

11 Day MENU

Please **PRINT THIS PAGE by pressing your **PRINT BUTTON**.

*Remember that you can create another menu anytime by **BOOKMARKING OUR SITE**.

VERY IMPORTANT TIP:

Our rules state that you should eat until you feel "satisfied" but never "stuff yourself full". This rule will **make or break** your dieting success so we want to offer you a simple "**guideline**".

Basically, when you finish eating each meal you should "still have some room leftover" (in your stomach) afterward. You should still have enough room left to eat something else if you wanted to, but of course you won't be eating anything else.

*If you have no room leftover to eat something else then that means you've eaten more than necessary. Always eat **slightly less** if you're not sure when to stop eating at each meal -- but you should always feel "satisfied" after eating of course, you should NEVER starve yourself.

*Also, remember that each day's meals **can be eaten in ANY ORDER** (you don't have to eat all 4 meals in order, you can have Meal #1 for dinner and Meal #4 for breakfast if you choose to).

11 Day Diet SHOWN BELOW

(The DIET RULES and the FOOD PREP instructions are shown at end of diet, please be sure and read them)

DAY #1

[Meal #1:](#)

For Meal #1 you may eat any combination of the below foods that you wish **(you may eat all or just 1 of the below foods, it's up to you)**.

*There are NO LIMITS ON PORTIONS (you get to choose how much to eat ---- but please remember that you must eat portions small enough so that you never feel "full", that's the only rule).

- **Hard Boiled Eggs**

- **Cashews**

- **Fruit Salad Dessert**

Meal #2:

For Meal #2 you may eat any combination of the below foods that you wish **(you may eat all or just 1 of the below foods, it's up to you)**.

*There are NO LIMITS ON PORTIONS (you get to choose how much to eat ---- but please remember that you must eat portions small enough so that you never feel "full", that's the only rule).

- **Turkey Slices**

- **Tuna Salad Plate**

- **Fresh Grapes**

Meal #3:

For Meal #3 you may eat any combination of the below foods that you wish **(you may eat all or just 1 of the below foods, it's up to you)**.

*There are NO LIMITS ON PORTIONS (you get to choose how much to eat ---- but please remember that you must eat portions small enough so that you never feel "full", that's the only rule).

- **Ham Slices**

- **Chicken**

Meal #4:

For Meal #4 you may eat any combination of the below foods that you wish **(you may eat all or just 1 of the below foods, it's up to you)**.

*There are NO LIMITS ON PORTIONS (you get to choose how much to eat ---- but please remember that you must eat portions small enough so that you never feel "full", that's the only rule).

- **Bacon Strips**

- **Scrambled Eggs**

- **Frozen Yogurt Dessert**

DAY #2

Today is a day of **FRUIT ONLY** for 3 meals --- plus a **DELI-MEAT Sandwich** for 1 meal.

This means that 3 meals must consist of only FRESH FRUIT and nothing else, and 1 meal must consist of just a sandwich (as shown below).

Meal #1

For Meal #1 you must eat a **DELI MEAT SANDWICH**.

This Sandwich must be made from the below ingredients only:

- **2 Pieces of bread**

This means REGULAR-sized sandwich bread (normal sliced bread).

- **Any deli style MEAT**

(such as roast beef, ham, pastrami, turkey, or any other deli meat).

- **Lettuce, Tomatoes, and Onions are OPTIONAL**

*You don't have to use these condiments, they are optional.

Meal #2, Meal #3 and Meal #4 are explained BELOW:

For **Meal #2**, **Meal #3** and **Meal #4** you must eat FRESH FRUIT chosen from the below list only:

- **Oranges**
- **Pears**
- **Apples**
- **Grapes**
- **Peaches**
- **Plums**
- **Strawberries**

- **Kiwis**
- **Grapefruit**

*All fruit must be fresh fruit, and you may eat as many of these fruits as you wish per meal. There is NO LIMIT on portions either.

DAY #3

Meal #1:

For Meal #1 you may eat any combination of the below foods that you wish **(you may eat all or just 1 of the below foods, it's up to you)**.

*There are NO LIMITS ON PORTIONS (you get to choose how much to eat ---- but please remember that you must eat portions small enough so that you never feel "full", that's the only rule).

