

Butterfield DIET Plan

	Breakfast	Lunch	Dinner	Pudding
Monday	One cornflake toasted with low fat spread Drink hot water.	Small raw potato. Peeled. Salad. Mini lettuce leaf. Drink room temperature water.	Square of low fat turkey breast. Baked bean in low fat tomato sauce. Broccoli shavings. Drink chilled water.	Ice cubes and artificial sweetner.
Tuesday	Follow this diet to the letter, every day.			
Wednesday				
Thursday				
Friday				
Saturday (Treat Day)	Pizza. Birthday pie. Pints o' cream. Pork cylinders. Potato grids. Artificial bacon ("facon"). Large macs. Sandwich casserole. Chocolate quail's eggs. Garlic pudding. Fluffy ruffs. Hoisin crispy owl. Pasta pillows. Bonbonbonbons. McFortune cookies. Discount foie gras. Egg 'n' ham slabs. During-dinner mints. Mystery meat. Quiches lorraine. 20 cheese omlette. <i>Anything goes.</i>			
Sunday (Rest Day)	Rest day			

www.butterfield-diet.com

Weight loss achieved in conjunction with strict fitness regime and calorie-controlled diet