

# Diet Rules

## General Rules

- Start on a Monday.
- Follow the diet number listed on the chart.
- The weekends are a diet free time. You may continue to follow the diet for that week or eat what you wish.
- Eat all 3 meals and 2 snacks a day (no missing meals).
- Try and eat at the same times each day.
- If you eat anything in place of or in addition to the diet you must write it down on the "diet additions" section of the chart. (Confession)
- Follow the diet for 3 weeks then start over at Day 1. Do this 4 times for a total of 12 weeks.
- At the end of each week (Saturday) read the Eating Reality for the week. These are simple health tips to help your weight loss efforts.

## Snacks

- Eat at least 2 snacks a day.
- One snack each day should be some form of nuts (see Snacks).
- You can eat additional snacks throughout the day or at night as long as you only eat fruits and vegetables. You can eat all the fruits and vegetables you want. Try to get at least 5 servings each day.

## Drinks

- **No** regular sodas or sweetened tea
- Only diet or artificially sweetened drinks
- Or, just drink water (all you want)

# Shopping List

## On hand Items for all 12 weeks

½ gallon skim milk  
1 qt. light mayonnaise  
1 loaf whole wheat bread  
Five 8oz. cans of *Del Monte* Lite syrup peaches, pears, or fruit cocktail (per week)  
Snacks

## Items for Diet #1

1 container of *Quaker* Old Fashioned Oatmeal  
Three 6 oz. cans of *Star-Kist* Lite Tuna packed in water (use ½ can per meal)

## Items for Diet #2

1 box of *Kellogg's* All Bran cereal  
1 dozen large eggs  
1 head of Iceberg lettuce  
Vegetable topping for salad  
Fat Free or Low Fat dressing (any flavor)  
3 packages of 6oz. *Tyson* grilled chicken breast strips fully cooked (use ½ pack per meal)

## Items for Diet #3

1 dozen large eggs  
Five 5 oz. cans of *Tyson* 98% Fat Free Chicken breast packed in water  
5 Fish dinners (*Lean Cuisine, Healthy Choice, Weight Watchers Smart Ones, Lean Gourmet*)

Approximate Cost per Day - \$7.00