

# 3 Day Meal Plan

Day 1	Day 2	Day 3
<p><b>BREAKFAST</b>            Black Coffee or Tea            1/2 Grapefruit or Juice            1 Slice of Dry Toast            1 Tbsp. of Peanut Butter</p>	<p><b>BREAKFAST</b>            Black Coffee or Tea            1 Egg            1 Slice of Dry Toast            1/2 Banana</p>	<p><b>BREAKFAST</b>            Black Coffee or Tea            5 Saltine Crackers            1 Oz. of Cheddar Cheese            1 Small Apple</p>
<p><b>LUNCH</b>            Black Coffee or Tea            1/2 Cup of Tuna            1 Slice of Dry Toast or            1 Oz. of Cheddar Cheese</p>	<p><b>LUNCH</b>            Black Coffee or Tea            1 Cup of Cottage Cheese or 1/2 Cup of Tuna            5 Saltine Crackers</p>	<p><b>LUNCH</b>            Black Coffee or Tea            1 Hard-Boiled Egg            1 Slice of Dry Toast</p>
<p><b>DINNER</b>            3 Oz. any Lean Meat            1 Cup String Beans            1 Cup Carrots or Beets            1 Small Apple            1 Cup Vanilla Ice Cream</p>	<p><b>DINNER</b>            2 Beef Franks            1 Cup Cabbage or Broccoli            1/2 Cup Carrots or Turnip Greens            1/2 Banana            1/2 Cup Vanilla Ice Cream</p>	<p><b>DINNER</b>            1 Cup Tuna            1 Cup Beans or Cauliflower            1 Cup Carrots or Beets            1 Cup Melon            1/2 Cup Vanilla Ice Cream</p>