

How to lose 4kg in a week thanks to zucchini

The desire to lose weight for a slim, sexy body is no longer too difficult with the secret to lose weight with zucchini very effective that not everyone knows.

Zucchini (squash) is a water-based, high-fiber, fat-free, low-sodium and acidic food that will help the body shed excess body fat.

In zucchini also contains hyterin - caperic compound inhibits the conversion of sugars into fat, against the accumulation of fat in the body. Calcium, iron, potassium and vitamins A, B1, B2, B3, B9, C, E . also slow down the aging process, making the skin more beautiful.

Lose weight with zucchini soup and grapefruit peel



This is a way to lose weight with zucchini, which is trusted by many women because of its high efficiency and safety. Accordingly, you prepare the rind to white pulp, finely chopped, boil with 1 liter of water for 30 minutes and remove residue.

Zucchini about half a pound peeled, seeded and pureed, put in the shell water to boil the soup, drink twice a day on an empty stomach will help burn excess fat.

Slimming by boiled zucchini

Eating boiled zucchini will make you feel full, reduce the amount of rice so lose weight faster.

Choosing to lose weight with zucchini, you should still maintain your normal breakfast and lunch diet, choose a balanced menu, rich in green vegetables and fruits to enhance vitamins and fiber, help increase metabolism. substances and burn excess energy.



Particularly for dinner, before 7 pm, you will use boiled zucchini completely replace rice. You can eat boiled zucchini, zucchini, and zucchini boiled water.

In the beginning, if you are not familiar, you can eat zucchini as a main dish with rice, soup . Then, once you get used to it, gradually eat pumpkin instead of rice completely so that weight loss is really effective. .

You should note, zucchini is cool, so for people with cold terrain, you should take a small amount gradually and gradually increase the body to adapt.

Slimming with ginger zucchini soup cooked ginger

You can also make some other dishes from pumpkin to change the taste and variety of your menu such as pumpkin soup with ginger, ginger pumpkin, shrimp soup, fried pumpkin with garlic (with very little oil).



Accordingly, you prepare a whole zucchini, with its skin and seeds, fresh ginger, bare skin, salt and water. Pumpkin you washed, cut into small pieces, boiled water, put zucchini, ginger, bare skin, salt to cook until soft is edible.

For this way, zucchini peel will benefit irrigation, low zucchini seeds, so when combined with ginger has a positive effect on the pine, moist irrigation, bare skin with physical effects, spleen, low benefit should be Effective slimming effect.

Note when losing weight zucchini

One week, you only need 3-4 meals of zucchini or rice at night. Each time you eat, you should only eat up to 500 g of boiled pumpkin and 1 liter of boiled water. If you're still hungry, eat more fruits and vegetables.

People with low blood pressure should not lose weight by zucchini because it is easy to lower blood pressure.

Do not use pumpkin juice. This is an early mistake to eliminate because green zucchini is very high in soap. This soap is only removed when cooked. So, if you drink raw zucchini juice that is blended as a smoothie for beauty, it is not so good because the soap properties of raw squash will destroy your digestive system.

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