

CARDIAC DIET

Supposedly, this **3 day diet** is used at the **Birmingham, Alabama Hospital Cardiac Unit** for patients who need to lose lots of weight in a hurry before having surgery. **In 3 days you can lose as much as 10 pounds!**

First Day

Breakfast 1/2 Grapefruit or Juice 1 Slice of Toast 1 tbsp. Peanut Butter Black Coffee or Tea	Lunch 1/2 cup Tuna 1 Slice Toast Black Coffee or Tea	Dinner 2 Slices (3 oz.) of any Meat 1 cup String Beans 1 cup Carrots or Beets 1 small Apple 1 cup Vanilla Ice Cream
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Second Day

Breakfast 1 hard-boiled Egg 1 Slice of Toast 1/2 Banana Black Coffee or Tea	Lunch 1 cup Cottage Cheese or: 1/2 cup Tuna 5 Saltine Crackers	Dinner 2 Wieners (Hot dogs) 1 cup Cabbage or Broccoli 1/2 cup Carrots or Turnip Greens 1/2 Banana 1 cup Vanilla Ice Cream
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Third Day

Breakfast 1 hard-boiled Egg 1 Slice Toast Black Coffee or Tea	Lunch 1 Slice Cheddar Cheese 5 Saltine Crackers 1 small Apple Black Coffee or Tea	Dinner 1 cup Tuna 1 cup Carrots or Beets 1 cup Green Beans or Cauliflower 1 cup Cantaloupe or 1 small Apple 1 cup Vanilla Ice Cream
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You MUST Follow The Rules!

- * This diet works as a **chemical breakdown** and is proven to work
DO NOT VARY AMOUNTS OR MAKE SUBSTITUTIONS TO THE DIET MENU!
- * You are allowed diet soda or tea with sweetener on this diet.
- * Salt and pepper may be used, but no other seasoning.
- * Use this diet for 3 consecutive days each week.
- * After 3 days of dieting, you can eat your usual food,

But Do Not OVER Eat!!!

- * After 4 days of normal eating, start back on your 3 day diet.
- * Don't change the rules!