MAYO CLINIC DIET

DIET FOR TWO WEEKS ONLY

Abstain from everything not included in the diet and be sure to eat what is assigned rather than do without.

NO EATING BETWEEN MEALS

BREAKFAST	Same ever Grapefrui	t, 1 or 2 eggs, black coffee or clear tea
MONDAY	Lunch: Dinner:	2 eggs, grapefruit 2 eggs, combination salad, 1 piece dry toast, grapefruit, coffee
TUESDAY	Lunch: Dinner:	2 eggs, tomatoes, coffee Steak, tomatoes, cucumber, lettukce, olives, coffee
WEDNESDAY	Lunch: Dinner:	2 eggs, spinach, coffee 2 lamb chops, celery, cucumber, tomatoes tea.
THURSDAY	Lunch: Dinner:	2 eggs, spinach, coffee 2 eggs, cottage cheese, piece of dry toast, cabbage. Cuc for sale sale sale
FRIDAY	Lunch: Dinner:	2 eggs, spinach, coffee Fish combination salad, dry toast, grapefruit
SATURDAY	Lunch: Dinner:	Fruit salad (putin anything) as much as you can eat + nur would Plenty of steak, celery, cucumber, tomatoes coffee
SUNDAY	Lunch: Dinner:	Chicken, tomatoes, carrots, cabbage, grapefruit, coffee Cold chicken, tomatoes, grapefruit

WARNING

DO NOT STAY ON THIS DIET FOR MORE THAN TWO WEEKS

Weight loss should be about 20 lbs in 2 weeks (!) Basis of diet is chemical and maintains normal energy while reducing. Quantities are only important where indicated. Whisky may be taken on days when meat is eaten, otherwise NO ALCOHOL

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