

DAY ONE

BREAKFAST	LUNCH	DINNER
Black Coffee or tea with low fat sweetener 1/2 grapefruit 1 slice of toast with 1tbsp peanut butter	1/2 a cup of tuna 1 slice of toast Black coffee/tea /water*	3 oz any lean meat 1 cup of green beans 1 cup of carrots 1 cup of vanilla ice cream 1 medium apple Black coffee/tea/water*

DAY TWO

BREAKFAST	LUNCH	DINNER
Black coffee/tea/water* 1 egg(served any style) 1 slice of toast 1 banana	1 cup of tuna or cottage cheese 5 plain crackers Black coffee/tea /water*	2 hotdogs 1/2 cup of carrots 1 cup of broccoli or cabbage 1 banana 1/2 cup of vanilla ice cream

DAY THREE

BREAKFAST	LUNCH	DINNER
Black coffee/tea/water* 5 plain crackers 1 oz of cheddar cheese 1 apple	1 hard boiled egg 1 slice of toast black coffee/tea /water*	1 cup of tuna 1 cup of carrots 1 cup of cauliflower 1 cup of melon 1/2 cup of vanilla ice cream black coffee/tea/water*