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# How To Drop A Dress Size In 2 Weeks

Would you like to know how to drop a dress size in 2 weeks. For those who need to lose weight, there are many things you can do to help. Use the tips below to help you lose a dress size in 2 weeks – even for busy working people. Even small changes can make a huge difference.

## How to drop a dress size in 2 weeks

Here are Eight tips to get you started:

1. Drink plenty of Water: 6-8 glasses of water a day helps flush fat, sodium, and toxic substances from the body. Consuming water also reduces fluid retention. If you don't like drinking water, try fruit infused water for taste. A well hydrated body loses weight easier.
2. Eat a good Breakfast: People who eat a healthy breakfast consume less food through the day. Eating breakfast also jump starts your weight loss by increasing your metabolism which means you burn calories faster. If you're short for time, try a smoothie or a protein shake for a healthy breakfast on the run... put it in a travellers mug and consume it on the way to work or school. Breakfast is a crucially important part of how to drop a dress size in 2 weeks
3. Eat lots of vegetables: For meals and snacks, add extra fruit and vegetables. They are nutritious and help you feel full, without overloading on fat and calories. Replacing one meal per day with a salad boosts nutrition and reduces calorie consumption – but avoid creamy dressings like mayonnaise, ranch and ceasar dressings that are high in fat and calories. The best dressing is plain balsamic vinegar which also has the advantage of improving metabolism.
4. Choose Healthy Snacks: Consume healthy snacks every couple of hours. This helps prevent overeating at main meals and keeps your metabolism burning at peak rates. Try fruit, cheese, peanut butter on rice crackers, or a handful of nuts. Try to choose snacks that are rich in protein because they will satisfy hunger for longer.
5. Avoid Liquid Calories: If you want to know how to lose a dress size in 2 weeks this is crucial. You could be consuming a lot of useless calories if you drink large amounts of soda, juice, or alcoholic beverages. I can of coca cola contains around 160 calories. Drink four in a day and you've just consumed 600 calories... OUCH!!! If you drink soda then at least make it diet soda as that is about 15 calories per can. A glass of white wine contains about 150 calories and a 12oz glass of LIGHT beer around 100 calories. Juice is comparable also. Eradicating these from your diet will help you drop a dress size in 2 weeks!
6. Engage in Aerobic exercise: The best way to lose fat is to burn it during aerobic exercise. Aerobic exercise refers to any type of exercise that elevates your heart rate. Fantastic aerobic exercises that will have you dropping pounds quickly include skipping, dancing and swimming. But if you want lower impact aerobic exercise then walking might be more your ticket. Incorporate 30 minutes of aerobic exercise into your daily routine to lose weight. If you are skipping then you really only need about 10 minutes once or twice per day.
7. Consume foods rich in Protein: Protein is harder for your body to digest and satisfies your hunger for longer. Protein provides energy for the long haul, so add eggs, peanut butter, low fat cheese, lean meat, chick peas and lentils to your meals to keep you feeling satisfied.
8. Reduce carbohydrate intake: Carbohydrates provide the bulk of daily energy requirements because they are the easiest to break down. Excessive carbs lead to weight gain. In particular, refined carbs are unhealthy. Refined carbs refer to things like refined white flour and sugar. Reduce your consumption of white bread and sugar. Consume wholegrain bread instead of white as this will satisfy your hunger for longer and is harder for you body to digest which means that digestion itself burns extra calories.



Making these small changes can lead to significant weight loss. These tips will jump start your weight loss process, and start you on your journey to a healthier body and life. Remember, weight loss is a process. And maintaining a healthy weight means making permanent lifestyle changes. Start changing your habits today, and it is almost guaranteed that you will have dropped a dress size in 2 weeks!


Since you want to know how to drop a dress size in 2 weeks you may be interested in a carbohydrate free, calorie free alternative to noodles. Each cup of [miracle noodles](#) contains 10 calories compared to 220 calories per cup of regular noodles. The noodles are made from 100% soluble fiber which the body is incapable of converting to energy making them the only true negative calorie food since the body wastes calories unsuccessfully attempting to digest the noodles and in pushing them along the digestive tract. Apart from assisting with weight loss, the other benefits of these fiber based noodles include, reduction in blood cholesterol levels, digestive health and preventing spikes in blood sugar levels.. Want more information? Visit [Miracle Noodles](#). If you want a discount use the miracle noodle coupon codes below.

# Miracle Noodle Coupon Codes



767

10% discount - works on 90% of orders



222

\$5 Postage - Canadian customers ONLY

This post does not constitute medical advice nor should it be substituted for professional medical advice. Before changing your exercise routine and diet, you should always consult your doctor. This post titled "how to drop a dress size in 2 weeks" is intended for informational purposes only.

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