



Lose 10 Pounds in 10 Days | Download Meal Plan

Looking to drop 10 pounds in just 10 days? It might sound ambitious, but with the right approach, it's entirely possible. This plan focuses on high-protein, low-carb meals designed to burn fat while keeping you energized. It's not just about cutting calories—it's about choosing the right foods that fuel your body and promote fat loss.

You'll follow a balanced daily routine that emphasizes clean eating, hydration, and light activity. While much of the initial weight loss will be water weight, the fat loss will follow if you stay consistent. This plan is perfect for those wanting to jumpstart their weight loss journey or prepare for a special event.

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Ready to get started? Let's dive in!

Medical Disclaimer:

This meal plan is designed for short-term weight loss and should not be followed long-term. Rapid weight loss may not be suitable for everyone, especially those with underlying health conditions. Always consult with your healthcare provider before beginning any weight loss program.

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Day 1: Detox and Hydration Focus

Breakfast: Scrambled Eggs with Spinach and Avocado

- 2 large eggs
- 1/2 cup spinach, sautéed
- 1/4 avocado, sliced **Macros:** 300 cal | 20g protein | 5g carbs | 22g fat

Snack: Almonds

- 10 almonds **Macros:** 70 cal | 3g protein | 2g carbs | 6g fat

Lunch: Grilled Chicken Breast with Broccoli

- 4 oz grilled chicken breast
- 1 cup steamed broccoli **Macros:** 350 cal | 35g protein | 8g carbs | 10g fat

Snack: Celery with Peanut Butter

- 3 celery sticks
- 1 tbsp natural peanut butter **Macros:** 120 cal | 4g protein | 5g carbs | 9g fat

Dinner: Baked Salmon with Asparagus

- 4 oz baked salmon
- 1 cup roasted asparagus **Macros:** 400 cal | 30g protein | 6g carbs | 25g fat

Day 1 Total: 1,240 cal | 92g protein | 26g carbs | 72g fat

Day 2: Low-Carb Kickstart

Breakfast: Greek Yogurt with Chia Seeds and Berries

- 3/4 cup plain Greek yogurt
- 1 tbsp chia seeds
- 1/4 cup blueberries **Macros:** 280 cal | 18g protein | 20g carbs | 8g fat

Snack: Boiled Egg

- 1 large boiled egg **Macros:** 70 cal | 6g protein | 1g carbs | 5g fat

Lunch: Turkey Lettuce Wraps

- 4 oz lean ground turkey
- 3 large lettuce leaves
- 1/4 avocado, sliced **Macros:** 350 cal | 34g protein | 8g carbs | 20g fat

Snack: Walnuts

- 10 walnut halves **Macros:** 90 cal | 2g protein | 2g carbs | 8g fat

Dinner: Grilled Shrimp with Zucchini

- 4 oz grilled shrimp
- 1 cup sautéed zucchini **Macros:** 320 cal | 30g protein | 6g carbs | 14g fat

Day 2 Total: 1,110 cal | 90g protein | 37g carbs | 55g fat

Day 3: Protein and Fiber Boost

Breakfast: 3-Egg Veggie Omelet

- 3 large eggs
- 1/2 cup spinach
- 1/4 cup mushrooms, sliced **Macros:** 350 cal | 21g protein | 5g carbs | 27g fat

Snack: Cucumber Slices with Hummus

- 1/2 cucumber, sliced
- 2 tbsp hummus **Macros:** 100 cal | 3g protein | 8g carbs | 5g fat

Lunch: Grilled Chicken Salad

- 4 oz grilled chicken breast
- 2 cups mixed greens
- 1 tbsp olive oil **Macros:** 380 cal | 35g protein | 10g carbs | 22g fat

Snack: Cheese Stick

- 1 mozzarella cheese stick **Macros:** 80 cal | 7g protein | 1g carbs | 6g fat

Dinner: Baked Cod with Green Beans

- 4 oz baked cod
- 1 cup steamed green beans **Macros:** 320 cal | 34g protein | 6g carbs | 10g fat

Day 3 Total: 1,230 cal | 100g protein | 30g carbs | 70g fat

Day 4: Intermittent Fasting Begins (16:8)

Breakfast (after fast): Scrambled Eggs with Avocado

- 2 large eggs
- 1/4 avocado, sliced **Macros:** 320 cal | 18g protein | 6g carbs | 25g fat

Snack: Cottage Cheese with Strawberries

- 1/2 cup low-fat cottage cheese
- 1/4 cup sliced strawberries **Macros:** 150 cal | 12g protein | 8g carbs | 5g fat

Lunch: Grilled Turkey Burger (no bun) with Side Salad

- 4 oz turkey patty
- 2 cups mixed greens
- 1 tbsp olive oil **Macros:** 380 cal | 35g protein | 6g carbs | 22g fat

Snack: Pecans

- 10 pecan halves **Macros:** 90 cal | 2g protein | 2g carbs | 8g fat

Dinner: Roasted Chicken with Sautéed Kale

- 4 oz roasted chicken breast
- 1 cup sautéed kale **Macros:** 350 cal | 32g protein | 5g carbs | 20g fat

Day 4 Total: 1,290 cal | 99g protein | 27g carbs | 80g fat

Day 5: Midpoint Push

Breakfast: Greek Yogurt with Flaxseeds and Raspberries

- 3/4 cup plain Greek yogurt
- 1 tbsp flaxseeds
- 1/4 cup raspberries **Macros:** 280 cal | 18g protein | 20g carbs | 8g fat

Snack: Carrot Sticks with Guacamole

- 1/2 cup carrot sticks
- 2 tbsp guacamole **Macros:** 120 cal | 2g protein | 7g carbs | 9g fat

Lunch: Lemon Garlic Shrimp with Roasted Cauliflower

- 4 oz shrimp
- 1 cup roasted cauliflower **Macros:** 350 cal | 34g protein | 10g carbs | 20g fat

Snack: Boiled Egg

- 1 large boiled egg **Macros:** 70 cal | 6g protein | 1g carbs | 5g fat

Dinner: Grilled Salmon with Broccoli

- 4 oz grilled salmon
- 1 cup steamed broccoli **Macros:** 400 cal | 30g protein | 6g carbs | 25g fat

Day 5 Total: 1,220 cal | 90g protein | 44g carbs | 67g fat

Day 6-10: Maintain Fat-Burning Mode

Repeat the structure of Days 1-5, rotating meal choices and sticking to high-protein, low-carb options. Keep hydration levels high and incorporate light exercise like walking or HIIT for optimal results.

Key Guidelines:

- Drink at least 1 gallon of water daily.
 - Avoid processed foods and sugary drinks.
 - Aim for 90-100g of protein, 25-40g of carbs, and 60-75g of fats daily.
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Final Thoughts:

While this 10-day plan can help you shed weight quickly, it's essential to transition into a balanced eating pattern afterward to maintain your results. Consistency, hydration, and light exercise will keep the weight off while promoting long-term health.

Download Your Free PDF

Get a printable version of this plan to track your progress. Stick it on your fridge or take it on the go!

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