

7 Days Cucumber Diet Plan

By www.healthynaturaldiet.com

Day 1

- **Breakfast:** 2 eggs, 1 sliced cucumber mixed with some finely chopped herbs.
- **Snack:** 2 cucumbers with some fresh lemon juice.
- **Lunch:** Cucumber salad with roasted chicken or fish
- **Snack:** Green tea with 2 sliced cucumbers.
- **Dinner:** One small roasted potato with cucumber and cottage cheese.

Day 2

Wow, you are finally starting to bring a change, just keep going to get your desired results.

- **Breakfast:** A cucumber Agua Fresca or smoothie. You can blend it with some spinach or a green apple if you want.
- **Snack:** 1 cucumber and a couple of almonds.
- **Lunch:** Seared salmon, a few slices of cheese with a cucumber.
- **Snack:** 8 slices of cucumbers. You can try dipping it in hummus if you want.
- **Dinner:** Small quantity of brown rice, low-fat yogurt, and a cucumber.

Day 3

Yes, you are doing it. Keep it going.

- **Breakfast:** A cucumber sandwich with avocado and whole-grain toast.
- **Snack:** A green apple or an orange
- **Lunch:** A cucumber salad with cherry tomatoes, avocado, red onions, and a low-fat yogurt of your choice.
- **Snack:** Green tea or sweetened black coffee.
- **Dinner:** A vegan cucumber roll with spinach, carrots, onions, and parsley.

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Day 4

You should start to feel healthy and fresh by now, this is a new life!

- **Breakfast:** 2 cucumbers with Greek yogurt.
- **Snack:** A handful of almonds and half a cucumber
- **Lunch:** Grilled lean beef with a cucumber avocado paste.
- **Snack:** 1/2 fruit of your choice. Oranges, tangerine, and green apple do fine.
- **Dinner:** A simple cucumber soup.

Day 5

You came so far, don't stop now!

- **Breakfast:** A fresh cucumber smoothie.
- **Snack:** 2 cucumbers
- **Lunch:** Cucumber and spinach mixture with a little cheddar cheese.
- **Snack:** Green tea
- **Dinner:** Sandwich with cucumber, lettuce, avocado, and whole-grain bread.

Day 6

Just two more days, you can do it.

- **Breakfast:** 2 hard-boiled eggs with a cucumber.
- **Snack:** Green tea
- **Lunch:** A cucumber salad with some tuna chunks and yogurt.
- **Snack:** 1-2 fruits
- **Dinner:** Cucumber with cottage cheese and some brown rice

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Day 7

Congratulations you made it to the last day. Very proud of you, say hello to the new you.

- **Breakfast:** Green tea with 8-10 slices of cucumber.
- **Snack:** Green apple and cucumber detox water.
- **Lunch:** Cucumber and green apple smoothie and low-fat yogurt.
- **Snack:** 2 cucumbers
- **Dinner:** Cucumber-Celery salad with cottage cheese and olive oil.

So, this was the **7-day cucumber diet plan** that I followed, and it worked wonders for me, hope this suits you too.