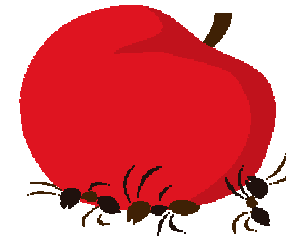




Phylon's Network Presents
The Memorial Hospital Diet



Lose 10lbs in 3 days. Do not substitute. It works on a chemical breakdown. at as long as you wish!

	First Day	Second Day	Third Day
BREAKFAST	1 Grapefruit 1 Slice Toast (no butter) 2 Tbs. Peanut Butter Coffee or Tea	1 Egg (anyway) 1 Slice Toast ½ Banana Coffee or Tea	5 Crackers 1 Slice Cheddar Cheese 2oz 1 Small Apple Coffee or Tea
LUNCH	½ Cup Tuna 1 Slice Toast Coffee or Tea	1 Cup Cottage Cheese 5 Saltine Crackers Coffee or Tea	1 Hard Boiled Egg 1 Slice Toast Coffee or Tea
DINNER	2 Slices Meat (any kind) 3oz 1 Cup Green Beans 1 Cup Red Beets 1 Small Apple 1 Cup Vanilla Ice Cream	2 Wieners 1 Cup Broccoli ½ Cup Carrots ½ Banana ½ Cup Vanilla Ice Cream	½ Cup Tuna 1 Cup Red Beets 1 Cup Cauliflower ¼ 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, but no other seasonings. When no quantity is given, there are no restrictions, other than common sense. **THIS DIET IS TO BE USED 3 DAYS AT A TIME ONLY!!!**

In 3 days you will lose 10lbs. After 3 days of dieting, you can eat your normal foods, but do not overdo it. After your 4 days of normal eating, start back your 3 day diet. You can lose up to 40lbs in a month IF YOU STICK TO THIS DIET. IT IS A SAFE DIET.

REMEMBER: DO NOT PICK IN BETWEEN MEALS. TUESDAY, WEDNESDAY AND THURSDAY DIET ONLY. DRINK LOTS OF WATER, DIET SODA, TEA, OR COFFEE.