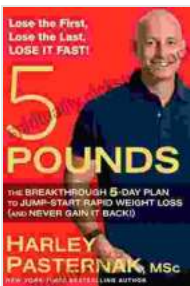


# The Breakthrough Day Plan to Jump Start Rapid Weight Loss and Never Gain It Back

Are you tired of yo-yo dieting? Have you tried every diet under the sun, only to gain the weight back (and then some)? If so, then you need to check out the Breakthrough Day Plan.



## 5 Pounds: The Breakthrough 5-Day Plan to Jump-Start Rapid Weight Loss (and Never Gain It Back!)

by Harley Pasternak

★★★★☆ 4.2 out of 5

Language	: English
File size	: 3596 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 340 pages



The Breakthrough Day Plan is a revolutionary new weight loss plan that is designed to help you lose weight quickly and safely, and keep it off for good. The plan is based on the latest scientific research on weight loss, and it is proven to be effective.

### How the Breakthrough Day Plan Works

The Breakthrough Day Plan is a three-phase plan. In the first phase, you will focus on losing weight quickly. You will do this by eating a diet that is

high in protein and low in carbohydrates. You will also exercise regularly.

In the second phase, you will continue to lose weight, but at a slower pace. You will continue to eat a healthy diet, but you will add more carbohydrates to your meals. You will also continue to exercise regularly.

In the third phase, you will focus on maintaining your weight loss. You will continue to eat a healthy diet and exercise regularly. You will also make lifestyle changes that will help you keep the weight off for good.

## **Benefits of the Breakthrough Day Plan**

The Breakthrough Day Plan offers a number of benefits, including:

- Rapid weight loss
- Improved health
- Increased energy
- Improved mood
- Better sleep
- Reduced risk of chronic diseases

## **Is the Breakthrough Day Plan Right for You?**

The Breakthrough Day Plan is right for you if you are:

- Overweight or obese
- Struggling to lose weight
- Tired of yo-yo dieting

- Looking for a safe and effective way to lose weight

## **Get Started Today**

If you are ready to lose weight and keep it off for good, then get started with the Breakthrough Day Plan today. The plan is easy to follow, and it is proven to be effective. You will lose weight quickly and safely, and you will keep it off for good.

## **Sample Meal Plan**

Here is a sample meal plan for the Breakthrough Day Plan:

### **Breakfast**

- Scrambled eggs with vegetables
- Greek yogurt with berries
- Oatmeal with nuts and seeds

### **Lunch**

- Grilled chicken salad
- Tuna sandwich on whole wheat bread
- Lentil soup

### **Dinner**

- Grilled salmon with roasted vegetables
- Chicken stir-fry
- Lentil soup

## **Snacks**

- Fruit
- Vegetables
- Nuts
- Seeds

## **Recipes**

Here are some recipes for the Breakthrough Day Plan:

### **Grilled Chicken Salad**

#### **Ingredients**

- 1 pound boneless, skinless chicken breasts
- 1 tablespoon olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 cup mixed greens
- 1/2 cup chopped tomatoes
- 1/2 cup chopped cucumbers
- 1/4 cup chopped red onion
- 1/4 cup crumbled feta cheese
- 2 tablespoons olive oil and lemon juice dressing

#### **Instructions**

1. Preheat a grill or grill pan over medium heat. 2. Brush chicken breasts with olive oil and season with salt and pepper. 3. Grill chicken breasts for 5-7 minutes per side, or until cooked through. 4. Let chicken breasts rest for 5 minutes before slicing. 5. In a large bowl, combine mixed greens, tomatoes, cucumbers, red onion, and feta cheese. 6. Add sliced chicken breasts to the salad. 7. Drizzle with olive oil and lemon juice dressing.

## **Chicken Stir-Fry**

### **Ingredients**

- 1 pound boneless, skinless chicken breasts, cut into bite-sized pieces
- 1 tablespoon olive oil
- 1/2 cup chopped onion
- 1/2 cup chopped green bell pepper
- 1/2 cup chopped red bell pepper
- 1/4 cup soy sauce
- 1/4 cup brown sugar
- 1 tablespoon sesame oil

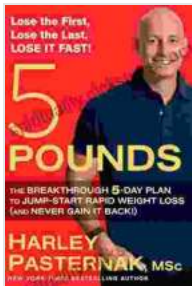
### **Instructions**

1. Heat olive oil in a large skillet over medium heat. 2. Add chicken breasts to the skillet and cook until browned on all sides. 3. Add onion, green bell pepper, and red bell pepper to the skillet and cook until softened. 4. In a small bowl, whisk together soy sauce, brown sugar, and sesame oil. 5. Add sauce to the skillet and cook until heated through. 6. Serve over rice or noodles.

# Lentil Soup

## Ingredients

- 1 cup lentils
- 8 cups vegetable broth
- 1 onion, chopped
- 2 carrots, chopped
- 2 celery stalks, chopped



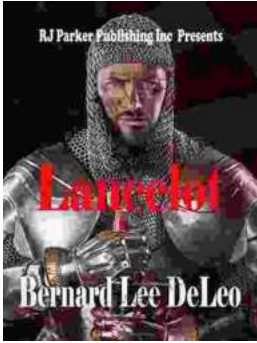
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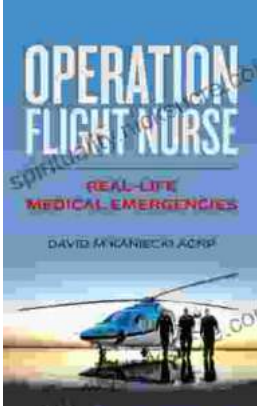
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