

Grapefruit Diet -12 Day Meal Plan

12 days on – 2 days off

Breakfast 1/2 Grapefruit or 4 oz. Grapefruit Juice (unsweetened) 2 Eggs (any style) 2 Slices Bacon

Lunch 1/2 Grapefruit or 4 oz. Grapefruit Juice (unsweetened) Meat (any style, any amount) Salad (any kind of dressing)

Dinner 1/2 Grapefruit or 4 oz. Grapefruit Juice (unsweetened) Meat (any style, any amount) (fish may be substituted for meat) Vegetables (any green, yellow, or red vegetables cooked in butter or any seasoning)
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Bed Time Snack 1 glass tomato juice or 1 glass Skim milk

Vegetables Allowed Red onions, green onions, bell peppers, radishes, cucumbers, broccoli, spinach, lettuce, cabbage, carrots, peas.
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Vegetables to Avoid White onions, potatoes, celery.
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Instructions

1. At any meal you may eat until you are full – until you can't eat any more.
2. Don't eliminate anything from the diet, especially don't skip bacon at breakfast or omit salads. It is the combination of foods that burn fat.
3. The grapefruit is important because it acts as a catalyst that starts the burning process.
4. Cut down on [caffeine](#)- it affects the insulin balance that hinders the burning process. Try to limit to 1 cup per meal at mealtime.
5. Don't eat between meals. If you eat the combination of food suggested you will not be hungry.
6. Note that the diet completely eliminates sugar and starches, which the body stores excess in the form of fat. It doesn't eliminate fat since fat doesn't form fat; it helps burn it. You can fry food in butter and use butter generously on vegetables.
7. Do not eat desserts, bread, and white vegetables or sweet potatoes. You may double or triple helpings of meat, salad, or vegetables. Eat until you are stuffed. The more you eat of the proper combination of food, the more you lose.