

THE FOUR-DAY WONDER DIET

Margaret Danbrot –1985 Ladies Homes Journal

BREAKFAST, EVERY DAY

½ grapefruit

Black coffee or tea

DAY 1

LUNCH Broiled steak or hamburger Lettuce & tomato salad No dressing 1 apple	DINNER 2 hard-boiled eggs Green beans ½ grapefruit
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DAY 2

LUNCH 1 medium-sized lamb chop Lettuce & tomato salad No dressing 6 ounces tomato juice	DINNER Squash and cauliflower, steamed or raw Green beans 1 cup unsweetened applesauce
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DAY 3

LUNCH Lettuce and celery salad, No dressing Hamburger patty 1 apple	DINNER Broiled chicken Stewed tomatoes 6 ounces prune juice
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DAY 4

LUNCH 2 hard-boiled eggs Green beans 6 ounces tomato juice	DINNER Broiled steak or hamburger Lettuce & tomato salad, no dressing 6 ounces pineapple juice
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DAY 5 and after

After you've got your head start, and if you want to lose more weight, aim for a loss of 1-2

pounds a week by eating balanced protein heavy meals. You can repeat the 4-Day, but only after 4 weeks.

15 Tips to Be Sure the 4-Day Wonder Diet Works

1. Pick the right time, not when your schedule includes a string of parties.
2. Shop ahead. Make sure you have everything you need beforehand. Don't get caught in a situation in which you have to eat something fattening just because there's nothing else in the house.
3. Remember, do not vary, substitute or delete any of the foods, unless you're allergic to something. In that case just replace it with a similar food; e.g., substitute an orange for a grapefruit.
4. Don't eat anything between meals. There are no "free" foods you can eat anytime. AND although you're allowed an unlimited amount of vegetables at meals, you cannot save them for snacking later.
5. Don't drink alcohol at all.
6. TO integrate your diet into family meals, just add a starch and a dessert for the rest of your family.
7. Try to drink at least eight 8-ounce lasses of water a day. Try having a glass of water before a meal.
8. Eat vegetables raw, steamed or boiled. It's a good idea to eat them first so you fill up on them instead of protein which is higher in calories.
9. Always broil all meat or chicken
10. Remember to remove all traces of high calories fat from meat and chicken.
11. You may only use pepper or lemon juice to season food. (Use salt only sparingly because it tends to increase fluid retention.
12. If you don't already have one, invest in a good bathroom scale. It will give you confidence to watch the needle monitoring your rapid weight loss. Don't talk about it! The less you say about your diet, the better.
13. Keep a diet journal to record your weight and what you eat. It will help you gain insight into the circumstances and times of day when you may need to make an extra effort to stay on course.