

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!