

MAYO CLINIC DIET

NO OILS ON SALADS, TEA AND COFFEE ALWAYS BLACK, MEAT MUST NEVER BE FRIED, NO EATING BETWEEN MEALS, USE LITTLE SALT. DON'T ADD OR SUBTRACT FROM THIS DIET, IT MUST BE FOLLOWED REGIDLY, AS IT BASED ON A CHEMICAL CHANGE, THE QUANTITY OF THE FOOD EATEN IS NOT THE IMPORTANT THING, BYT EAT EVERY FOOD LISTED AT THE CORRECT TIME FOR RESULTS. IF FOR ANY REASON YOU MUST GO OFF THIS DIET, YOU MUST START OVER FROM THE BEGINNING, DO THIS FOR TWO WEEKS ONLY. YOU WILL HAVE LOST 20LBS IN TWO WEEKS. AFTER THIS TIME YOU WILL HAVE DIMINISHED, YOUR APPETITE, BUT STAY AWAY FROM CANDY, CAKE, CREAM SAUCES, HONEY JAM, JELLY, PASTRIES, SOFT DRINKS, SYRUPS, BEER, WHISKEY, WINES.

BREAKFAST (EVERYDAY) GRAPEFRUIT 1 OR 2 EGGS--(MONDAY YOU EAT 3 EGGS), COFFEE OR TEA.

MON: LUNCH ---3EGGS, TOMATOES, COFFEE OR TEA.

DINNER--- 3EGGS, COMBINATION SALAD, 1 PIECE OF DRY TOAST, GRAPEFRUIT.

TUES: LUNCH--- 1 OR 2 EGGS, GRAPEFRUIT, COFFEE OR TEA.

DINNER--- STEAK, TOMATOES, LETTUCE, CELERY, OLIVES, CUCUMBERS, COFFEE OR TEA.

WED: LUNCH ---1 OR 2 EGGS, TOMATOES, SPINACH, COFFEE OR TEA.

DINNER--- 2 LAMB CHHOPS, CELERY, TOMATOES, CUCUMBERS, COFFEE OR TEA.

THURS: LUNCH ---COMBINATION SALAD, GRAPEFRUIT, COFFEE OR TEA.

DINNER-- 1 OR 2 EGGS, COTTAGE CHEESE, SPINACH, DRY TOAST, COFFEE OR TEA.

FRI: LUNCH---FRUIT SALAD (FRESH UUNSWEETENED).

DINNER--STEAK, CELERY, TOMATOES, CUCUMBERS, COFFEE OR TEA.

SAT: LUNCH---FRUIT SALAD (FRESH UNSWEETNED).

DINNER--STEAK, CELERY, TOMATOES, CUCUMBERS, COFFEE OR TEA.

SUN: LUNCH--- COLD CHICKEN (BOILED OR BAKED) TOMATOES, GRAPEFRUIT, COFFEE OR TEA.

DINNER--VEGETABLE SOUP, CHICKEN, TOMATOES, CUCUMBERS, COFFEE OR TEA

YOU CAN EAT ALL YOU WANT (QUANTITY) FOR ANY ITEM LISTED AT IT'S PROPER TIME. YOU MAY NOT HAVE LOST 10 POUNDS THE FIRST WEEK, BUT YOU WILL LOOSE 20 POUNDS THE SECOND WEEK.

SUBSTITUTIONS ALLOWED:

1/4 CANTALOUPE FOR GRAPEFRUIT

1/3 CAN WATER PACKED TUNA FOR 1 EGG

BOILED GROUND BEEF FOR LAMB CHOPS

DIET SODA ARE ALLOWED

SWEETN LOW CAN BE USED

DIET DRESSINGS ARE ALLOWED ON SALADS