

LOSE



10 Kilos of Fat THROUGH DIET

FAT BURNING DIET PLAN

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How to Lose Weight?

HOW TO LOSE 10 KILOS QUICKLY AND HEALTHILY WITH A DIET

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Introduction

A topic that has been coming up frequently lately: losing weight quickly while staying healthy. In this video, I will share a healthy, fat-burning diet program prepared with ingredients you can easily find at home.

This diet is prepared with a balanced calorie approach. It is **not a crash diet**. The amount of weight you lose will vary depending on your age, height, gender, and previous dieting experience.

The Body's Diet Memory and the Yo-Yo Effect

Our body has memory and experience. When you diet too often, a **yo-yo effect** occurs. At some point, your body stops losing weight quickly.

- Someone who has never dieted before can lose weight quickly at the beginning.
- However, people who constantly diet and regain the lost weight will see their weight loss speed decrease significantly over time.

Important: It's perfectly normal to get bored while dieting. You can have small occasional treats and then continue your diet. The goal is not to regain the weight you have lost.

Factors Affecting Weight Loss Speed

- **Young male (19-20 years old, 100-120 kg / 220-265 lbs):** Can lose 6-8 kg (13-18 lbs) per month.
- **Menopausal woman (50 years old, 60-70 kg / 132-154 lbs):** Can lose 3-4 kg (7-9 lbs) per month.

Our goal with this program is to **lose approximately 10 kg (22 lbs) within 3 months**. Some may lose 3 kg (7 lbs) per month, others 6-8 kg (13-18 lbs) per month.

Why Is This Diet Healthy?

All the food groups you need daily are included in this diet:

- Vegetables, yogurt, cheese, eggs, meat.
- Only **portions** are controlled.
- The diet keeps you full, so you can follow it without feeling hungry.
- If you add **1 hour of walking** per day, you will see that the weight you lose comes from fat.

Note: Body fat measurements should be done once a month. Losing 3 kg (7 lbs) in a week is usually water weight or muscle loss.

Diet Program

Morning Breakfast

- **Eggs:**
 - Below 70 kg (154 lbs) → 1 boiled or pan-fried egg (with 1 tsp butter or 1 tbsp olive oil)
 - 100 kg (220 lbs) and above → 2 eggs
- **Cheese:** 1-2 slices of white cheese (not too salty or fatty). Men can prefer 2 slices.
- **Nuts / Olives (choose one):**
 - 2 walnuts
 - or 10 olives
- **Bread:** 1-2 slices of brown/whole wheat bread
- **Greens** (parsley, arugula, dill, etc.)
- **Beverages:** Unsweetened tea, green tea, milky coffee (with a little milk) are allowed.

Daily Water Intake

Aim for a total of **2 liters (about 8.5 cups) of water** per day. Prepare 1 liter (about 4 cups) as follows:

- 1 liter (4 cups) of water
- 1 cinnamon stick (or half)
- 1 thin slice of lemon
- Optional: parsley, cherry stems

Drink this water **spread throughout the day**. Can be cold or warm.

Lunch

- **Protein:**
 - 70 kg (154 lbs) → 3 small meatballs worth of meat, chicken, or fish
 - 80-90 kg (176-198 lbs) → 4 small meatballs
 - 100 kg (220 lbs) and above → 5 small meatballs
 - If no meat: 3 eggs

- **Side:** 1 bowl of yogurt **or** salad **or** unlimited oil-free boiled vegetables (broccoli, zucchini, etc.)

Afternoon Snack (choose one)

- **Option A:** 1 slice of white cheese + 1 plain rusk (or 2-3 breadsticks or 1 slice of bread)
- **Option B:** 1 bowl of yogurt or milk + 1 serving of fruit

You can choose a different option each day.

Dinner

- **Vegetable dish or legumes:** 8-12 tablespoons
 - *Note:* If you ate meat at lunch, have vegetables/legumes at dinner. If you ate vegetables at lunch, have meat at dinner. The calories are balanced.
- **Side:** 1 bowl of yogurt + 1 bowl of soup
 - If you are 70 kg (154 lbs) or below, you can skip the soup.
 - If you weigh more, be sure to have the soup (to help you stick to the diet).

Important: Follow this diet for a full month. Then evaluate your results.

Suggestions for the Second Month and Beyond

- You can continue this diet **indefinitely**. You can have small treats 1-2 days per week.
- If weight loss slows down in the second month or you get bored:
 - Follow this diet for 4 days a week.
 - For the remaining 3 days of the week, add one of the yogurt cures from my channel (4 days diet / 3 days yogurt cure).

Adapting for Intermittent Fasting

If you want to do intermittent fasting:

- Move breakfast to 12 PM (noon).
 - Slightly increase the amount of food at breakfast.
 - Skip lunch, and add 1-2 pieces from the lunch portion to your dinner.
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Final Words

Don't exhaust yourself with crash diets just to lose weight quickly. You can reach the same goal with healthy and patient steps. Follow this diet for one month, and share your results. Wishing everyone healthy days.