

# **Download The 5 2 Diet 500 Calorie Daily Menus**

The best way to lose weight is to set a daily calorie goal and keep yourself accountable to that goal by keeping a food diary. But how do you cut calories from your diet sensibly? Low-calorie diets usually produce an energy deficit of 500–1,000 calories per day, which can result in a 0.5 to 1 kilogram (1.1 to 2.2 pounds) weight loss per week. 5 Squares (New York City, Connecticut, South Florida) Designed to produce a healthy weight loss of 1-1/2 to 3 pounds per week after the first week. About HCG Diet Foods & hCG Diet Menu Options. Dozens of new hCG Diet Plans call for “special hCG Diet menus” and this can certainly be confusing.