

# 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