

# Daily Menu

Suggested by: Dr. Simeons

## BREAKFAST

- Herbal teas or coffee in any quantity without sugar.
- Only one tablespoon of milk is allowed in a 24 hour period.
- Stevia may be used as a sweetener.



## LUNCH

- 3½ ounces of one type of lean beef, chicken, turkey, veal, white-fleshed fish, lobster, crab, or shrimp. All visible fat must be carefully removed before cooking and the meat must be weighed raw. It should be grilled, steamed or boiled without additional fat.
- One type of vegetable only, chosen from asparagus, spinach, chard, chicory, beet-greens, green salad (lettuce), cabbage, celery, cucumbers, tomatoes, fennel, onions, or red radishes.
- One melba toast.
- An apple, orange, one half grapefruit, or a handful of strawberries.



## DINNER

- One choice from each of the 4 lunch items, but not the same as variety will help with weight loss success.

## DRINKS AND SEASONINGS

- Teas (black, green, or herbal), regular or decaffeinated coffee, plain or mineral water (minimum of 64 ounces a day) are the only drinks allowed, but they may be consumed in any quantity and at all times.
- The juice from only one fresh lemon is allowed daily for any purpose.
- Salt, pepper, vinegar, mustard powder, garlic, sweet basil, parsley, thyme, cayenne pepper and other spices that do not contain sugar are allowed, but oil, butter or dressings are not allowed.

## SNACKS BETWEEN MEALS

Fruit or the melba toast may be eaten between meals instead of with lunch or dinner, but no more than four items listed for lunch or dinner may be eaten at one meal. Do not eat pre-packaged or oily snacks, sweet treats, or other food items not stated on this diet.



## NUTRITIONAL SUPPLEMENTS AND MEDICINES

- Nutritional supplements will be taken as follows:
  - **THE FAT BURNER INJECTION** – B vitamins and lipotropic agents – once a week.
  - **CATALYN** – a multi-vitamin – 3 tablets, 3 times a day.
  - **LIVER PROTECT** – liver support – 2 tablets, twice a day.
  - **PROBIO-MAX** – a probiotic for colon cleanse – 1 capsule a day.
- Prescription medicines must be discussed with the doctor.