- **Regular Cheese Slices**
- **Sausage Links**

Meal #2:

For Meal #2 you may eat any combination of the below foods that you wish **(you may eat all or just 1 of the below foods, it's up to you)**.

*There are NO LIMITS ON PORTIONS (you get to choose how much to eat ---- but please remember that you must eat portions small enough so that you never feel "full", that's the only rule).

- **Hard Boiled Eggs**
- **Cashews**
- **Garden Salad**

Meal #3:

For Meal #3 you may eat any combination of the below foods that you wish **(you may eat all or just 1 of the below foods, it's up to you)**.

*There are NO LIMITS ON PORTIONS (you get to choose how much to eat ---- but please remember that you must eat portions small enough so that you never feel "full", that's the only rule).

- **Turkey Slices**
- **Tuna Salad Plate**

Meal #4:

For Meal #4 you may eat any combination of the below foods that you wish **(you may eat all or just 1 of the below foods, it's up to you)**.

*There are NO LIMITS ON PORTIONS (you get to choose how much to eat ---- but please remember that you must eat portions small enough so that you never feel "full", that's the only rule).

- **Ham Slices**
- **Chicken**
- **Bowl of Oatmeal**

DAY #4

Meal #1:

For Meal #1 you may eat any combination of the below foods that you wish **(you may eat all or just 1 of the below foods, it's up to you)**.

*There are NO LIMITS ON PORTIONS (you get to choose how much to eat ---- but please remember that you must eat portions small enough so that you never feel "full", that's the only rule).

- **Bacon Strips**

- **Scrambled Eggs**

Meal #2:

For Meal #2 you may eat any combination of the below foods that you wish **(you may eat all or just 1 of the below foods, it's up to you)**.

*There are NO LIMITS ON PORTIONS (you get to choose how much to eat ---- but please remember that you must eat portions small enough so that you never feel "full", that's the only rule).

- **Fresh Strawberries**
- **Bowl of Baked Beans**

Meal #3:

For Meal #3 you may eat any combination of the below foods that you wish **(you may eat all or just 1 of the below foods, it's up to you)**.

*There are NO LIMITS ON PORTIONS (you get to choose how much to eat ---- but please remember that you must eat portions small enough so that you never feel "full", that's the only rule).

- **Regular Cheese Slices**
- **Sausage Links**

Meal #4:

For Meal #4 you may eat any combination of the below foods that you wish **(you may eat all or just 1 of the below foods, it's up to you)**.

*There are NO LIMITS ON PORTIONS (you get to choose how much to eat ---- but please remember that you must eat portions small enough so that you never feel "full", that's the only rule).

- **Hard Boiled Eggs**
- **Cashews**

DAY #5

Meal #1:

For Meal #1 you may eat any combination of the below foods that you wish **(you may eat all or just 1 of the below foods, it's up to you)**.

*There are NO LIMITS ON PORTIONS (you get to choose how much to eat ---- but please remember that you must eat portions small enough so that you never feel "full", that's the only rule).

- **Turkey Slices**
- **Tuna Salad Plate**

Meal #2:

For Meal #2 you may eat any combination of the below foods that you wish **(you may eat all or just 1 of the below foods, it's up to you)**.

*There are NO LIMITS ON PORTIONS (you get to choose how much to eat ---- but please remember that you must eat portions small enough so that you never feel "full", that's the only rule).

- **Ham Slices**
- **Chicken**

Meal #3:

For Meal #3 you may eat any combination of the below foods that you wish **(you may eat all or just 1 of the below foods, it's up to you)**.

*There are NO LIMITS ON PORTIONS (you get to choose how much to eat ---- but please remember that you must eat portions small enough so that you never feel "full", that's the only rule).

- **Bowl of Green Vegetables**
- **Fresh Oranges**

Meal #4:

For Meal #4 you may eat any combination of the below foods that you wish **(you may eat all or just 1 of the below foods, it's up to you)**.

*There are NO LIMITS ON PORTIONS (you get to choose how much to eat ---- but please remember that you must eat portions small enough so that you never feel "full", that's the only rule).

