

## MAYO CLINIC DIET

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I tried this diet several years ago when I weighed 148 lbs and lost 12 lbs but never did get down to 120. I didn't stick with it every day. See bottom of page. I thought It may be of interest to someone.

This fast diet is given to obese patients scheduled for heart surgery.

In 2 ½ months you should loose 52 lbs. IF followed strictly.

### BREAKFAST:

\*½ Cup of Grapefruit or ½ grapefruit. UNSWEETENED (You can use artif. Sweetener)

2 Eggs any style

2 slices Turkey Bacon or (similar amount of any meat)

### LUNCH:

\* Grapefruit

Large Salad (mixed greens) - any dressing

Meat or Fish (no pork) Any amount.

### DINNER:

Same as lunch except sub. Salad with any cooked green or red veggie.

Can cook veggies in butter. Any amount.

BEDTIME SNACK: One or the other: 1 cup or skim milk, decafe coffee or tea, tomato juice, or sugar free drink. (Can add 1 tbs. Sugar free choc. Syrup to milk)

### INSTRUCTIONS:

DO NOT EAT BETWEEN MEALS. If you eat the combination of foods suggested you will not get hungry.

AT ANY MEAL YOU MAY EAT UNTIL YOU ARE FULL! Double any portions until you are filled.

1. DO NOT OMIT THE GRAPEFRUIT. It is the catalyst that starts the burning (of fat) process.

2. DO NOT ILIMINATE (or omit) ANYTHING FROM THE MEALS. The combination of foods is what fat.

3. Coffee effects the effects the insulin balance that hinders the burning process. DRINK NO MORE THAN ONE CUP PER DAY. DRINK AT LEAST 4 CUPS OF WATER EACH DAY (preferable before meals).

4. This diet will not work unless you CUT OUT ALL DESERTS, BREADS, WHITE VEGGIES, SUCH AS CELERY, WHITE ONIONS, POTATOES, CORN, & SWEET POTATOES. NO FRUIT. All fruit has sugar in it.

YOU MAY EAT: Lettuce, Swiss Chard, Spinach, Cabbage, Red / Green Onions, Broccoli, Beets, Carrots, Tomatoes, Radishes, Bell Peppers, & Cucumbers. You may use any type of dressing and butter on veggies.

TO MAKE THE MEAL MORE INTERESTING: Combine veggies in salads or soups with bits of meat or fry in butter.

STAY ON THE DIET FOR 12 DAYS then stop for 2 days. You can lose 10 lbs in 10 days but will not start losing until the 4th day. You will lose .75 or 2/3 lb. every day until you reach your desired weight.

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My personal results - Rhoda

I started on this diet on June 23rd. One week before that I weighed 150 lbs. I worked out in the garden, sweated a lot and lost a couple lbs. I weighed in at 148 on the 23rd. My weight loss has been: 6/25 = 147,

6/27 = 146, 6/29=145, 7/1=144, 7/2=143, 7/5=142. As you can see I have lost 8 lbs. I admit I did get a jump start by exercising. I haven't kept up the exercising every day as much since I've been involved in other things. I've kept a daily record and set a goal of 120 lbs to reach by 20th of August. Summer months are the best time to work on weight loss since one usually do more activities than in winter months. I didn't keep strictly to the diet. I'm not a breakfast person, and usually 2 meals per day is sufficient for me. So I had a hot drink for breakfast. Sometimes coffee, or skim milk with a little sugarless choc. syrup.

Then I had my breakfast around noon. Then I had my other meal around 6 pm. I had a sugarless drink for snack sometime during the meals and drink more water than I usually did. I kept a daily check on my scales. Seeing the loss kept me motivated. I was seldom hungry, and after the first 4 days began to have more energy than usual. One of the things that elated me was I lost my craving for sweets. That's a big plus. I am going to try to get more exercise to tone up my muscles as I loose...droopy skin is not very attractive.

I hope you get started soon and GOOD LUCK. Just stick to it and you'll lose too.