

HOW TO LOSE 10 POUNDS IN ONE WEEK



Realistic Weight Loss

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I can still remember myself 228lbs heavier and Googling this same exact thing:

How can I lose 10 pounds in one week?

We hear all these big claims from all these companies:

“You’re going to lose your first 10 pounds in a week” “This is going to detox you...and then this miracle is going to happen” All Of It Is Crap...

I was trying to lose weight myself, so I’ve been in your shoes. I know exactly what you’re looking for, and why you want it, and why you feel like you need to do it and do it fast. But, I’m here to tell you that it doesn’t work, okay?

After losing all that weight and keeping it off for the 2 years, I can tell you that the real answer that you want—even though it doesn’t sound as sexy— is **being active and nutrition**. If you want to lose 10 pounds this month, let’s not say this week, but if you want to lose 10 pounds this month, we have to start changing what you’re doing in your everyday life. Small changes per day can lead up to that 10 pounds that you want to lose, which might end up being 20 pounds over the next couple of months or 30 pounds. What’s important is that you realize the difference between fad diet claims and the real hard truth of losing that 10 pounds and keeping it off. You don’t want to lose it and then put it right back on, right? No. Neither do I.

You have to be really careful when you see all these pictures of girls that claim they have lost 10 pounds and look shredded in 10 days –or have a six pack in two weeks. It’s not true, okay? It all boils down to hard freaking work and putting the right things in your body. Eating the right things and being active. I know it’s not what you want to hear, heck I didn’t want to hear that either, but once I started doing it, I started to feel so much better. And feeling better is much more powerful than just trying to jump from a magic pill to the next, or from shake to diet to whatever else.

Our weight loss combo is NOT a magic pill! **THEY ARE POWER PILLS...** they give you the POWER to make better decisions when your cravings are gone, they give you the POWER to

eat less when your appetite is smaller, and they give you the POWER to be active when you have more energy! BUT what you do with that POWER is still a CHOICE you have to make!

Just start by tweaking SMALL things in your diet.

- Stop going out to eat.
- Stop drinking sodas.
- Cut way back on the sugar, okay?

Adapting those little things can lead to losing five pounds this week. You might lose five pounds this month, but whatever you do, **don't put a timeline on yourself**. Be realistic. Be mindful of how your body actually works and what's actually going to work for you, okay?

Don't Hate Yourself Into Losing Weight..

You have to be okay with where you're at to be able to move forward. You can't hate yourself into losing weight. You can't be like: "I have to lose the 10 pounds in one week because I'm going to be in a bathing suit and I'm going to hate my life if I don't." I can remember thinking those same exact thoughts, but you can't hate yourself into losing weight, okay?

Just make sure you **take baby steps**.

- Pick better nutrition or pick a couple of healthy recipes that you can make at home. Pick a couple of new snacks that you can try and adjust your nutrition
- Start where you are with the goal of getting to your 10K steps a day, even if it is adding a few steps each day until you build to it.
- Get your body moving, or adjust your exercise level.
- then slowly add the other.
- Start by just picking one thing every day.

As you start to take those baby steps, you'll feel yourself starting to pick up speed and it will become easier and easier and easier with time. Then, you're going to get real results that are going to last you for a long time, instead of continuing this cycle of fad diet after fad diet after fad diet. Stop trying to lose an unrealistic amount of weight in an unrealistic timeline.

Let go of the timelines. Let go of the fads. Change and adapt your lifestyle to the results that you want to get, and you can't go wrong. LISTEN to your BODY... when you aren't as hungry then eat less! When you aren't craving something don't eat it, make a better choice! When you have an increase of energy then MOVE 📷😊