- **Bacon Strips**
 - **Scrambled Eggs**
-

DAY #6

Meal #1:

For Meal #1 you may eat any combination of the below foods that you wish **(you may eat all or just 1 of the below foods, it's up to you)**.

*There are NO LIMITS ON PORTIONS (you get to choose how much to eat ---- but please remember that you must eat portions small enough so that you never feel "full", that's the only rule).

- **Regular Cheese Slices**
- **Sausage Links**

Meal #2:

For Meal #2 you may eat any combination of the below foods that you wish **(you may eat all or just 1 of the below foods, it's up to you)**.

*There are NO LIMITS ON PORTIONS (you get to choose how much to eat ---- but please remember that you must eat portions small enough so that you never feel "full", that's the only rule).

- **Fresh Grapefruit**
- **Fresh Apples**

Meal #3:

For Meal #3 you may eat any combination of the below foods that you wish **(you may eat all or just 1 of the below foods, it's up to you)**.

*There are NO LIMITS ON PORTIONS (you get to choose how much to eat ---- but please remember that you must eat portions small enough so that you never feel "full", that's the only rule).

- **Hard Boiled Eggs**
- **Cashews**

Meal #4:

For Meal #4 you may eat any combination of the below foods that you wish **(you may eat all or just 1 of the below foods, it's up to you)**.

*There are NO LIMITS ON PORTIONS (you get to choose how much to eat ---- but please remember that you must eat portions small enough so that you never feel "full", that's the only rule).

- **Turkey Slices**
- **Tuna Salad Plate**

DAY #7

Meal #1:

For Meal #1 you may eat any combination of the below foods that you wish **(you may eat all or just 1 of the below foods, it's up to you)**.

*There are NO LIMITS ON PORTIONS (you get to choose how much to eat ---- but please remember that you must eat portions small enough so that you never feel "full", that's the only rule).

- **Ham Slices**

- **Chicken**

Meal #2:

For Meal #2 you may eat any combination of the below foods that you wish **(you may eat all or just 1 of the below foods, it's up to you)**.

*There are NO LIMITS ON PORTIONS (you get to choose how much to eat ---- but please remember that you must eat portions small enough so that you never feel "full", that's the only rule).

- **Bacon Strips**

- **Scrambled Eggs**

Meal #3:

For Meal #3 you may eat any combination of the below foods that you wish **(you may eat all or just 1 of the below foods, it's up to you)**.

*There are NO LIMITS ON PORTIONS (you get to choose how much to eat ---- but please remember that you must eat portions small enough so that you never feel "full", that's the only rule).

- **Regular Cheese Slices**

- **Sausage Links**

- **Fruit Salad Dessert**

Meal #4:

For Meal #4 you may eat any combination of the below foods that you wish **(you may eat all or just 1 of the below foods, it's up to you)**.

*There are NO LIMITS ON PORTIONS (you get to choose how much to eat ---- but please remember that you must eat portions small enough so that you never feel "full", that's the only rule).

- **Hard Boiled Eggs**

- **Cashews**
-

DAY #8

Today is a day of **VEGETABLES AND SALAD ONLY**

This means that all 4 meals for this day must consist of only VEGETABLES or SALAD and nothing else.

You'll be eating 4 meals (just like other days), but you must choose foods from the below list only:

- **Lettuce**
- **Tomatoes**
- **Cucumbers**
- **Green Beans**
- **Onions**
- **Celery**
- **Carrots**
- **Pinto Beans**
- **Sprouts**
- **Spinach**
- **Broccoli**
- **Zucchini**
- **Squash**
- **Peppers**

You may top each meal with only ONE of the following 2 items (but not both):

1 ounce of Grated Cheese (or)

DAY #9

Meal #1:

For Meal #1 you may eat any combination of the below foods that you wish **(you may eat all or just 1 of the below foods, it's up to you)**.

*There are NO LIMITS ON PORTIONS (you get to choose how much to eat ---- but please remember that you must eat portions small enough so that you never feel "full", that's the only rule).

- **Turkey Slices**
- **Tuna Salad Plate**

Meal #2:

For Meal #2 you may eat any combination of the below foods that you wish **(you may eat all or just 1 of the below foods, it's up to you)**.

