LUNCH

2 ounces of skinless chicken breast or tuna in water, or seafood

½ medium avocado (80g of pulp), or 2 teaspoons of olive oil, or 2 tablespoons of any dressing

Minimum 1 cup of cooked or raw vegetables (you can add potatoes and corn)

Plain, hibiscus or lemon water, tea, coffee without sugar are free throughout the day

AFTERNOON SNACK

1 cup melon, or papaya, or watermelon, or strawberries, or jicama plus 2 almonds or 1 whole walnut

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DINNER

1 corn tortilla toasted or baked with ¼ cup boiled beans, crushed and spread

¼ medium avocado (40gr of pulp)

½ cup of vegetables (you can add potatoes and corn)

1 ounce of fresh cheese (panela, cottage cheese, curd, ranch, etc.), or chicken breast skinless, or tuna in water

2 ounces of fruit juice

BEFORE SLEEPING

1 cup melon, or papaya, or watermelon, or strawberries, or jicama plus 2 almonds or 1 whole walnut

READ AND FOLLOW ALL THE RULES



DIET RULES

FOR MAXIMUM DESIRED RESULTS,
FOLLOW THE RULES

- 1. Eat everything written down:** You should not suspend a single meal; By doing this, you may lose weight faster, but not more. In addition, malnutrition can be generated and this will cause everything that has gone down to rise again.
- 2. Watch the measurements and not the scale:** These programs have the drawback of rapidly losing weight due to fluid loss, which can make you forget the main objective. Remember that this is a program to shape the body more than to reduce weight; should reduce measures in general, but especially in the central part of the body.
- 3. Eat the 9 marked foods in the diet:** the usual thing is to eat three times a day. If you eat more times (in this case they are a total of 9), you will go down much faster. Of course, this program is only for fast weight loss, and it is not a life plan. Once you have lose the weight you want, you can change this menu for one that indicates less food intake.
- 4. There are no food changes:** Each food has its own particular reactions in the body. Follow as far as possible the indications, except when it is specified that changes can be made (beef, or chicken, fish, etc.)
- 5. Don't add "extra" foods to the menu:** The program was carefully developed with a spreadsheet, so you should do it exactly as it was written down, without changing or adding food. As long as you meet 80% of the program, you will get satisfactory results. If you alter the program too much, it may even increase your size, instead of reducing.
- 6. If for some reason you add something "extra":** You will still have to eat what is written in your diet: even though "extra" foods affect the basic formula, do not try to make adjustments on your own. Your best alternative is to continue with the indications as they are marked. If you are adding "extra" foods too often, it means that the caloric value is very low, so you should add a special Smoothie (see number 14) at some time of the day, remembering that the more times you eat, the faster you will lose weight and measurements.
- 7. Water is free, but do not overdo it:** Some programs recommend liters and liters of water, which is not advisable, since it can lose minerals, and feel bad. The menu provides approximately 2 liters of water, so you can easily add one more (four glasses of water). In hot climates, your body will surely ask for more water. You can drink the amount of natural water you want, or flavored with lemon juice, hibiscus, tea or coffee.
- 8. Drink alcoholic beverages in moderation:** We recommend that you avoid them completely in the first few weeks, as they reduce motivation and increase eating disorders. Once you are used to the program, you can add alcoholic beverages, remembering that they should be taken in moderation. Those that contain less free radicals like whiskey, tequila, vodka, and cognac.
- 9. Follow the program until the desired result is obtained:** the loss of 10 kilograms is obtained between 4 and 8 weeks of diet.
- 10. Changes are Variable:** Almost 80% will see a rapid reduction in measurements. It is reduced from half to one size per week (equivalent to losing 1.5 to 3 kilograms of body fat). 10% observe more modest reductions (half size in two weeks). Unfortunately, no reduction program is 100% effective, and 10% will see no change. Even without changes, we know that the program will help improve metabolism. If you don't see any changes, it's worth trying custom programs. These programs will make your body react better to this, or any other diet.
- 11. The reduction speed is also variable:** Some lose weight and measurements rapidly (especially men) while others observe slow but satisfactory changes. Also keep in mind that speed is changeable. If you reduced two kilograms in the first week, don't expect to reduce another two for week two, and two more for week three. So we ask that you wait four to eight weeks to obtain the desired results. Some may take a little longer (especially those who have applied multiple diets).



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12. The maximum reduction should be 10 kilograms of fat: According to exhaustive medical research, it seems quite clear that the obese should not lose more than 10 kilograms, or is at risk of altering his body so much that it can shorten his life.

13. Take measurements of your body or take photos every week: You should monitor the changes with a tape measure, measuring garment, or with an electronic photograph. We recommend that you do this at least once a week.

14. Watch out for signs of malnutrition: Any diet program can lead to malnutrition, so we ask you to be extremely careful when applying this or any other reduction program. Should not occur Loss of breast consistency, Loss of buttock consistency, Loss of calf thickness, Loss of skin smoothness, Loss of silky hair. Any of these data may suggest malnutrition, so foods on the menu should be increased.

This is easily done by adding **special smoothie:**

- ¼ cup plain nonfat yogurt (4 ounces)
- ¼ avocado pulp (40 grams or 1.3 ounces)
- ½ medium apple or banana

It is always advisable to increase the yogurt in a new dose (that is, instead of 9 foods a day, eat 10). This will slow down the measurements, but will prevent everything that has gone down from rising.

15. You can do the Diet with the whole Family. This is an excellent decision that helps you feed your family a balanced nutritional base. But keep in mind that children and teens should not eat less than 1,500 calories per day. If your little one or teen wants to eat more than is recommended or add something extra, they can and should. Her husband can also apply the plan, but they are very few calories for a man, so the man should add at least one smoothie a day. If you have family members with diabetes or high blood pressure, they can also apply the diet, but they should continue with the doctor's attention since they may need to reduce their medication.

16. If you have any pre-existing condition, consult your doctor before applying the program. This diet does not cure or treat any disease. It helps control many conditions, but is not a substitute for medical care. Follow with your doctor's attention, even if you get dramatic changes in your health.

17. Watch our Videos: We have a List of Videos with explanation of the Diet as well as Question and Answer Sessions; visit our channel: youtube.com/MatrixSystem or check our Fan Page: facebook.com/drbolio

18. SHARE YOUR EXPERIENCE: Join the Doctor Bolio Community on Facebook and publish your photos, there you will find support from other people who are making changes just like you, tag us on Instagram @dr_bolio or send us emails with your progress to admin@boliodiets.com

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