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What do you think of my water diet routine?



Misty asked:

To abide to the recommended 8 glasses a day, here is my water diet schedule:

- 2 glasses before a healthy breakfast
- 2 glasses before a small healthy lunch
- 2 glasses of water before a really light healthy dinner
- 2 or more glasses throughout the day....

.. and that's my water diet. all natural. no diet pills or teas. and of course, exercise.....30 mins walking/running....200 crunches.... and don't forget the kegels...

You can also find this article published on [What do you think of my water diet routine?](#), and on the tag pages [Crunches](#), [Diet Pills](#), [Glasses](#), [Lunch](#), [my water diet](#), [Teas](#).