
BOILED EGG DIET

Losing weight is tough - no two ways about it. And with the obesity rate higher than ever, many people are looking for a diet they can actually stick to. There's a good reason so many people want to lose weight. Being obese can lead to numerous dangerous health problems, like heart disease, diabetes, and cancer.

How the Boiled Egg Diet Can Help

Boiled eggs are incredibly good for you. They contain high-quality protein and fat, and the yolks are a rich source of micronutrients. Because of their nutritional profile, eggs will keep you feeling full and satisfied for a long time after you eat them - and they're only 70 calories each. Basing your diet on boiled eggs and a few other nutrient-dense, satisfying foods will help you drop weight fast without feeling hungry and cranky all the time.

Menu - Week One:

Monday

- Breakfast: Two boiled eggs and a piece of fruit of your choice.
- Lunch: Two slices of whole-wheat bread (toasted, if you like) with fruit.
- Dinner: Grilled or baked chicken with a green salad.

Tuesday

- Breakfast: Two boiled eggs and a piece of fruit.
- Lunch: Grilled or baked chicken with a green salad.
- Dinner: Two boiled eggs, a green salad, and a piece of fruit.

Wednesday

- Breakfast: Two boiled eggs and a piece of fruit.
- Lunch: One slice of whole-wheat bread with tomato and low-fat cheese.
- Dinner: Grilled or baked chicken with a green salad.

Thursday

- Breakfast: Two boiled eggs and a piece of fruit.
- Lunch: Whatever fruit you like.
- Dinner: Grilled or baked chicken, seasoned with herbs if you like.

Friday

- Breakfast: Two boiled eggs.
- Lunch: Two boiled eggs and as many steamed veggies as you like.
- Dinner: Grilled fish with a green salad.

Saturday

- Breakfast: Two boiled eggs.
- Lunch: Whatever fruit you like.
- Dinner: Grilled or baked chicken with a green salad.

Sunday

- Breakfast: Two boiled eggs and a piece of fruit.
- Lunch: Steamed vegetables, a tomato salad, and grilled or baked chicken.
- Dinner: As many steamed vegetables as you like.

Menu - Week Two:

Monday

- Breakfast: Two boiled eggs.
- Lunch: Grilled or baked chicken with a green salad.
- Dinner: Two boiled eggs, a salad, and a piece of fruit.

Tuesday

- Breakfast: Two boiled eggs.
- Lunch: Two boiled eggs and steamed vegetables.
- Dinner: Two boiled eggs, a salad, and a piece of fruit.

Wednesday

- Breakfast: Two boiled eggs and a piece of fruit.
- Lunch: Grilled or baked chicken with a green salad.
- Dinner: Two boiled eggs, a salad, and a piece of fruit.

Thursday

- Breakfast: Two boiled eggs and a piece of fruit.
- Lunch: Two boiled eggs and steamed veggies with low-fat cheese.
- Dinner: Grilled or baked chicken with a green salad.

Friday

- Breakfast: Two boiled eggs and a piece of fruit.
- Lunch: Tuna salad.
- Dinner: Two boiled eggs and a green salad.

Saturday

- Breakfast: Two boiled eggs and a piece of fruit.
- Lunch: Grilled or baked chicken with a green salad.
- Dinner: Whatever fruit you like.

Sunday

- Breakfast: Two boiled eggs.
- Lunch: Grilled or baked chicken with steamed vegetables.
- Dinner: Grilled or baked chicken with steamed vegetables.

ARE YOU GOING TO TRY THE BOILED EGG DIET?