



3 Day Diet Shopping List

- Coffee or black tea
- Sweet & Low or Equal artificial sweetener or Stevia powder
- 1 Grapefruit
- Peanut butter or almond butter
- 1 package of sliced bread (whole wheat is recommended)
- 6 5oz cans of tuna in water (need total of at least 20 ounces)
- 3 ounces of boneless turkey or chicken breast, or any other lean meat
- 6 medium sized carrots
- 2 apples
- 2 cups of green beans
- 1 pint of vanilla ice cream
- Eggs
- 2 bananas
- 1 container of cottage cheese (at least 1 cup)
- 1 box of regular saltine crackers
- 2 beef franks
- 1 cabbage or 1 broccoli
- Cheddar cheese (at least 1 ounce)
- 1 Melon (whole or at least 1 cup)
- 1 cauliflower
- Any other zero calorie herbal tea



3 Day Diet Menu

Day 1

Breakfast

- Black tea or coffee (with Sweet & Low or Equal) - 2 calories
- ½ grapefruit (or juice) - 41 calories
- Peanut butter (1 tbsp) - 94 calories
- Toast (1 piece) - 80 calories

Lunch

- Black tea or coffee (with Sweet & Low or Equal) - 2 calories
- Tuna (½ cup) - 90 calories
- Toast (1 piece) - 80 calories

Dinner

- Chicken or any lean meat (3 ounces) - 142 calories
- Carrots (1 cup) - 52 calories
- 1 apple - 120 calories
- Green beans (1 cup) - 31 calories
- Vanilla ice cream (1 cup) - 290 calories



Day 2

Breakfast

- Black tea or coffee (Sweet & Low or Equal) - 2 calories
- 1 egg - 80 calories
- ½ banana - 60 calories
- Toast (1 piece) - 80 calories

Lunch

- Tuna or cottage cheese (1 cup) - 203 calories
- 8 regular saltine crackers- 96 calories

Dinner

- 2 beef franks - 330 calories
- Cabbage or broccoli (1 cup) - 55 calories
- Carrots (½ cup) - 26 calories
- ½ banana - 60 calories
- Vanilla ice cream (½ cup) - 145 calories



Day 3

Breakfast

- Black tea or coffee (with Sweet & Low or Equal) - 2 calories
- 5 regular saltine crackers - 60 calories
- Cheddar cheese (1 ounce) - 113 calories
- 1 apple - 120 calories

Lunch

- Black tea or coffee (with Sweet & Low or Equal) - 2 calories
- 1 boiled egg - 80 calories
- Toast (1 piece) - 80 calories

Dinner

- Melon (1 cup) - 61 calories
- Tuna (1 cup) - 180 calories
- Cauliflower (1 cup) - 29 calories
- Carrots (1 cup) - 52 calories
- Vanilla ice cream (1/2 cup) - 145 calories



3 Day Diet Food Substitutes

If needed, you can eat the right item instead of the left.

Tuna -> Cottage Cheese

Grapefruit -> Orange

Broccoli -> Cauliflower

Ice Cream -> Yogurt

Carrots -> Beets

Meat/Egg -> Tofu

Crackers -> Toast

Sweet & Low or Equal -> Stevia powder

Peanut Butter -> Almond Butter

Good luck with the 3 day diet!