

25 lbs. 2 Weeks

Breakfast	Everyday	1 or 2 eggs any way but fried 1/2 grapefruit 2nd Week you can have 3 eggs
Monday	Lunch	2 eggs 2 tomatoes
	Dinner	2 eggs Combination Salad 1 piece dry toast Grapefruit
Tuesday	Lunch	1 or 2 eggs Grapefruit
	Dinner	4 oz steak Lettuce, tomatoes, celery, olives, cucumbers
Wednesday	Lunch	1 or 2 eggs Tomatoes
	Dinner	Spinach, green beans, or broccoli (1 of these 3) 2 lamb chops or steak Celery, tomatoes, cucumbers
Thursday	Lunch	Combination Salad Grapefruit
	Dinner	Eggs Cottage Cheese Spinach, green beans, or broccoli (1 of these 3) 1 piece dry toast
Friday	Lunch	Fruit Salad any fruits, fresh or unsweetened
	Dinner	Steak Celery, tomatoes, cucumbers
Saturday	Both	Same as Friday
Sunday	Lunch	Chicken should be cold Tomatoes, grapefruit
	Dinner	Canned Vegetable Soup Cold Chicken Tomatoes, cucumbers
2nd Week	Repeat	First week

General Information

Meat	Not fried
Fluids	Water or diet soft drinks
Snacks	No eating between meals
Sodium	Salt intake should remain same
Quantity	As much as you want unless specified