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**Garcinia - 13 day Diet**

The best starting time is on a Sunday, which only gives you one miserable weekend. This allows you to lose min 9Kg, only if it is done strictly. From the 14th day you can start eating normally again, without putting on weight for three years because the diet has altered your metabolism.

Eat your whole-wheat bread with only a scraping of margarine.

Please note that you need to drink a minimum of 2 litres of water per day.

The purpose of this diet is to change your metabolism, with the result that after this diet you can eat normally again. Please note that this is not a traditional crash diet, but a diet to change your metabolism digestion as it continuous working after 13 days.

If the diet is followed in a strict manner, you should lose all excess body fat, between 9-20 kg. This diet must be followed for 13 days only-no longer and no less.

If during the 13 days you consume 1 beer, 1 glass of wine, one piece of chewing gum or any extra food, you might as well stop diet because it becomes pointless and the diet will have no effect in this case, you may try again after 3 months.

If you have followed this diet perfectly for 13 days, you must not repeat it under any circumstances before 12 months have passed.

It is recommended that this diet is repeated every 2 years if so required.

NO MILK OR SUGAR IS ALLOWED, YOU MAY USE SWEETENER, LEMON JUICE, ONIONS AND SALT AND PEPPER

Keys: B – Breakfast L – Lunch D - Dinner

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|  | Diet Menu |
| Day 1 | B:: Coffee ( as much as you like, no sugar)L: 2 boiled eggs , cooked spinach ( as much as you likeD: Grilled Steak ( as much as you like) |
| Day 2 | B: Coffee and w/wheat bread ( as much as you like)L: Grilled Steak, green salad ( cucumber and lettuce) and Quality fruitD: Chicken grilled ( as much as you like) |
| Day 3 | B: Coffee and w/wheat bread ( as much as you like )L:2 boiled eggs, Tomato salad and green beansD:Chicken and green salad |
| Day 4 | B: Coffee and w/wheat bread ( as much as you like)L: Cooked/Raw carrots and cheese ( as much as you like)D: Fruit salad and Natural Yoghurt |
| Day 5 | B: Carrots with lemon and coffeeL: Grilled white Fish and Raw TomatoD: Grilled steak and salad |
| Day 6 | B: Coffee and W/wheat bread ( as much as you like)L: Grilled De-skinned Chicken ( as much as you like)D: 2 boiled eggs and carrots |
| Day 7 | B: Lemon TeaL: Grilled Steak and Fruit ( as much as you like)D: Anything you like ( not even on menu) |
| Day 8 | B: Coffee ( as much as you like, no sugar)L: 2 boiled eggs. Cooked spinach ( as much as you like)D: Grilled Steak ( as much as you like) |
| Day 9 | B: Coffee and w/wheat bread ( as much as you like)L: Grilled steak and green saladD: Chicken breast grilled ( as much as you like) |
| Day 10 | B: Coffee and w/wheat bread ( as much as you like)L: 2 boiled eggs, Tomato salad and green beansD: Chicken breast grilled and green salad |
|   Day 11 | B: Coffee and w/wheat bread ( as much as you like)L: Cooked/ raw carrots and Cheese ( as much as you like)D: Fruit salad and Natural Yoghurt |
| Day 12 | B: Carrots with Lemon and CoffeeL: Grilled white fish and Raw TomatoD: Grilled Steak and green salad |
| Day 13 | B: Coffee and w/wheat bread ( as much as you like) L: Grilled Tomato De-skinned chicken as much as you likeD: 2 boiled eggs and Carrots |