

5 days diet (grease-proof) www.vetvrij.com

Every morning		
1 orange or grapefruit		
1 rusk or toast		
coffee or tea without milk and sugar		
	In the afternoon	In the evening
Monday	1 orange or grapefruit 1 boiled egg 2 cups yogurt 2 rusks or toasts	2 tomato 2 eggs half a head of lettuce 2 rusks or toasts
Tuesday	1 orange or grapefruit 1 egg 2 cups of yogurt 2 rusks or toasts	1 fillet steak (tartar) 1 tomato 1 orange or grapefruit 1 rusk or toast 1 cup of yogurt
Wednesday	1 orange or grapefruit 1 egg 2 cups of yogurt 2 rusks or toasts	125 gr filelt steak or roastbief 1 orange or grapefruit 1 cup of yogurt 1 rusk or toast
Thursday	125 gr curd 1 tomato 1 sour gherkin 1 rusk or toast	1 fillet steak (tartar) 2 tomato 1 apple 1 rusk or toast
Friday	200 gr fish by choice 1 tomato 1 rusk or toast	Half a head of lettuce 1 egg 1 tomato

Meat to grill or with special sheet in pan without butter.

Week-end you can eat normally.

Coffee or tea (without milk and sugar) and mineral water can be taken unlimited.

Lettuce can be seasoned with salt, vinegar and oil.

When you keep this diet conscientiously you will loose 10 kilograms in 3 weeks.

You'll stay on this weight if you eat and drink every monday the following:

In the morning 1 glass of water with lemon

In the afternoon 1 apple and 1 rusk or toast

In the evening half a head of lettuce, 1 egg and 1 tomato