Jorie Weight Loss Center

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Four Day Diet

BREAKFAST EVERY DAY – Large Grapefruit or Grapefruit Juice, Black Coffee

1ST DAY LUNCH

2 Hard Boiled Eggs
String Beans
½ Grapefruit

1ST DAY DINNER

Broiled Steak
Lettuce Salad
Tomato
Celery
Apple

2ND DAY LUNCH

Medium Portion of Spinach
String Beans
Warm Stewed Apples
(Applesauce may be substituted)

2ND DAY DINNER

Broiled Lamb Chop
(Substitute hamburger)
¼ Head of Lettuce
Large Glass of Tomato Juice

3RD DAY LUNCH

Lettuce, Tomato and Celery Salad
Medium Slice of Roast Beef
(Substitute Hamburger)
Apple

3RD DAY DINNER

Broiled Chicken
Stewed Tomatoes
Large glass of Prune Juice

4TH DAY LUNCH

2 Eggs Scrambled or Hard Boiled
String Beans
Tomato Juice

4TH DAY DINNER

Broiled Steak
Head Lettuce
Pineapple (Fresh or Canned)

MUST BE FOLLOWED EXACT

THIS DIET WORKS ON A CHEMICAL BREAKDOWN AND IS PROVEN TO BE EFFECTIVE. DO NOT VARY OR SUBSTITUTE ANY OF THE ABOVE FOODS. SALT AND PEPPER ONLY MAY BE USED. NO OTHER SEASONING. WHERE NO QUANTITY IS GIVEN THERE IS NO RESTRICTION OTHER THAN COMMON SENSE. THIS IS TO BE USED FOR FOUR DAYS AT A TIME. IN FOUR DAYS YOU CAN LOSE UP TO 10 LBS. AFTER FOUR DAYS OF DIETING, YOU CAN FOLLOW YOUR REGULAR DIET. REPEAT AGAIN AFTER A WEEK.