

DIETA PERDIDA:

Semana um.
dia um - 100 kcal
dia dois - 100 kcal
dia três - 150 kcal
dia quatro - 150 kcal
dia cinco - 200 kcal
dia seis - 200 kcal
dia sete - 150 kcal

Semana dois.
dia um - 150 kcal
dia dois - 150 kcal
dia três - 150 kcal
dia quatro - 150 kcal
dia cinco - 250 kcal
dia seis - 250 kcal
dia sete - 200 kcal

Semana três.
dia um - 200 kcal
dia dois - 200 kcal
dia três - 200 kcal
dia quatro - 200 kcal
dia cinco - 300 kcal
dia seis - 300 kcal
dia sete - 250 kcal

Semana quatro.
dia um - 250 kcal
dia dois - 250 kcal
dia três - 250 kcal
dia quatro - 250 kcal
dia cinco - 250 kcal
dia seis - 300 kcal
dia sete - 300 kcal

Semana cinco.
dia um - 250 kcal
dia dois - 250 kcal
dia três - 250 kcal
dia quatro - 250 kcal
dia cinco - 250 kcal
dia seis - 300 kcal
dia sete - 300 kcal

**Resultado final:
de 25 a 30 quilos.
(depende do seu organismo)**



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