

7-DAY DIET®



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7-DAY DIET

FOLLOW PROGRAM FOR 7 DAYS

START OVER ON THE 8th DAY

FOR YOUR BENEFIT: check with a physician before starting any diet in order to insure success. He may feel that your weight problem could be better handled with special medical treatment.

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TIPS...

Take small servings and omit seconds. No matter how many calories there are in a serving of food, a smaller serving – or fewer servings, means fewer calories. Chew all your food slowly (good for digestion even if your weight is normal).

Substitute low-calorie foods for high-calorie ones. But you do not have to completely omit your favorite high-calorie foods...just eat them less often and have smaller servings.

Budget your calories to allow for special occasions, such as parties. Save on calories at other meals, so you can afford extra calories for these events.

Never skip meals; skipping a meal often leads to unplanned snacking, which can lead to more calories than you want – and less of some of the nutrients you need.

It's okay to change the suggested diet around, to fit your particular needs – but make sure the foods you substitute have the same number of calories. Also, make sure that the substitute is within the same food group.

Once you have reached the weight that is best for you, you will be able to eat a little more food. Continue to choose foods with an eye to calorie values, so you will not go back to the old eating habits that resulted in unwanted pounds.

Between meals (snacks), have all the beverages you care to drink: one cal pop, coffee and tea. Use stevia for sweetening.

First thing in the morning, weigh your-self after urination and before eating and drinking. It's the most encouraging time, since you've slept off an ounce or two during the night.

Drink an 8 ounce glass of water five minutes before each meal.

Take a ½ hour walk after each meal.

Eat to live; don't live to eat!

Decide what your biggest weakness is and avoid it completely!

Put away your large dinner plates and eat off salad plates. This way, if you tend to fill your plate, it won't hurt as much!

Don't shop for food when you're hungry! Remember, dieting starts in the grocery store so don't bring those calories home in the first place!

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Day One

BREAKFAST

½ cup diced cantaloupe
1 medium egg, poached on 1 slice whole wheat toast

SNACK

1 cup bouillon, hot or on-the-rocks
2 wheat thins

LUNCH

½ hard-cooked egg
3 rye thins
Mixed Vegetable Salad

SNACK

½ cup fresh sliced peaches
2 wheat thins

DINNER

1 medium lean burger, no bun
½ cup stewed tomatoes
½ cup medium potato, baked, topped with
1 tsp sour cream and 1 tsp chopped chives
8 small lettuce leaves with oregano and 1 tsp
Vinegar
2/3 cup fresh blackberries

Day Two

BREAKFAST

½ small grapefruit
1 medium bran or corn muffin with 1 tsp
butter

SNACK

½ cup tomato juice
1pc. 100% Whole Wheat Toast

LUNCH

4 Ritz crackers
Mixed Vegetable Salad

SNACK

½ cup onion soup
2 stalks celery

DINNER

5 oz. lean pot roast
2 halves medium tomato, broiled with 2 tsp
Grated Parmesan cheese
½ cup cooked spinach with garlic salt and
Lemon wedge
1 medium cucumber, sliced with 2 tsp lo-cal
French dressing
1 medium fresh peach

Day Three

BREAKFAST

½ cup orange juice
2/3 cup bran flakes with 1 tsp sugar and ½ cup
Skim milk

SNACK

16 oz water
1 peach

LUNCH

½ average chicken breast
Large All Vegetable Salad

SNACK

½ medium cucumber, sliced
2 slices turkey

DINNER

½ cup noodle soup
1 green pepper, baked, stuffed with 4 oz
Ground round
½ cup cooked beets
½ cup skim milk

*****REMEMBER TO SWEETEN WITH STEVIA IF DRINKING TEA OR
COFFEE*****

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Day Four

BREAKFAST

½ cup diced cantaloupe
1 medium egg, poached on 1 slice whole wheat toast

LUNCH

½ hard-cooked egg
3 rye thins
Mixed Vegetable Salad

SNACK

½ cup fresh sliced peaches
2 wheat thins

DINNER

1 medium lean burger, no bun
½ cup stewed tomatoes
½ cup medium potato, baked, topped with
1 tsp sour cream and 1 tsp chopped chives
8 small lettuce leaves with oregano and 1 tsp
Vinegar
2/3 cup fresh blackberries

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Day Five

BREAKFAST

½ small grapefruit
1 medium bran or corn muffin with 1 tsp
butter

SNACK

½ cup tomato juice
1pc. 100% Whole Wheat Toast

LUNCH

Large Mixed Vegetable Salad

SNACK

½ cup Vegetable soup
2 stalks celery

DINNER

5 oz. Baked Chicken Breast
2 halves medium tomato, broiled with 2 tsp
Grated Parmesan cheese
½ cup cooked spinach with garlic salt and
Lemon wedge
1 medium cucumber, sliced with 2 tsp lo-cal
French dressing
1 medium fresh peach

Day Six

BREAKFAST

½ cup orange juice
2/3 cup Cheerio's with 1 tsp sugar and ½ cup
Skim milk

SNACK

16 oz water
1 Banana

LUNCH

½ average chicken breast
Large All Vegetable Salad

SNACK

1 medium cucumber, sliced
2 slices turkey Breast

DINNER

½ cup Beef Vegetable soup
1 green pepper, baked, stuffed with 4 oz
Ground round
½ cup cooked carrots
½ cup skim milk

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Day Seven

BREAKFAST

½ cup Pineapple
1 medium egg, poached on 1 slice whole wheat toast

SNACK

1 cup Low Sodium Chicken Soup
2 wheat thins

LUNCH

½ hard-cooked egg
1 pc. Whole Wheat Bread
Mixed Vegetable Salad

SNACK

½ cup fresh sliced banana
2 wheat thins

DINNER

1 medium chicken breast
½ cup stewed tomatoes
½ cup medium potato, baked, topped with
1 tsp sour cream and 1 tsp chopped chives
8 small lettuce leaves with oregano and 1 tsp
Vinegar
2/3 cup fresh blackberries

On Day Eight You Start The Diet Over Again Starting With Day One

If you get your doctor's O.K., and decide that this diet is the one for you, don't stay on it any longer than 14 days. The food suggestions I've provided for you won't leave you feeling hungry, but are intended to keep you going on the barest essentials for as long as your diet lasts. You can lose up to 10 pounds! And who knows – maybe the loss of a few extra pounds will encourage you to watch your weight more carefully than before. Just think how great your body will look!

IMPORTANT POINT TO REMEMBER!

If you want to flatten and firm the belly you must safely and properly exercise the abdominal region 5 to 10 Minutes a day!

Failure to do this while following the weight loss diet will result in weight loss but will NOT tighten and firm the BELLY! In fact the belly may actually SAG more if the muscles are not properly strengthened. Www.EatToLiveDiet.Com

If you do NOT like to eat lots of vegetables I have formulated a special tablet that contains the soluble and insoluble fiber from vegetables and fruits. One tablet taken with a glass of water three times a day will NATURALLY help to curb your appetite and give you the needed fiber and bulk for healthy digestion.

My clients have been using this product for 15 years. You can find them on my site Www.EatToLiveDiet.Com



If you want my complete **Weight Loss Made Incredibly Easy**

"7 SUCCESSFUL DIETS AND BELLY FIRMING PROGRAM"

Just go to my site www.EatToLiveDiet.Com and order your copy TODAY!!

Sincerely,

Daniel C. Przyojski

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