*There are NO LIMITS ON PORTIONS (you get to choose how much to eat ---- but please remember that you must eat portions small enough so that you never feel "full", that's the only rule).

- **Ham Slices**
- **Chicken**

Meal #3:

For Meal #3 you may eat any combination of the below foods that you wish **(you may eat all or just 1 of the below foods, it's up to you)**.

*There are NO LIMITS ON PORTIONS (you get to choose how much to eat ---- but please remember that you must eat portions small enough so that you never feel "full", that's the only rule).

- **Fresh Grapes**
- **Frozen Yogurt Dessert**

Meal #4:

For Meal #4 you may eat any combination of the below foods that you wish **(you may eat all or just 1 of the below foods, it's up to you)**.

*There are NO LIMITS ON PORTIONS (you get to choose how much to eat ---- but please remember that you must eat portions small enough so that you never feel "full", that's the only rule).

- **Bacon Strips**
- **Scrambled Eggs**

DAY #10

Meal #1:

For Meal #1 you may eat any combination of the below foods that you wish **(you may eat all or just 1 of the below foods, it's up to you)**.

*There are NO LIMITS ON PORTIONS (you get to choose how much to eat ---- but please remember that you must eat portions small enough so that you never feel "full", that's the only rule).

- **Regular Cheese Slices**
- **Sausage Links**

Meal #2:

For Meal #2 you may eat any combination of the below foods that you wish **(you may eat all or just 1 of the below foods, it's up to you)**.

*There are NO LIMITS ON PORTIONS (you get to choose how much to eat ---- but please remember that you must eat portions small enough so that you never feel "full", that's the only rule).

- **Garden Salad**

- **Bowl of Oatmeal**

Meal #3:

For Meal #3 you may eat any combination of the below foods that you wish **(you may eat all or just 1 of the below foods, it's up to you)**.

*There are NO LIMITS ON PORTIONS (you get to choose how much to eat ---- but please remember that you must eat portions small enough so that you never feel "full", that's the only rule).

- **Fresh Strawberries**

- **Bowl of Baked Beans**

Meal #4:

For Meal #4 you may eat any combination of the below foods that you wish **(you may eat all or just 1 of the below foods, it's up to you)**.

*There are NO LIMITS ON PORTIONS (you get to choose how much to eat ---- but please remember that you must eat portions small enough so that you never feel "full", that's the only rule).

- **Hard Boiled Eggs**

- **Cashews**

DAY #11

Meal #1:

For Meal #1 you may eat any combination of the below foods that you wish **(you may eat all or just 1 of the below foods, it's up to you)**.

*There are NO LIMITS ON PORTIONS (you get to choose how much to eat ---- but please remember that you must eat portions small enough so that you never feel "full", that's the only rule).

- **Bowl of Green Vegetables**

- **Fresh Oranges**

Meal #2:

For Meal #2 you may eat any combination of the below foods that you wish **(you may eat all or just 1 of the below foods, it's up to you)**.

*There are NO LIMITS ON PORTIONS (you get to choose how much to eat ---- but please remember that you must eat portions small enough so that you never feel "full", that's the only rule).

- **Turkey Slices**

- **Tuna Salad Plate**

Meal #3:

For Meal #3 you may eat any combination of the below foods that you wish **(you may eat all or just 1 of the below foods, it's up to you)**.

*There are NO LIMITS ON PORTIONS (you get to choose how much to eat ---- but please remember that you must eat portions small enough so that you never feel "full", that's the only rule).

- **Fresh Grapefruit**

- **Fresh Apples**

Meal #4:

For Meal #4 you may eat any combination of the below foods that you wish **(you may eat all or just 1 of the below foods, it's up to you)**.

*There are NO LIMITS ON PORTIONS (you get to choose how much to eat ---- but please remember that you must eat portions small enough so that

you never feel "full", that's the only rule).

- **Fruit Salad Dessert**
 - **Fresh Grapes**
-

ALLOWABLE DRINKS BELOW:

- **Any Diet Soda**
- **Iced Tea with Lemon**
- **Coffee** (must have less than 10 calories per glass)
- **Water**
- **ANY Low-Calorie Drink** (with less than 10 calories per glass)

These drinks may be consumed **as often as you like each day**, with no limit.

