

Pilot's Diet—Days 1-5

<p>Pilot's Diet-You could lose 20-60 pounds in one month! Diet does not depend on calories but food chemical interactions. No modifications or replacements allowed. You can eat any quantity unless specified. Drink plenty of water. Veggies may be steamed or boiled with nothing added except salt, pepper, spices, garlic, and onion. No oil, butter, margarine, PAM, etc. Unlimited coffee & tea with artificial sweetener. Limit to 2 diet drinks a day. Can eat any quantity of <u>one</u> (cucumbers, carrots, lettuce) btw meals, but only 2 hours after meal. Regular exercise recommended. You can redo diet by repeating weeks 1 & 4.</p>	<p>Day 1</p> <p>B-½ orange or ½ grapefruit, 1-2 boiled eggs</p> <p>L-one kind of fruit (orange, strawberries, pears apples, plums, cantaloupe, watermelon), as much as you want</p> <p>D-Grilled meat (cut or ground), fat free.</p>
<p>Day 2</p> <p>B-½ orange or ½ grapefruit, 1-2 boiled eggs</p> <p>L-Grilled or boiled chicken (no skin)</p> <p>D-2 boiled eggs, green salad (lettuce, tomato, green pepper, carrots, cucumber), one slice of toast, one orange or grapefruit</p>	<p>Day 3</p> <p>B-½ orange or ½ grapefruit, 1-2 boiled eggs</p> <p>L-one T. fat free cream cheese, one slice of toast and tomato</p> <p>D-Grilled meat (cut or ground), fat free. Green salad (lettuce, tomato, green pepper, carrots, cucumber)</p>
<p>Day 4</p> <p>B-½ orange or ½ grapefruit, 1-2 boiled eggs</p> <p>L-one kind of fruit (orange, strawberries, pears apples, plums, cantaloupe, watermelon)</p> <p>D- Grilled meat (cut or ground), fat free. Green salad (lettuce, tomato, green pepper, carrots, cucumber)</p>	<p>Day 5</p> <p>B-½ orange or ½ grapefruit, 1-2 boiled eggs</p> <p>L-2 boiled eggs, boiled vegetable (zucchini, squash, spinach, carrots, green beans, or peas)</p> <p>D-Fish or shrimp (grilled) or 1 can of tuna in water</p>

Pilot's Diet—Days 6-11

<p>Day 6</p> <p>B-½ orange or ½ grapefruit, 1-2 boiled eggs</p> <p>L- one kind of fruit (orange, strawberries, pears apples, plums, cantaloupe, watermelon), as much as you want</p> <p>D- Grilled meat (cut or ground), fat free. Green salad (lettuce, tomato, green pepper, carrots, cucumber)</p>	<p>Day 7</p> <p>B-½ orange or ½ grapefruit, 1-2 boiled eggs</p> <p>L-Grilled or boiled chicken (no skin) boiled or steamed vegetables (zucchini, squash, spinach, carrots, green beans, or peas) one orange or grapefruit.</p> <p>D-Boiled or steamed vegetables (zucchini, squash, spinach, carrots, green beans, or peas)</p>
<p>Day 8</p> <p>B-½ orange or ½ grapefruit, 1-2 boiled eggs</p> <p>L-2 boiled eggs, one orange or grapefruit</p> <p>D-2 boiled eggs, one orange or grapefruit</p>	<p>Day 9</p> <p>B-½ orange or ½ grapefruit, 1-2 boiled eggs</p> <p>L- Grilled meat (cut or ground), fat free. Green salad (lettuce, tomato, green pepper, carrots, cucumber)</p> <p>D- 2 boiled eggs, one orange or grapefruit</p>
<p>Day 10</p> <p>B-½ orange or ½ grapefruit, 1-2 boiled eggs</p> <p>L-Grilled meat and cucumbers</p> <p>D- 2 boiled eggs, one orange or grapefruit</p>	<p>Day 11</p> <p>B-½ orange or ½ grapefruit, 1-2 boiled eggs</p> <p>L- 2 boiled eggs, 1 T. fat-free cheese, and boiled or steamed veggies (zucchini, squash, spinach, carrots, green beans, or peas)</p> <p>D- 2 boiled eggs, boiled or steamed veggies (zucchini, squash, spinach, carrots, green beans, or peas)</p>

