

3-Day Quick Diet

(Do this diet only with medical approval or supervision, especially if taking medication.)

DAY 1:

Breakfast: Black coffee or tea, 1/2 grapefruit
1 slice toast, 2 Tbsps. peanut butter

Lunch: 1/2 cup tuna (can add small can of mushrooms), 1 slice toast
coffee or tea

Dinner: 2 slices any type meat (about 3 ozs.)
1 cup string beans, 1 cup beets, 1 small apple
1/2 cup vanilla ice cream



DAY 2:

Breakfast: 1 egg, 1/2 banana, 1 slice toast, black coffee or tea

Lunch: 1 cup cottage cheese, 5 saltine crackers

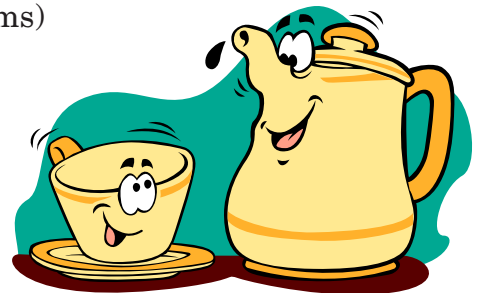
Dinner: 2 hot dogs, 1 cup broccoli, 1/2 cup carrots
1/2 banana, 1/2 cup vanilla ice cream

DAY 3:

Breakfast: 5 saltine crackers, 1 slice cheddar cheese, 1 small apple
black coffee or tea

Lunch: 1 hard-boiled egg, 1 slice toast

Dinner: 1 cup tuna (can add small can of mushrooms)
1 cup beets, 1 cup cauliflower
1/2 cantaloupe, 1/2 cup vanilla ice cream



This diet works on chemical breakdown and is proven. **SPRINKLE BROTH AND SEASONING** may be used, but no other seasonings. Where no quantity is given, there are no restrictions other than common sense. This is to be used 3 days at a time. You should lose 10 pounds! After 3 days of dieting, you can eat normal food, but do not overdo. After 3 days of normal eating, start back on your 3-day diet. You can lose up to 40 pounds in a month if you stick to it!