Day 1

Breakfast:
1 Cup black coffee or tea
½ Grapefruit or ½ cup fresh squeezed juice
1 Slice toast
1 Teaspoon peanut butter

Lunch:
½ Cup plain tuna (or chicken)
1 Slice toast
1 Cup black coffee or tea

Dinner:
2 Slices any kind of meat (3 oz.)
1 Cup string beans
1 Cup carrots or beets
1 Small apple
1 Cup Vanilla ice cream

Day 2

Breakfast:
1 Cup black coffee or tea
1 Hard boiled egg
1 Slice toast
½ Banana

Lunch:
1 Cup cottage cheese or ½ cup plain tuna
5 Saltine crackers (soda crackers)

Dinner:
1 Plain hot dog (no buns)
1 Cup broccoli or cabbage
1 Cup carrots or turnips
½ Banana
½ Cup Vanilla ice cream

Day 3

Breakfast:
1 Cup black coffee or tea
5 Saltine crackers
1 Slice cheddar cheese (1 ounce)
1 Small apple

Lunch:
1 Hard boiled egg
1 Slice toast
1 Cup black coffee or tea

Dinner:
1 Cup plain tuna (or chicken)
1 Cup carrots or beets
1 Cup cauliflower or green-leaf vegetables
1 Cup cantaloupe
½ Cup Vanilla ice cream

<table>
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<th>Daily &amp; Meal Food Items</th>
<th>Calories</th>
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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.