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Super Diet-Must Follow Exact-It is Chemically and Enzyme Balanced

Lose 10 LBS. IN (3) Days

FIRST DAY {TUES}

BREAKFAST

1/2 Grapefruit
1 Slice Toast
2 Tbs. Peanut Butter
Black Coffee or Tea

LUNCH

1/2 Cup Tuna
1 Slice Toast

DINNER

2 Slices of meat (any kind 3 oz)
1 Cup Green Beans
1 Small Apple
1 Cup Vanilla Ice Cream

SECOND DAY {WED}

BREAKFAST

1 Egg
1 Slice Toast
1/2 Banana
Black Coffee or Tea

LUNCH

1 Cup Cottage Cheese
5 Saltine Crackers

DINNER

2 Wieners
1 Cup Broccoli
1/2 Cup Carrots
1/2 Banana
1/2 Cup Vanilla Ice Cream

THIRD DAY {THURS}

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
1/2 Banana / Cantaloupe
1/2 Cup Vanilla Ice Cream

This diet works on chemical breakdown and is proven.

DO NOT vary or substitute any of the above foods. Salt and Pepper may be used, but no other seasonings. When no quantity is given, there are no restrictions other than common sense.

This diet is to be used for three (3) days at a time **ONLY**.

In three (3) days, you will loose up to 10 lb. After three (3) days of dieting you can eat your Normal foods, but don't over do it. After four (4) days of normal eating, start back on your three (3) days diet. You can loose up to 40 lb. In a month if you stick to this diet.

IT IS A SAFE DIET *** TUESDAY, WEDNESDAY & THURSDAY DIET ONLY *****

DRINK LOTS OF WATER