

Ranking: Most Rapid Weight Loss Diets

Rank	Diets	Approach	1st Week Loss	Cost	Ease	Sustain
1	PSMF	High-protein, low-calorie	4-7kg/8.8-15.4lb	Medium	Hard	Short-Term
2	Fast 800	Intense calorie restriction	4-6kg/8.8-13.2lb	Low	Hard	Short-Term
3	Sirtfood	Polyphenol-rich foods	3-7kg/6.6-15.4lb	Medium	Moderate	Short-Term
4	Dukan	High-protein, low-carb	3-5kg/6.6-11.0lb	Medium	Hard	Medium-Term
5	Atkins	Phased low-carb approach	3-5kg/6.6-11.0lb	Medium	Hard	Medium-Term
6	HMR	Meal replacement-based	2.5-6kg/5.5-13.2lb	High	Easy	Short-Term
7	Keto	Low-carb, high-fat	2-5kg/4.4-11.0lb	Medium-High	Moderate	Long-Term
8	Low-Carb	Reduced carb intake	2-5kg/4.4-11.0lb	Medium	Moderate	Long-Term
9	Military	Low-calorie meal plan	2-4kg/4.4-8.8lb	Low	Very Hard	Short-Term
10	Alternate-Day Fasting (ADF)	Intermittent fasting approach	2-4kg/4.4-8.8lb	Low	Hard	Medium-Term
11	South Beach	Low-carb, healthy fats	2-4kg/4.4-8.8lb	Medium	Moderate	Long-Term
12	Intermittent Fasting	Cyclical eating windows	1.5-4kg/3.3-8.8lb	Low	Hard	Medium-Term
13	WW (Weight Watchers)	Points-based system	1.5-3kg/3.3-6.6lb	Medium	Easy	Long-Term
14	Mediterranean	Whole foods & healthy fats	1-3kg/2.2-6.6lb	Medium	Easy	Long-Term
15	Mayo Clinic	Calorie-focused healthy eating	1-3kg/2.2-6.6lb	Medium	Easy	Long-Term
16	CICO	Calorie balance	1-2.5kg/2.2-5.5lb	Low	Easy	Long-Term
17	Flexitarian	Mostly plant-based	1-2.5kg/2.2-5.5lb	Low	Easy	Long-Term
18	TLC	Heart health-focused	1-2.5kg/2.2-5.5lb	Low	Moderate	Long-Term
19	DASH	Whole foods, low-sodium	1-2.5kg/2.2-5.5lb	Low	Moderate	Long-Term
20	Volumetrics	Low-calorie, high-volume foods	1-2.5kg/2.2-5.5lb	Low	Easy	Long-Term