

# KMBodyCare

## 3 Day Diet

### Lose 10 pounds in 3 days

This diet works on a chemical reaction that assists in losing weight. Of course the very low daily calorie count helps too. If you follow this diet without any deviation you should **lose up to 10 pounds in 3 Days**. At the end of this diet you will be more aware of your food choices and serving sizes. Some have reported a “resetting” of your satiation level (hunger level). You will feel full with less food.

#### Use this diet for 3 days only

- Where no quantity is given there are no restrictions
- Use only fresh fruits and vegetables and other high quality foods. Do not overcook.
- Approximate calorie counts are included in parentheses ( )
- You are allowed water, diet soda or tea
- 1-2 packets Sweet & Low or Equal may be used with Coffee or Tea
- Salt and pepper may be used, but no other seasoning
- Do not snack in between meals and eat only designated foods during the diet
- Use this diet for 3 consecutive days
- After 3 days of dieting, you can eat your usual foods
- After 4 days of normal eating, you can start back on the 3 day diet if you wish

#### First Day

Breakfast      ½ Grapefruit (39), 1 slice of Toast (90), 2 Tbsp. Peanut Butter (188), Black Coffee or Tea

Lunch            ½ cup Tuna (92), 1 slice of Toast (90), Black Coffee or Tea

Dinner           3 ounces of your favorite meat or chicken (228), 1 cup String Beans (30), 1 cup of Beets (74) or Carrots (54), 1 Small Apple (81), 1 cup of Vanilla Ice Cream (300)

#### Second Day

Breakfast      1 Egg (89), ½ Banana (60), 1 slice of Toast (90), Black Coffee or Tea

Lunch            1 cup Cottage Cheese (203), 5 Saltine Crackers (70)

Dinner           2 beef Hot Dogs (203), 1 cup Broccoli (44) or Cabbage (34), ½ cup Carrots or (27), ½ Banana (60), ½ cup Vanilla Ice Cream (150)

#### Third Day

Breakfast      1 ounce Cheddar Cheese (114), 1 small Apple (81), 5 Saltine Crackers (70), Black Coffee or Tea

Lunch            1 Boiled Egg (89), 1 slice of Toast (90)

Dinner           1 cup Tuna or fresh fish (184), 1 cup Beets (74) or cooked greens (35), 1 cup Cauliflower (28), ½ Cantaloupe (110), ½ cup Vanilla Ice Cream (150)