

# 28 Day Diet

Loose Up To 37 Pounds In 28 Days  
Visit: [www.GetAdvice.info/28daydiet](http://www.GetAdvice.info/28daydiet)



# Important Information

- Make sure to drink plenty of water
- Vegetables must be steamed or boiled in water without adding any chicken cubes or broth, but you can add pepper, salt, spices, garlic and onions.
- Do not use any kind of oils, pats of butter or margarine
- You can have tea and coffee at any time but with no sugar (you can use artificial sweetener).
- You can drink on or two glasses of any diet soda.
- If you feel hungry, you can eat any quantity of cucumbers, lettuce, or carrots according to the following guidelines: \*\*You can eat them only after 2 hours have passed since the main meal. \*\*You can eat only one kind of these vegetables between meals.
- This diet must be followed strictly as specified. If you miss one day you have to start the diet again for the beginning of the first day.
- Regular exercise is highly recommended- inside or out the house, during the diet.
- A numeric weight balance is recommended to give a better reading for your weight loss; the best time to weigh is in the morning after your shower.
- You should strictly follow the diet as is, without replacing the breakfast meal with lunch or dinner or vice versa.
- At the end of your diet, you will feel full even after eating small amounts of food, and you will be able to keep your new weight for many months and even many years, but with moderate eating of sugar and carbohydrates (bread, rice, potato, etc.)
- You can redo this diet by repeating the first week and the fourth week twice.

# Directions For The 28-Day Diet

- Weigh yourself at the beginning of this diet and also when you finish it (4 weeks); and you will be thrilled to find how much weight you have lost.
- This diet does not depend on calories, but upon the vital chemical interactions in your body. That is why it should be done with extreme accuracy and maintained with strict compliance to the quantities specified. Also, do not replace any kind of food with another even if you omit any food specified for each day.
- You can eat any quantity of each item that makes up a meal until you feel full.
- This diet is recommended for all ages without any need to take any type of vitamins or minerals.

# **Warning!**

**You must follow the exact steps outlined in this video. If you miss any component or one day with this diet you must start over from the beginning. However if you follow this diet system exactly you will be amazed at the results you receive.**

# The Risk Of Not Having A Healthy Diet

- **Overweight**
- **Coronary Heart Disease**
- **High blood pressure**
- **non-insulin dependent diabetes**
- **Constipation**
- **Joint pain**
- **Being out of breath**

Your risks multiply if you eat too much animal fat, smoke, drink alcohol and take very little exercise. However following the 28 day diet will help avoid these risk and will reduce your weight fast.

# Day 1: 28 Day Diet

## 1. Breakfast

- ½ Orange or Grapefruit -



- 1-2 Boiled Eggs -



- ## 3. Dinner – Grilled meat only completely fat free (mutton or lamb not allowed)

- Cut or Ground -



- ## 2. Lunch – Have as much of one fruit that you like, choose one of the fruits below .

- Orange, Strawberry, Pears, Apples, Plums, Cantaloupe, Watermelon



# Day 2: 28 Day Diet

## 1. Breakfast

- ½ Orange or Grapefruit - 
- 1-2 Boiled Eggs - 

2. Lunch – Grilled or boiled chicken only. Make sure skin is removed.



3. Dinner – 2 boiled eggs, green salad(lettuce, tomato, green pepper, carrots, cucumber), One slice of toast or pita and one orange or grape fruit.



# Day 3: 28 Day Diet

## 1. Breakfast

- ½ Orange or Grapefruit - 
- 1-2 Boiled Eggs - 

2. Lunch – One tablespoon of fat free cream cheese,  
A slice of toast with tomato.



3. Dinner – Grilled meat (cut or ground),  
green salad (lettuce, tomato, green  
pepper, carrots, cucumber)





# Day 4: 28 Day Diet

## 1. Breakfast

- ½ Orange or Grapefruit - 
- 1-2 Boiled Eggs - 

2. Lunch – Have as much of **one fruit** that you like, choose one of the fruits below .

- Orange, Strawberry, Pears, Apples, Plums, Cantaloupe, Watermelon



3. Dinner – Grilled meat (cut or ground), green salad (lettuce, tomato, green pepper, carrots, cucumber)



# Day 5: 28 Day Diet

## 1. Breakfast

- ½ Orange or Grapefruit - 
- 1-2 Boiled Eggs - 

2. Lunch – 2 boiled eggs, broiled vegetables(zucchini, squash, spinach, carrots, green beans, or peas) .



3. Dinner – Grilled Fish, Shrimp or 1 can of tuna in water. (Choose 1 of the 3)



# Day 6: 28 Day Diet

## 1. Breakfast

• ½ Orange or Grapefruit -



• 1-2 Boiled Eggs -



3. Dinner – Grilled meat (cut or ground),  
green salad (lettuce, tomato, green  
pepper, carrots, cucumber)



2. Lunch – Have as much of **one fruit** that you like,  
choose one of the fruits below .

• Orange, Strawberry, Pears, Apples, Plums,  
Cantaloupe, Watermelon



# Day 7: 28 Day Diet

## 1. Breakfast

- ½ Orange or Grapefruit - 
- 1-2 Boiled Eggs - 

**3. Dinner** – Boiled or steamed vegetables (zucchini, squash, spinach, carrots, green beans, or peas).



**2. Lunch** – Grilled or boiled chicken. Boiled or steamed vegetables (zucchini, squash, spinach, carrots, green beans, or peas), and one orange or grape fruit.

