

3 Day Diet *Plus*

Day 1

Breakfast:				
1 Cup black coffee or tea			0	0
½ Grapefruit or ½ cup fresh squeezed juice			55	0
1 Slice toast			80	10
1 Teaspoon peanut butter			30	20
Lunch:	200	20		
½ Cup plain tuna (or chicken)			120	10
1 Slice toast			80	10
1 Cup black coffee or tea			0	0
Dinner:	440	55		
2 Slices any kind of meat (3 oz.)			75	15
1 Cup string beans			35	0
1 Cup carrots or beets			50	0
1 Small apple			80	0
1 Cup Vanilla ice cream			200	40

Day 2

Breakfast:	215	50		
1 Cup black coffee or tea			0	0
1 Hard boiled egg			80	40
1 Slice toast			80	10
½ Banana			55	0
Lunch:	260	60		
1 Cup cottage cheese or ½ cup plain tuna			200	40
5 Saltine crackers (soda crackers)			60	20
Dinner:	480	170		
1 Plain hot dog (no buns)			180	150
1 Cup broccoli or cabbage			35	0
1 Cup carrots or turnips			50	0
½ Banana			55	0
½ Cup Vanilla ice cream			100	20

Day 3

Breakfast:	255	100		
1 Cup black coffee or tea			0	0
5 Saltine crackers			60	20
1 Slice cheddar cheese (1 ounce)			115	80
1 Small apple			80	0
Lunch:	160	50		
1 Hard boiled egg			80	40
1 Slice toast			80	10
1 Cup black coffee or tea			0	0
Dinner:	495	40		
1 Cup plain tuna (or chicken)			240	20
1 Cup carrots or beets			50	0
1 Cup cauliflower or green-leaf vegetables			50	0
1 Cup cantaloupe			55	0
½ Cup Vanilla ice cream			100	20

Daily & Meal	Food	Items	Calories	from fat	Calories	from fat
805	105					
165	30					
		0	0			
		55	0			
		80	10			
		30	20			
200	20					
		120	10			
		80	10			
		0	0			
440	55					
		75	15			
		35	0			
		50	0			
		80	0			
		200	40			
895	280					
215	50					
		0	0			
		80	40			
		80	10			
		55	0			
260	60					
		200	40			
		60	20			
480	170					
		180	150			
		35	0			
		50	0			
		55	0			
		100	20			
910	190					
255	100					
		0	0			
		60	20			
		115	80			
		80	0			
160	50					
		80	40			
		80	10			
		0	0			
495	40					
		240	20			
		50	0			
		50	0			
		55	0			
		100	20			

3 Day Diet *Plus*

Thank you for downloading the 3 Day Diet *Plus*
Please read and follow the instructions below.

DIRECTIONS:

- Follow the menus exactly!
- DO NOT vary or substitute any of the foods.
- Salt and pepper may be used, but no other seasoning.
- When no quantity is given, there are no restrictions, other than common sense.
- Vegetables may be eaten raw or cooked (preferably steamed)
- 1 cup equals 250 ml
- 1 ounce equals 28 grams

THIS DIET IS TO BE USED 3 DAYS AT A TIME ONLY.

REMEMBER:

- Do NOT pick between meals.
- Water, coffee, tea, Diet cola, Tab, sugar free drinks may be used at any time during the 3 days.
- Sauces, dressings, and spices may contain additives and sugars that will affect the efficiency of this diet. Use with caution.

In 3 days you can lose up to 10 pounds. After 3 days of dieting, you can eat your normal foods, but do not overeat. After four days of normal eating you may continue a three day regimen.

This diet works on a chemical breakdown and is proven.
This diet is for people who need to lose large amounts of weight.

Neither the staff nor management of 3 Day Diets are experienced, licensed, or knowledgeable to judge or recommend the validity or safety of this diet. We do not necessarily endorse this diet and recommend that before trying this or any other diet to consult a physician or licensed medical practitioner. Use at your own risk.