

Miami Heart Institute Diet

**This diet MUST be followed exactly
Lose 10 Pounds in 3 Days**

First Day

Breakfast: Black Coffee or Tea, ½ Grapefruit, 1 Slice of Toast, 2 Tbs Peanut Butter

Lunch: ½ Cup Tuna, 1 Slice of Toast, Coffee or Tea

Dinner: 3 Ounces any type of Lean Meat, 1 Cup Green Beans, 1 Cup Beets, 1 Small Apple, 1 Cup Vanilla Ice Cream

Second Day

Breakfast: 1 Egg, ½ Banana, 1 Slice of Toast, Black Coffee or Tea

Lunch: 1 Cup of Cottage Cheese, 5 Saltine Crackers

Dinner: 2 Hot Dogs, 1 Cup Broccoli, ½ Cup Carrots, ½ Banana, ½ Cup Vanilla Ice Cream

Third Day

Breakfast: 5 Saltine Crackers, 1 Slice Cheddar Cheese, 1 Small Apple, Black Coffee or Tea

Lunch: 1 Hard Boiled Egg, 1 Slice Toast

Dinner: 1 Cup Tuna, 1 Cup Beets, 1 Cup Cauliflower, ½ Cantaloupe, ½ Cup Vanilla Ice Cream

This diet works on chemical breakdown and is proven. Do not vary or substitute any of the above foods. Salt and pepper may be used. No other seasonings, butter, cheese, or toppings. Where no quantity is given there are no restrictions, other than common sense. This diet may be used 3 days at a time.

In 3 days you will loose 10lbs After 3 days of dieting you can eat a normal healthy diet, do not over eat. Use common sense. After 4 days of normal eating, start another cycle of your 3 day diet. You can loose up to 40lbs in a month if you stick to it. This is a safe diet. Do NOT snack between meals at any time.