# Day 8: 28 Day Diet

## 1. Breakfast

- ½ Orange or Grapefruit - 
- 1-2 Boiled Eggs - 

## 2. Lunch – 2 boiled eggs and one orange or grapefruit.



## 3. Dinner – 2 boiled eggs and one orange or grapefruit.



# Day 9: 28 Day Diet

## 1. Breakfast

- ½ Orange or Grapefruit - 
- 1-2 Boiled Eggs - 

2. Lunch – Grilled meat (cut or ground), green salad (lettuce, tomato, green pepper, carrots, cucumber).



3. Dinner – 2 boiled eggs and one orange or grapefruit

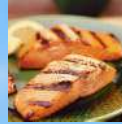


# Day 10: 28 Day Diet

## 1. Breakfast

- ½ Orange or Grapefruit - 
- 1-2 Boiled Eggs - 

2. Lunch – Grilled meat (cut or ground) and cucumbers. (any quantity you want)



3. Dinner – 2 boiled eggs and one orange or grapefruit



# Day 11: 28 Day Diet

## 1. Breakfast

- ½ Orange or Grapefruit - 
- 1-2 Boiled Eggs - 

2. Lunch – 2 boiled eggs, one tablespoon of fat free cream cheese, and boiled or steamed vegetables.



3. Dinner – 2 boiled eggs and boiled or steamed vegetables.



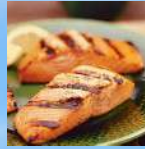


# Day 12: 28 Day Diet

## 1. Breakfast

- ½ Orange or Grapefruit - 
- 1-2 Boiled Eggs - 

## 2. Lunch – Grilled or boiled fish or shrimp .



## 3. Dinner – 2 boiled eggs

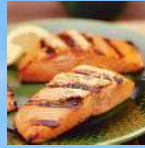


# Day 13: 28 Day Diet

## 1. Breakfast

- ½ Orange or Grapefruit - 
- 1-2 Boiled Eggs - 

## 2. Lunch – Grilled meat, tomato, one orange or grapefruit .



## 3. Dinner – Mixture of fresh fruit (orange, cantaloupe, plum, apples and watermelon).



# Day 14: 28 Day Diet

## 1. Breakfast

- ½ Orange or Grapefruit - 
- 1-2 Boiled Eggs - 

2. Lunch – Grilled or boiled chicken (skin removed), tomato, and one orange or grapefruit.



3. Dinner – Grilled or boiled chicken (skin removed), tomato, and one orange or grapefruit.



# Day 15: 28 Day Diet

## 1. Breakfast

- ½ Orange or Grapefruit - 
- 1-2 Boiled Eggs - 

2. Lunch – Any kind of fruits, any quantity and time (excluding grapes, mango, dates, bananas and figs).



3. Dinner – Any kind of fruits, any quantity and time (excluding grapes, mango, dates, bananas and figs).

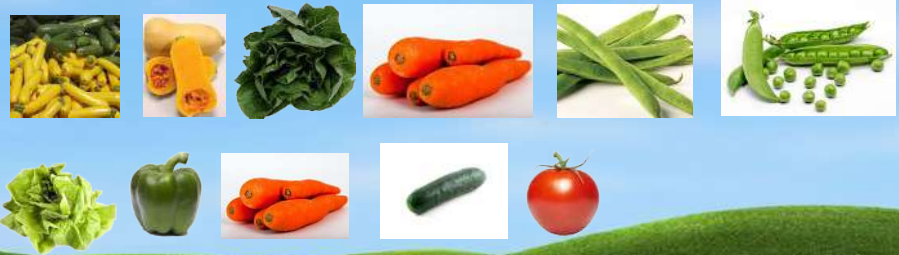


# Day 16: 28 Day Diet

## 1. Breakfast

- ½ Orange or Grapefruit - 
- 1-2 Boiled Eggs - 

2. **Lunch** – Any kind of boiled or steamed vegetables and any kind of green salad, any quantity and time.



3. **Dinner** – Any kind of boiled or steamed vegetables and any kind of green salad, any quantity and time.



