

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12
Breakfast:												
1/2 Grapefruit or 1 cup unsweetened grapefruit juice												
2 eggs, any style												
2 slices bacon												
Coffee or tea (no sugar)												
Lunch:												
1/2 Grapefruit or 1 cup unsweetened grapefruit juice												
Meat, any style, any amount												
Salad (with dressing)												
Coffee or tea (no sugar)												
Dinner:												
1/2 Grapefruit or 1 cup unsweetened grapefruit juice												
Meat, any style, any amount												
Salad (with dressing) or red or green vegetable, can use butter												
Coffee or tea (no sugar)												
Snack:												
1 glass of tomato juice, or skim milk												
Water												

Instructions:

At any meal, you may eat until you are very full...don't eliminate anything from the diet...especially don't skip bacon at breakfast or salads...it is the COMBINATION OF FOODS THAT BURN FAT... the grapefruit is very important because it acts as a catalyst that starts the burning process...cut down on coffee...it effects the Insulin balance that hinders the burning process. Try to limit to 1 cup at mealtime. DON'T EAT BETWEEN MEALS. If you eat the foods and amounts suggested, you won't get hungry.

PLEASE NOTE: This diet completely eliminates sugars and starches which are lipids and form FAT. Fat does not turn to fat. It helps burn it, so you may FRY foods in butter and use butter generously on vegetables.

DON'T EAT DESSERTS, BREADS, WHITE VEGETABLES OR SWEET POTATOES. Eat all the meat and salads and chosen vegetables you want....stuff, stuff at mealtimes only. The more you eat, the more you will lose...You can lose 10 lbs. in ten days...there will be no loss the first 4 days but you will lose 5 lbs. on the fifth day...thereafter, you will lose 1 1/2 lbs. every day until you are where you want to be...omit all soft drinks --diet and caffeine free.

No white onions, no potatoes of any kind, no celery.

Stay on this diet for 12 straight days. Then eat whatever you want, within reason, for 2 days. Then return to the diet and repeat for 12 days, etc.