

LOSE 10 POUNDS IN 3 DAYS DIET

This Diet must be followed EXACTLY in order to lose the 10 pounds in 3 days. Do not vary or substitute any of the foods. Salt and pepper may be used. No other seasonings. If no quantity is given, then there are no restrictions. Before you start this (or any diet) you should consult your doctor. Remember to DRINK PLENTY of WATER.

Day 1

Breakfast	Lunch	Dinner
<ol style="list-style-type: none"> 1. ½ Grapefruit or 1 Cup of Juice 2. 1 Slice of Toast 3. 1 Tbsp. of Peanut Butter 	<ol style="list-style-type: none"> 1. ½ Cup of Tuna 2. 1 Slice of Toast 	<ol style="list-style-type: none"> 1. 2 Slices of Meat (3 ounces) 2. 1 Cup of Green Beans 3. 1 Small Apple 4. 1 Cup of Carrots 5. 1 Cup Vanilla Ice Cream

Day 2

Breakfast	Lunch	Dinner
<ol style="list-style-type: none"> 1. 1 Hard Boiled Egg 2. 1 Slice of Toast 3. ½ Banana 	<ol style="list-style-type: none"> 1. 1 Cup of Cottage Cheese 2. 5 Saltine Crackers 	<ol style="list-style-type: none"> 1. 2 Hot Dogs 2. 1 Cup of Broccoli 3. ½ cup of Carrots 4. ½ Banana 5. ½ Cup Vanilla Ice Cream

Day 3

Breakfast	Lunch	Dinner
<ol style="list-style-type: none"> 1. 5 Saltine Crackers 2. 1 oz. Slice Cheddar Cheese 3. 1 Small Apple 	<ol style="list-style-type: none"> 1. 1 Hard Boiled Egg 2. 1 Slice of Toast 	<ol style="list-style-type: none"> 1. 1 Cup of Tuna 2. 1 Cups Carrots 3. 1 Cup Cauliflower 4. 1 Cup of Cantaloupe 5. ½ Cup Vanilla Ice Cream