

Scarsdale Diet Plan

This is the Scarsdale Diet Plan. If you follow it correctly you can lose 1 Lb. Per Day.

GOOD LUCK !! and remember to keep the weight off you must continue some sort of healthy diet plan.

INSTRUCTIONS:

- Drink 4 glasses of water or diet soda per day.
- You can add herbs, salt, pepper, diet sugar, lemon, vinegar, worcestershire, soy sauce, mustard & ketchup to your foods.
- Take Herbal Appetite Suppressants Mid Morning & Mid Afternoon
*if you take appetite suppressants then DO NOT Drink Coffee

(Warning Note: Don't do both, you can over stimulate !)

DAY 1

BREAKFAST

coffee or tea with sugar substitute & 1/2 grapefruit

LUNCH

any amount of lean beef, chicken or fish + tomato salad

DINNER

broiled fish + tomato and lettuce salad + grapefruit or melon

DAY 2

BREAKFAST

coffee or tea with sugar substitute & 1/2 grapefruit

LUNCH

any amount of fruit salad + coffee

DINNER

hamburger (without bread) and all the cooked vegetables you desire

DAY 3

BREAKFAST

coffee or tea with sugar substitute & 1/2 grapefruit

LUNCH

tuna salad + grapefruit or melon

DINNER

2 lean pork chops + mixed green salad + coffee

DAY 4

BREAKFAST

coffee or tea with sugar substitute & 1/2 grapefruit

LUNCH

2 eggs + cottage cheese + 3 oz. boiled pumpkin + 1 toast + coffee

DINNER

chicken (grilled or boiled w/o skin) + spinich or green pepper

DAY 5**BREAKFAST**

coffee or tea with sugar substitute & 1/2 grapefruit

LUNCH

all the dry cheese you want + spinich + 1 toast

DINNER

broiled fish + cooked veggies or green salad + 1 toast

DAY 6**BREAKFAST**

coffee or tea with sugar substitute & 1/2 grapefruit

LUNCH

fruit salad (as much as you want) + 1 coffee

DINNER

broiled chicken w/o skin + tomato and lettuce salad + grapefruit

DAY 7**BREAKFAST**

coffee or tea with sugar substitute & 1/2 grapefruit

LUNCH

cold or hot chicken + tomato & lettuce salad + grapefruit or melon

DINNER

lean beef + mixed salad + coffee

RUSSIAN AIRFORCE DIET

This is the RUSSIAN AIRFORCE DIET If you follow it correctly you can lose up to 14-18 lbs.in 13 days .

GOOD LUCK !! and remember to keep the weight off you must continue some sort of healthy diet plan.

INSTRUCTIONS:

- Drink 4 glasses of water or diet soda per day.
- You can add herbs, salt, pepper, diet sugar, lemon, vinegar, worcestershire, soy sauce, mustard & ketchup to your foods.
- Take Herbal Appetite Suppressants Mid Morning & Mid Afternoon
*if you take appetite suppressants then DO NOT Drink Coffee ,
DRINK Decafinated coffee or tea.

(Warning Note: Don't do both, you can over stimulate !)

DAY 1

BREAKFAST coffee

LUNCH 2 eggs + 1 tomato

DINNER 7 ounces of red meat + green salad

DAY 2**BREAKFAST** coffee + toast or water cracker**LUNCH** 7 ounces of red meat + green salad**DINNER** 5 1/4 ounces of ham + 1 cup yogurt**DAY 3****BREAKFAST** coffee + toast or water cracker**LUNCH** green salad + 1 tomato + 1 mandarin**DINNER** 3.5 ounces of ham + fruit salad + 2 eggs**DAY 4****BREAKFAST** coffee + toast or water cracker**LUNCH** 5 1/4 ounces of gruyere cheese + 1 egg + 1 carrot**DINNER** fruit salad + 1 yogurt**DAY 5****BREAKFAST** 5 1/4 ounces of ham + 1 cup carrots**LUNCH** 7 ounces of broiled fish + 1 tomato**DINNER** 8 3/4 ounces of red meat**DAY 6****BREAKFAST** coffee + toast or water cracker**LUNCH** 1/4 chicken baked + citric fruit**DINNER** 2 eggs + 1 cup raw carrot**DAY 7****BREAKFAST** coffee + toast or water cracker**LUNCH** 7 ounces of red meat + citric fruit**DINNER** anything you like (in moderation) not over 500 calories

then repeat the entire diet for 6 more days !!

Metabolism Diet**METABOLISM DIET**

This is the Metabolism Diet If you follow it correctly you can lose up to 14 Lbs. in 7 days.

GOOD LUCK !! and remember to keep the weight off you must continue some sort of healthy diet plan.

INSTRUCTIONS:

- Drink at least 4 glasses of water or diet soda per day.
- You can add herbs, salt, pepper, diet sugar, lemon, vinegar, worcestershire, soy sauce, mustard & ketchup to your foods.
- Take Herbal Appetite Suppressants Mid Morning & Mid Afternoon

*if you take appetite suppressants then DO NOT Drink Coffee ,
DRINK Decafinated coffee or tea.
(Warning Note: Don't do both, you can over stimulate !)

DAY 1

BREAKFAST Black Coffee or Tea
LUNCH 2 hard boiled eggs & 1 cup cooked spinach
DINNER 1 lettuce and celery salad & 1 6oz. steak *(use PAN to fry)

DAY 2

BREAKFAST Black Coffee or Tea & 1 water cracker
LUNCH 1 lettuce and celery salad & 1 6oz. steak *(use PAM to fry)
DINNER 8-10 oz. of Ham

DAY 3

BREAKFAST Black Coffee or Tea & 1 water cracker
LUNCH 2 hard boiled eggs & 1 cup green beans & 1 cup tomatoes
DINNER 8-10 oz. of Ham and 2 cups green bean/tomato salad

DAY 4

BREAKFAST Black Coffee or Tea & 1 water cracker
LUNCH 1 hard boiled eggs & 1 cup raw carrots
DINNER 1 cup regular yogurt, 1 oz. mozzarella cheese & 1 cup fruit salad

DAY 5

BREAKFAST Black Coffee or Tea
& 1 raw carrot + juice of 1 lemon
LUNCH 1 fried fish filet (4-6 oz.) & tomato salad
DINNER 1 4-6 oz. steak & green salad

DAY 6

BREAKFAST Black Coffee or Tea
LUNCH 1 4-8oz. chicken broiled w/o skin
DINNER 2 hardboiled eggs, 1 raw carrot

DAY 7

BREAKFAST Tea w/lemon
LUNCH 1 4-8oz. steak *panfried with PAM only (no oil!) + 1 1/2 cup of fruit
DINNER a sensible dinner