

3-Day Miracle Diet

This one has been circulating through the Internet and was also mentioned in Woman's World magazine. We don't know how good it is, but we present it here for you to evaluate. Let us know what you think! --Editors, www.weightlossalaska.com

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Notes from Woman's World article:

- Calories average 968 per day
 - Substitutions are okay (i.e. vegetarian). Just swap equal-calorie items such as a pear for an apple or chicken for tuna.
 - On diet days, stick to water, tea, or coffee (add artificial sweetener or lemon if desired).
 - Follow plan any 3 days a week; they do not have to be consecutive
 - Eat sensibly on your days off, choosing healthy foods and only eating until you feel full.
 - Take a multivitamin
 - The diet works by stimulating the metabolism, and you'll be accustomed to less food on the diet days so won't eat as much on the free days.
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The diet and comments from a web site:

FIRST DAY:

Breakfast -

½ grapefruit or juice 1 slice of toast 2 tablespoons of peanut butter black coffee or tea

Lunch-

½ cup water-packed tuna or chicken 1 slice of toast or cheese black coffee or tea

Dinner-

2 slices of any type of meat (3 oz) or small steak broiled 1 cup string beans 1 cup beets or carrots
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 or ½ cup tuna 5 saltine crackers 1 diet soft drink

Dinner

2 hot dogs 1 cup broccoli or cabbage ½ cup carrots ½ banana ½ cup 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 ½ cup tuna 1 diet soft drink

Dinner

1 cup tuna or chicken or turkey 1 cup of beets or carrots 1 cup of cauliflower or greens ½ cantaloupe or 1 banana ½ cup vanilla ice cream

INSTRUCTIONS: The diet works on a chemical breakdown and its proven. Do NOT vary or substitute any of the above foods. Salt and pepper may be added. No other seasonings. Where no quantity is given there are no restrictions, other than common sense. This diet is to be used 3 days at a time. In three days you should lose 10 pounds. After 3 days, you may eat normally. After eating normally for 4 days, start back on the 3 day diet. You can loose up to 40 pounds a month if you stick to it. This is a safe diet.

REMEMBER: DO NOT snack between meals. You are allowed DIET SOFT drinks. First of all, before you start ANY DIET, you should consult your doctor. Remember to drink PLENTY of water and use with caution!

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Here is another site's description

Super diet that's sweeping America: LOSE 40 lbs IN FOUR WEEKS...it works even better than the cabbage soup diet

It's the diet that's taking American by storm! Call it the fax diet, or the ice cream diet, or just the miracle diet. Copies of the simple plan have been passed with electronic speed from house to house and office to office. And what's more, you have to go on the diet for only three days--and then revert to normal, sensible eating for four days, before tackling it again. "It's really miraculous," says New York housewife Jeanette Luba. "I lost 10 lbs. in just three days." Other fans have lost as much as 40 lbs. in a month! Dietitians STAR spoke to say they have no idea where the diet originated, but they agree that it's not only faster than the cabbage soup diet that swept the country--it's a lot healthier! The miracle diet works on the chemical break-down of certain foods on the body. It delivers an average of 1,000 calories per day. Remember to follow these guidelines:

1. Consult your doctor before starting the diet.
2. Do not skip meals.
3. Drink four to eight 8 oz. glasses of water daily.
4. Do not add fats when preparing food.
5. This diet should be used for three days--followed by four days of normal eating. You can lost 40 lbs. a month if you stick to it.

DAY 1

Breakfast

Half grapefruit

1 slice toast, 2 tbs. peanut butter

Black coffee or tea

Lunch

Half cup tuna, plain

1 slice toast

Black coffee or tea

Dinner

3 slices of any meat (4-6 oz. before cooking)

1 cup of string beans

1 cup beets

1 small apple

1 cup vanilla ice cream (Must be Healthy Choice or any other low-fat ice cream)

DAY 2

Breakfast

1 egg
Half banana
1 slice toast
Black coffee or tea

Lunch

1 cup cottage cheese
6 Saltine crackers

Dinner

2 hot dogs
1 cup broccoli
Half cup carrots
Half banana
Half cup vanilla ice cream (Healthy Choice)

DAY 3

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 of tuna, plain
1 cup beets
1 cup cauliflower
Half cantaloupe
Half cup vanilla ice cream (Healthy Choice)

Important: do not vary any of the above foods. And yes, low-fat vanilla ice cream is an important part of each day on this diet!