# Day 17: 28 Day Diet

## 1. Breakfast

- ½ Orange or Grapefruit - 
- 1-2 Boiled Eggs - 

2. **Lunch** – Any kind of fruit and boiled or steamed vegetables with any kind of green salad, any quantity and time.



3. **Dinner** – Any kind of fruit and boiled or steamed vegetables with any kind of green salad, any quantity and time.



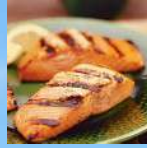
# Day 18: 28 Day Diet

## 1. Breakfast

- ½ Orange or Grapefruit -
- 1-2 Boiled Eggs -



2. Lunch – Grilled or boiled fish or shrimps any quantity, anytime with lettuce.



3. Dinner – Grilled or boiled fish or shrimps any quantity, anytime with lettuce.



# Day 19: 28 Day Diet

## 1. Breakfast

- ½ Orange or Grapefruit - 
- 1-2 Boiled Eggs - 

2. **Lunch** – Any kind of fruit and boiled or steamed vegetables with any kind of green salad, any quantity and time.



3. **Dinner** – Any kind of fruit and boiled or steamed vegetables with any kind of green salad, any quantity and time.





# Day 20 & 21: 28 Day Diet

## 1. Breakfast

- ½ Orange or Grapefruit - 
- 1-2 Boiled Eggs - 

2. **Lunch** – One kind of fruit is permitted and you have to choose one of the following (apples, pears, plums, apricots & guava) for two consecutive days in any quantity and at any time.



3. **Dinner** – One kind of fruit is permitted and you have to choose one of the following (apples, pears, plums, apricots & guava) for two consecutive days in any quantity and at any time.

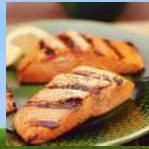


# Day 22: 28 Day Diet

**During this week you can have only the specified quantities for each day but you can eat it in any combination or at any time of the day as you wish.**

- **4 pieces of grilled meat (no fat) or 4 pieces of boiled meat or ¼ of boiled or grilled chicken (no skin).**

- **3 tomatoes and 4 cucumbers**



- **One can of tuna in water**

- **One piece of toast or ¼ toasted Arabic bread (pita)**

- **One orange or grapefruit**

# Day 23: 28 Day Diet

**During this week you can have only the specified quantities for each day but you can eat it in any combination or at any time of the day of as you wish.**

- 2 pieces of grilled meat no more than 18 ounces or 200 grams.
- 3 tomatoes and 4 cucumbers
- One piece of toast or ¼ toasted Arabic bread (pita)
- One fruit (apple, pear, guava, or one slice of cantaloupe or watermelon)
- One orange or grapefruit



# Day 24: 28 Day Diet

**During this week you can have only the specified quantities for each day but you can eat it in any combination or at any time of the day as you wish.**

- One tablespoon of fat free cream cheese.
- One can of tuna in water
- 2 tomatoes and 2 cucumbers
- One piece of toast or  $\frac{1}{4}$  toasted Arabic bread (pita)
- One orange or grapefruit



# Day 25: 28 Day Diet

**During this week you can have only the specified quantities for each day but you can eat it in any combination or at any time of the day as you wish.**

- **½ boiled or grilled chicken (no skin).**
- **3 tomatoes and 4 cucumbers**
- **One piece of toast or ¼ toasted Arabic bread (pita)**
- **One fruit (apple, pear, guava or one slice of cantaloupe or watermelon)**
- **One orange or grapefruit**



# Day 26: 28 Day Diet

**During this week you can have only the specified quantities for each day but you can eat it in any combination or at any time of the day as you wish.**

- **2 boiled eggs.**
- **One head of lettuce and 3 tomatoes**
- **One orange or grapefruit**



# Day 27: 28 Day Diet

**During this week you can have only the specified quantities for each day but you can eat it in any combination or at any time of the day of as you wish.**

- **2 chicken breast (grilled or boiled – no skin)**

- **One teaspoon of fat free cream cheese.**



- **2 tomatoes and 2 cucumbers**

- **One piece of toast or ¼ toasted Arabic bread (pita)**

- **One orange or grapefruit**

# Day 28: 28 Day Diet

**During this week you can have only the specified quantities for each day but you can eat it in any combination or at any time of the day as you wish.**

- One tablespoon of fat free cream cheese.
- One can of tuna in water
- 2 tomatoes and 2 cucumbers
- One piece of toast or  $\frac{1}{4}$  toasted Arabic bread (pita)
- One orange or grapefruit





# Congratulations! You've Finished

- **If you've followed this diet exactly, I'm sure you're happy with your results. Make sure to share this with your friends and family members. This is a proven system that will work for anyone looking to loose weight in a short period of time.**

# To Watch The 28 Day Diet Video

Visit: [www.GetAdvice.info/28daydiet](http://www.GetAdvice.info/28daydiet)

