

3 Day Diet from PureSlim.com

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Day 1:

Breakfast

1 cup of black coffee or black tea or plain water (no sweeteners)
1/2 Grapefruit
1 slice toast
2 tablespoons of peanut butter

Lunch

1 can tuna
1 slice toast
1 cup of black coffee or black tea or plain water (no sweeteners)

Tea

2 slices any type of meat
plenty of string beans
1 cup of beetroot (cooked and unpickled)
1 small apple
1 cup vanilla ice cream
1 cup of black coffee or black tea or plain water (no sweeteners)

Day 2:

Breakfast

1 cup of black coffee or black tea or plain water (no sweeteners)
1 boiled egg
1 slice toast
1 banana

Lunch

1 cup cottage cheese
5 plain crackers (unflavoured) Ryvita for example
1 cup of black coffee or black tea or plain water (no sweeteners)

Tea

2 hot dogs
plenty of broccoli
1/2 cup carrots
1 banana
1 cup vanilla ice cream
1 cup of black coffee or black tea or plain water (no sweeteners)

Day 3:

Breakfast

1 cup of black coffee or black tea or plain water (no sweeteners)
5 plain crackers (unflavoured) Ryvita for example
1 apple
1 slice cheddar cheese

Lunch

1 hard boiled egg
1 slice toast
1 cup of black coffee or black tea or plain water (no sweeteners)

Tea

1 can tuna
1/2 cantaloupe or small melon
1 cup of beetroot (cooked and unpickled)
plenty of cauliflower
1 cup vanilla ice cream

1 cup of black coffee or black tea or plain water (no sweeteners)

The three Day Diet works on a chemical breakdown and is proven. Do not vary or substitute any of the foods. Salt and pepper is fine but add NO OTHER seasonings. Where no quantity is given, no restrictions other than common sense. This diet is to be used for 3 days at a time. In 3 days, you can lose 10 pounds. After 3 days of dieting, you can eat your normal foods but do not overeat. After 4 days of normal eating, start back on the 3 day diet. You can lose 40 pounds in a month if you stick to this diet. It is 100% safe. Remember, do not cheat between meals!

The three Day Diet was developed for people who need to lose large amounts of weight. The three Day Diet is chemically and enzyme balanced. If the diet is followed exactly, loss of 10 pounds in three days is possible. The three Day Diet consists of ordinary foods found in your kitchen. No special expensive recipes or ingredients are required.