Pilot's Diet—Days 12-17

<p>Day 12</p> <p>B-½ orange or ½ grapefruit, 1-2 boiled eggs</p> <p>L-Grilled or boiled fish or shrimp</p> <p>D- 2 boiled eggs</p>	<p>Day 13</p> <p>B-½ orange or ½ grapefruit, 1-2 boiled eggs</p> <p>L-Grilled meat, tomato, one orange or grapefruit</p> <p>D-mixture of fresh fruit (orange, cantaloupe, plum, apples, watermelon)</p>
<p>Day 14</p> <p>B-½ orange or ½ grapefruit, 1-2 boiled eggs</p> <p>L-Grilled or boiled chicken (no skin), tomato, one orange or grapefruit</p> <p>D- Grilled or boiled chicken (no skin), tomato, one orange or grapefruit</p>	<p>Day 15</p> <p>B-½ orange or ½ grapefruit, 1-2 boiled eggs</p> <p>ALL DAY LONG: Any kind of fruits, any quantity, and time (excluding grapes, mango, dates, bananas, figs)</p>
<p>Day 16</p> <p>B-½ orange or ½ grapefruit, 1-2 boiled eggs</p> <p>ALL DAY LONG: Any kind of boiled or steamed vegetables and any kind of green salad, in any quantity and time</p>	<p>Day 17</p> <p>B-½ orange or ½ grapefruit, 1-2 boiled eggs</p> <p>ALL DAY LONG: Any kind of boiled or steamed vegetables and any kind of green salad, in any quantity and time, and any kind of above mentioned fruit.</p>

Pilot's Diet—Days 18-23

<p>Day 18</p> <p>B-½ orange or ½ grapefruit, 1-2 boiled eggs</p> <p>ALL DAY LONG-Grilled or boiled fish or shrimp, any quantity, any time, with lettuce.</p>	<p>Day 19</p> <p>ALL DAY LONG: Grilled or boiled meat (no fat) or grilled or boiled chicken, any quantity and time, with boiled or steamed vegetables.</p>
<p>Day 20</p> <p>ALL DAY LONG: One kind of fruit is permitted and you have to choose one of the following (apples, pears, plums, apricots, and guava) for two consecutive days in any quantity and at any time.</p>	<p>Day 21</p> <p>ALL DAY LONG: One kind of fruit is permitted and you have to choose one of the following (apples, pears, plums, apricots, and guava) for two consecutive days in any quantity and at any time.</p>
<p>Day 22</p> <p>During this week you can have only specified items and quantities but in any combination and at any time:</p> <p>4 pieces of grilled or boiled meat or ¼ boiled or grilled chicken (no skin) 3 tomatoes and 4 cucumbers 1 can of tuna in water 1 piece of toast 1 orange or grapefruit</p>	<p>Day 23</p> <p>During this week you can have only specified items and quantities but in any combination and at any time:</p> <p>2 pieces of grilled or boiled meat (up to 18 ounces) 3 tomatoes and 4 cucumbers 1 piece of toast 1 fruit (apple, pear, guava, 1 slice cantaloupe or watermelon) 1 orange or grapefruit</p>

Pilot's Diet—Days 24-28

<p>Day 24</p> <p>During this week you can have only specified items and quantities but in any combination and at any time:</p> <ul style="list-style-type: none">1 T. fat free cheese2 tomatoes and 2 cucumbers1 can of tuna in waterSmall bowl of steamed vegetables1 piece of toast1 orange or grapefruit	<p>Day 25</p> <p>During this week you can have only specified items and quantities but in any combination and at any time:</p> <ul style="list-style-type: none">½ boiled or grilled chicken (no skin)3 tomatoes and 4 cucumbers1 piece of toast1 orange or grapefruit1 fruit previously mentioned
<p>Day 26</p> <p>During this week you can have only specified items and quantities but in any combination and at any time:</p> <ul style="list-style-type: none">2 boiled eggs1 head lettuce and 3 tomatoes1 orange or grapefruit	<p>Day 27</p> <p>During this week you can have only specified items and quantities but in any combination and at any time:</p> <ul style="list-style-type: none">2 boiled or grilled chicken breasts (no skin)1 T. fat free cheese2 tomatoes and 2 cucumbers1 piece of toast1 orange or grapefruit
<p>Day 28</p> <p>During this week you can have only specified items and quantities but in any combination and at any time:</p> <ul style="list-style-type: none">1 T. fat free cheese1 can tuna in waterSmall bowl steamed veggies1 piece of toast or ¼ pita1 orange or grapefruit	<p style="text-align: center;">Good Luck!</p>