

A 3 Day Diet

This 3 day diet is a weight loss diet meal plan you can follow if you have gained a few extra pounds during a weekend or vacation and want to lose it quickly. The other purpose is to get a flying start on a long term weight loss so that you can see results fast. This is motivating and shows that even you can do it. This diet is not meant to be followed regularly week after week. If you use it occasionally for getting rid of a few pounds or as a motivation for a dieting start up, it will serve its purpose. The 3 dieting days should be followed in sequence. If you start on a Monday, you should follow it Tuesday and Wednesday as well - without any ordinary eating days in between. I have personally used this for almost one year by dieting 3 days, then eating regularly for 3 days, then dieting 3 days and so on. I lost about 88 pounds! So you can do the same.

Day 1 BREAKFAST

Black Coffee or Tea, artificial sugar

1/2 Grapefruit or Juice

1 Toast with 1 Tbsp. Peanut Butter LUNCH

1/2 Cup of Tuna

1 Toast

Black Coffee or Tea, artificial sugar DINNER

3 Oz. any lean meat or chicken

1 cup green beans

1 cup carrots

1 apple

1 cup regular vanilla ice cream Day 2 BREAKFAST

Black Coffee or Tea, artificial sugar

1 Egg

1/2 Banana

1 Toast LUNCH

1 cup cottage cheese

8 regular saltine crackers DINNER

2 beef franks or sausages

1 cup broccoli or cabbage

1/2 cup carrots

1/2 banana

1/2 cup regular vanilla ice cream Day 3 BREAKFAST

Black Coffee or Tea, artificial sugar

1 boiled egg

1 toast LUNCH

5 regular saltine crackers

1 oz. cheddar cheese

1 apple DINNER

1 cup tuna

1 cup carrots

1 cup cauliflower

1 cup melon

1/2 cup regular vanilla ice cream You can add any of these spices and condiments: salt, pepper, herbs, lemon, mustard & ketchup, vinegar,

Worcestershire and soy sauce to your foods.

About the Author

The following guidelines represent a kind of sensory diet for one particular child. Keep in mind that every child has a different regulatory.

Source: <http://www.productsherbal.com>