ALLOWABLE CONDIMENTS BELOW:

These condiments may be used on ANY meal:

- **Lemon Juice**
- **Ketchup**
- **Barbecue Sauce**
- **Salsa**

- **Salt**
- **Pepper**
- **Mustard**
- **Seasoning Salts**

*No other condiments are allowed on any meal.

Eating other condiments/sauces can slow down weight loss.

DIET RULES:

The Diet Rules are fairly simple.

*First, **you may eat your 4 Daily Meals in ANY ORDER.**

This means that you don't have to eat MEAL #1 first and MEAL #4 last each day. For example, if you want to eat Meal #3 for breakfast then you can, or if you want to eat Meal #1 for dinner then you can...

You must eat all 4 meals on the day they are scheduled though ---- but you may eat them in ANY ORDER.

Here are the rest of the simple rules:

You will follow this 11 Day menu, and at the end of the 11 Days you may take 3 "Cheat Days" where you can eat ANYTHING YOU WANT for 3 straight days.

Then, after that 3 day period you may GENERATE A NEW 11 DAY MENU by **visiting our site again.**

The new menu will shift foods around differently throughout the 11 Day period, and thus your calories will be shifted around as we mentioned on our web site.

However, you will be allowed to choose many of the same foods if you wish.

Remember that the Diet Generator shifts the "calories" around every 11 Days (by assigning the foods in a different manner every 11 Days), but the overall foods chosen may be the same every 11 Days -- if you want (or they may be different if you like).

***FOOD PREPARATION INSTRUCTIONS are below.**

Please prepare all meals according to the food prep directions shown below.

Hard Boiled Eggs

This means normal Hard-Boiled Eggs

Cashews

You may have regular Cashews, either salted or unsalted

Fruit Salad Dessert

You can prepare this Fruit Salad Dessert by mixing up the following ingredients: Cool Whip Topping, Kiwi Fruit, Watermelon ,Cantaloupe, Pineapples, Apples, Pears, Strawberries, Grapes, Peaches, Bananas, Plums

Turkey Slices

This means slices of deli-style Turkey meat

Tuna Salad Plate

You may prepare your Tuna Salad with any of the following: low fat mayo, mustard, lettuce, onions, or tomatoes

Fresh Grapes

This means regular Fresh Grapes

Ham Slices

This means regular deli-style Ham slices, either full-fat or low-fat

Chicken

This means normally prepared chicken, skinless and non breaded.

Bacon Strips

This means normal Bacon strips

Scrambled Eggs

This means regular Scrambled Eggs, cooked in oil or butter in a pan

Frozen Yogurt Dessert

This means normal Frozen Yogurt Dessert, the kind which looks like ice cream (but no toppings are allowed)

Regular Cheese Slices

This means slices of ANY type of cheese, both full-fat or low-fat is allowed

Sausage Links

This means normal Sausage links

Garden Salad

This means a Salad made with vegetables only (potatoes and corn not allowed) -- and you may have 3 tablespoons of Low Cal Salad Dressing only

Bowl of Oatmeal

This means a bowl of instant/flavored oatmeal -- it can be flavored oatmeal, but no extra sugar is allowed

Fresh Strawberries

This means regular FRESH Strawberries

Baked Beans

This means a bowl of regular Baked Beans

Bowl of Green Vegetables

This means a bowl of any vegetables which are Green in color

Fresh Oranges

This means regular FRESH Oranges

Fresh Grapefruit

This means Fresh Grapefruit

Fresh Apples

This means regular FRESH Apples

Deli Meat Sandwich

This means a Sandwich made with the following ingredients only: 2 normal slices of bread, plus ANY deli-style meat of your choosing (such as ham, pastrami, roast beef, turkey, etc.). *You may optionally add lettuce, tomatoes, or onions if you like (these extra veggies are optional). You may also add mustard, ketchup and any other condiment shown in the ALLOWED CONDIMENTS LIST for this diet

Number of DIFFERENT foods chosen: **22**

Total Food Prep Instructions Printed: **22**

Diet Menu ID: #21457217783