

New Mayo Clinic Diet

In 2½ months you should lose 52 pounds

12 days on 2 days off

Breakfast:

½ grapefruit or 8oz. juice (unsweetened)
2 eggs (any style)
2 slices of bacon

Lunch:

½ grapefruit or 8oz. juice (unsweetened)
Meat - any style, any amount
Salad with any dressing

Dinner:

½ grapefruit or 8oz. juice (unsweetened)
Meat - any style, any amount
Vegetable - any green or red (cooked in butter or any seasoning) or salad as above

Bedtime Snack:

Glass of tomato juice or skim milk

Instructions:

1. At any meal you may eat until you are full. You may eat until you cannot eat anymore.
2. *Don't eliminate anything from the diet.* Especially don't skip bacon at breakfast or omit salads. It is the combination of foods that burns fat.
3. The grapefruit is important because it acts as a catalyst that starts the burning process.
4. Cut down on coffee. It affects the insulin balance that hinders the burning process. Try to limit yourself to 1 cup at mealtimes.
5. *Don't eat between meals.* If you eat the combination of foods suggested, you will not get hungry.
6. *Note:* The diet completely eliminates sugars and starches which are lipids and form fat. Fat does not form fat. It helps burn it. Therefore, you can fry foods in butter and use butter generously on vegetables. Use any spices or seasonings you like.
7. *Do not eat desserts, breads, white vegetables or sweet potatoes.* You may double or triple helpings of meat, salad or vegetables. Eat until you are stuffed. The more you eat of the proper combination of foods, the more you lose.
8. You can lose 10 pounds in 10 days. There will be no loss the first 4 days, but, you will lose 5 pounds on the 5th day. You will then lose 1½ pounds every 2 days until you are where you want to be.

Drink plenty of water !!! ~ Take a good multi-vitamin daily !!!

This diet is given to patients needing to lose weight fast for bypass surgery.

All soft drinks need to be *diet and caffeine free*.

You may NOT have:

Potatoes
Rice
White onions
Corn
Celery
Sweet potatoes
Fruits
Bread

You may have:

Cabbage
Lettuce
Tomatoes
Spinach
Cucumbers
Beets
Broccoli
Brussel sprouts
Red onions
Green onions
Bell peppers (any color)
Radishes
English peas
Green beans
Green lima beans
Carrots