

An Eating Plan from the American Heart Association (AHA)

Note to You! 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 item content, the more the plan works for us! AJW Plan portions MUST be followed exactly. Work the Plan. Lose the Pounds. It is only 3-days!

FIRST DAY

Breakfast: Black coffee or tea, ½ grapefruit, 1 slice toast, 2 tablespoons peanut butter.

Lunch: ½ 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, ½ banana, 1 slice toast, black coffee or tea.

Lunch: 1 cup cottage cheese, 5 saltine crackers.

Dinner: 2 hot dogs, 1 cup broccoli, ½ cup carrots, ½ banana, ½ 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, ½ cantaloupe, ½ cup vanilla ice cream

This eating 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 plan is to be used for only three (3) days at a time. You could lose up to 10 pounds. After the 3 days, you eat normal food, but not too much, of course! Eat lightly the morning of the fourth day. After your 4 days of normal eating – you could start back on the 3-day plan. Or skip a week, if you like. You are in control!

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

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

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