

### **3 DAYS DIET**

You can lose up to ten pounds in three days if you follow this plan exactly:

#### **FIRST DAY:**

##### Breakfast-

Black coffee or tea  
½ grapefruit  
1 slice toast  
2 tablespoons peanut butter

##### Lunch-

½ cup tuna  
1 slice toast  
Black coffee  
Tea or diet soda

##### Dinner-

2 slices any type meat (about three ounces)  
1 cup string beans  
1 cup beets  
1 small apple  
1 cup vanilla ice cream

#### **SECOND DAY:**

##### Breakfast-

1 egg  
½ banana  
1 slice toast  
Black coffee or tea

##### Lunch-

1 cup cottage cheese  
5 saltine crackers

##### Dinner-

1 hotdog  
1 cup broccoli  
½ banana  
½ cup vanilla ice cream

### **THIRD DAY:**

#### 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  
1 cup beets  
1 cup cauliflower  
½ cantelope  
½ cup vanilla ice cream

This diet works on a chemical breakdown and it is proven. Do not vary or substitute any of the above foods. Salt and pepper may be used – no other seasonings. Where no quantities are given there are no restrictions other than common sense. This diet is to be used three days at a time.

In three days you can lose ten pounds. After three days of dieting you can eat normal meals, but don't over do it. After four days of normal eating start back on your three-day diet. You can lose up to 40 pounds in a month if you stick to it.

**GOOD LUCK!**