

13 DAY DIET PLAN

This 13 day diet is hard, but effective, to burn off fat. After 13 days you can eat normally without putting on weight for 2 years.

In the first week after the diet, you may put on a little weight but this will regulate after a while. This is not a traditional diet, but will increase metabolism and will be good after the diet is finished.

If you follow this diet, you will lose all excess fat, between 7kg - 20kg! The diet must be followed for 13 days. No more, no less. If during the diet you drink beer or wine, eat sweets or chewing gum, or any extra food, then you must stop immediately, or it will not work at all. All the hard work up until then will nullify itself in your body chemistry. If you break this diet, you cannot start again for 6 months. If you follow it step by step over 13 days, you **CANNOT** follow this diet again for another two years (because of the shake-up to your metabolism).

After 13 days you can eat normally, but recommend one or two days a week of sensible eating.

You may use garlic, oregano or any other pepper, seasoning
BUT NO SALT ON THIS DIET.

DAY	BREAKFAST	LUNCH	DINNER
Throughout this diet you may supplement beef/salmon/lamb with 250g of chicken			
1	Large cup of black tea or coffee	1 Hard boiled egg	100g Beef (grilled, no butter or fat)
	1 spoon sugar (very NB must be taken)	1 pkt frozen spinach (200g) boiled in water	Lettuce with lemon dressing
		1 tomato	
2	Large cup of black tea or coffee	150g ham	100g Beef (grilled, no butter or fat)
	1 spoon sugar (very NB must be taken)	1 natural yoghurt (fat free)	Lettuce with lemon dressing
			1 fruit
3	Large cup of black tea or coffee	2 hard boiled eggs	Boiled celery) can make a
	1 spoon sugar (very NB must be taken)	1 slice of ham	1 tomato) soup
	1 slice dry toast	spinach and tomato	1 fruit
4	Large cup of black tea or coffee	200ml orange juice or an apple	1 Hard boiled egg
	1 spoon sugar (very NB must be taken)	1 natural yoghurt (fat free)	1 Large grated carrot
	1 slice dry toast		100ml cottage cheese
(Can Loose 4kg by this day)			
5	NO TEA OR COFFEE !	150G Salmon with lemon	100g Grilled beef
		(can be cooked with 1 dessertspoon butter)	Lettuce with celery - no dressing
6	Large cup of black tea or coffee	1 Hard boiled egg	150g Chicken breast - grilled or boiled
	1 spoon sugar (very NB must be taken)	1 Grated carrot	Lettuce with lemon dressing
	1 slice dry toast		
7	Large cup of black tea or coffee	NOTHING !!!!!!!!!!!!! Drink Plenty of Water	200g Grilled lamb cutlets
	NO SUGAR		1 Apple

DAY	BREAKFAST	LUNCH	DINNER
<i>Throughout this diet you may supplement beef/salmon/lamb with 250g of chicken</i>			
8	Large cup of black tea or coffee	2 Hard boiled eggs	200g Grilled beef
	1 spoon sugar (very NB must be taken)	200g Frozen spinach boiled in water	Lettuce with lemon dressing
		1 Tomato	
9	Large cup of black tea or coffee	1 Slice ham	200g Grilled beef
	1 spoon sugar (very NB must be taken)	1 Natural Yoghurt (fat free)	Lettuce with lemon dressing
10	Large cup of black tea or coffee	2 Hard boiled eggs	Boiled celery) can make a
	1 spoon sugar (very NB must be taken)	1 Slice ham	1 tomato) soup
	1 slice dry toast	Lettuce with lemon dressing	1piece of fruit
11	Large cup of black tea or coffee	200ml orange juice or an apple	1 Hard boiled egg
	1 spoon sugar (very NB must be taken)	1 natural yoghurt (fat free)	1 Large grated carrot
	1 slice dry toast		200ml Cottage cheese
12	NO TEA OR COFFEE !	200g Salmon, boiled with lemon or grilled	200g Grilled beef
	1 Grated carrot with lemon	with 1 spoon butter	Lettuce and celery - no dressing
13	Large cup of black tea or coffee	2 Hard boiled eggs	250g Chicken breast - grilled or boiled
	1 spoon sugar (very NB must be taken)	1 Grated carrote with lemon	Lettuce with lemon dressing
	1 slice dry toast		

CONGRATULATIONS !!! YOU'VE MADE IT

Now remember this is a metabolic diet do not go and mess up all the good you have just done. EAT SENSIBLY AND HEALTHILY

You cannot do this diet again for another two years! TAKE CARE OF YOUR BODY - IT'S THE ONLY ONE YOU HAVE.