

[MEALS TO LOSE WEIGHT](#)



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To lose weight avoid shower immediately after meals. Bathing after dinner slows down the process of digestion and metabolism. Bathing after dinner slows down the process of digestion and metabolism. It slows the blood flow towards the stomach and decreases the body temperature.

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Choose one meal from each of the breakfast, lunch and dinner meal plans each day, together with a 300ml milk allowance. This adds up to approximately 1,150 calories so sticking to this meal plan should mean you lose weight at quite a fast rate.

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1 200 Calorie Diet Menu 7 Day Lose 20 Pounds Weight Loss

But if you're looking to lose weight and need some menu ideas, we've taken out the guesswork for you with this 1,200-calorie meal plan.

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