

# Diet With Me - Lose 7 pounds in 7 Days

**Join me so we can support each other.**

Have you - like me - been looking for an effective diet? I have found the right one, and want to start a group, so we can share tips and help each other pull through on tough days. Take a slip at the bottom and check the internet to see if you like it - then get in touch if you want to join. Here's just a short description of the seven days of the diet, *but get your own copy and additional free information at [www.Weightloss77.com](http://www.Weightloss77.com).*

**Day 1... Fruit.**

Eat as much fruit as you want - all kinds except bananas.

**Day 2... Vegetables.**

Eat as many vegetables as you want (raw or boiled) except corn and dry beans. Eat one big baked potato with butter.

**Day 3... Fruit and Vegetables.**

Eat as many vegetables (raw or boiled) except corn, dry beans and potatoes, and as much fruit (except bananas) as you want.

**Day 4... Bananas and Milk.**

Eat max 8 bananas and drink one glass (25cl) of skimmed milk.

**Day 5... Beef and Tomatoes.**

Eat as much steak and tomatoes as you want. At least as much tomato as beef (weight wise). Drink one glass (25cl) of water for every tomato.

**Day 6. Beef and Vegetables.**

Eat as much steak and raw or boiled vegetables as you want (except corn, dry beans and potatoes).

**Day 7... Brown Rice and Vegetables.**

Eat brown rice with vegetables, and drink pure natural fruit juice (freshly pressed orange juice, unfiltered apple juice, etc).

Besides this, there is a recipe of a soup that you are allowed to eat - the more the better... *but get your own copy and additional free information at [www.Weightloss77.com](http://www.Weightloss77.com).*

**We will start the diet on:**

**Please get in touch with:**

**At:**

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