

## **A Diet from the American Heart Association (AHA)**

Note to reader: I was given a copy of this AHA 3-Day Plan many years ago. It has served me well. It is tough the first time! If you can't (won't) eat a selection, find something as close to it, as possible. The more we follow the exact items the more the plan works for us! AJW

This plan portions MUST be followed exactly! Lose up to 10 Pounds in 3 Days!

### **FIRST DAY**

Breakfast: Black coffee or tea, 1/2 grapefruit, 1 slice toast, 2 tablespoons peanut butter.

Lunch: 1/2 cup tuna, 1 slice toast, black coffee or tea.

Dinner: 2 slices any type of meat (about 3 ounces), 1 cup string beans, 1 cup beets,  
1 small apple, 1 cup vanilla ice cream.

### **SECOND DAY**

Breakfast: 1 egg, 1/2 banana, 1 slice toast, black coffee or tea.

Lunch: 1 cup cottage cheese, 5 saltine crackers.

Dinner: 2 hot dogs, 1 cup broccoli, 1/2 cup carrots, 1/2 banana, 1/2 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, 1/2 cantaloupe, 1/2 cup vanilla ice cream

o o o o

Diet plan works on chemical breakdown and it is proven. Do not vary or substitute any of the above foods. Salt and pepper may be used – no other seasonings. Where no quantity is given, there are no restrictions other than common sense.

This diet is to be used only 3 days at a time. In 3 days you will lose up to 10 pounds. After 3 days of dieting you can eat normal food, but do not overdo it! After your 4 days of normal eating – start back on your 3-day diet plan.

You can lose up to forty (40) pounds in a 4-week period – if you stick to it...

This is a safe diet. REMEMBER – DO NOT SNACK BETWEEN MEALS!!

**YOU ARE ALLOWED DIET SODA AND AS MUCH WATER AS YOU WANT**