

THE 24-HOUR DIET

So simple that even an adult can follow it!

By Mary R Simms
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THE 24-HOUR DIET

FOREWORD

Welcome to the wonderful world of the **24-HOUR DIET!**

This diet is similar to Alcoholics Anonymous—you take it one day at a time.

The **24-HOUR DIET** is a healthful diet you can use for the rest of your life. It will help you to adjust your eating habits and lose at least half or more of your excess weight--- if you follow it.

The **24-HOUR DIET** is user friendly. No calories to count. No foods are forbidden. No fancy foods to buy and prepare. Easy to follow. Simple to incorporate into your lifestyle. What more could you ask for?

How it works: Each day you are to choose one single serving from each of the 20 categories. Do not repeat that choice for 24 hours. Hence the name: “**THE 24-HOUR DIET**”.

If you live alone and need to cook an item that contains 4 or 6 servings—no problem! Set one serving aside to eat today and freeze the remaining food in one-serving containers to use later.

Make copies as needed of the 1-week chart to keep track of your daily intake. It is simple to determine the size of a single portion of any food. If you purchase processed foods, the label will tell you the exact size of one single serving. If you purchase non-processed foods, then you may have to buy a diet book that lists the size of one serving. If all else fails, please contact me. I love feed-back.

Remember to check off each food item on the diet chart as you go—and don't repeat that food category until the next day. Feel free to skip any of categories on the chart if you wish. It is not necessary to eat something from every one of the 20 categories every day.

The following pages will give you an idea of what is included in each category.

Bon voyage!

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PS—Be sure to check with your doctor before beginning any new diet.

CATEGORY DEFINITIONS

1. **BEVERAGES:** A liquid that contains calories. It can be milk, juice, sugared soft drink, alcoholic, etc. Serving sizes vary—check package label or diet book for amount of single serving.
2. **CHEESE:** Includes cottage cheese, cream cheese, all hard and soft cheeses. Single serving sizes vary from cheese to cheese. Check package label or diet book for amount of single serving.
3. **DESSERT:** Includes sweetened foods---cake, pie, cookies, ice cream, custard, donuts, etc. Check package label or diet book for amount of single serving.
4. **EGGS:** One whole egg or $\frac{1}{4}$ cup of Eggbeaters constitutes a single serving.
5. **FATS:** Solid, soft, or liquid---includes lard, solid shortening, cooking oil, butter, margarine, etc. Serving sizes vary but are usually 1 tablespoonful. Check package label for amount of single serving.
6. **FISH:** Any edible animal that has neither fur nor feathers is included in this category---lobster, shrimp, fish, scallops, crabs, etc. Serving sizes vary---usually 4 ounces. Check package label or diet book for amount of single serving.
7. **FLOUR FOODS:** Any non-sweet food that is primarily composed of flour such as bread, pasta, biscuits, muffins, pancakes, etc. Serving sizes vary—check package label or diet book for amount of single serving.
8. **FRUIT:** Any fruit raw or cooked. Serving sizes vary—check packaging label or diet book for amount.
9. **FRUIT:** Any fruit raw or cooked. Serving sizes vary—check package label or diet book for amount of single serving.
10. **FRUIT:** Any fruit raw or cooked. Serving sizes vary—check package label or diet book for amount of single serving.
11. **MEAT:** Any edible animal that grows hair on its body such as beef, pork, lamb, venison, rabbit, etc. Serving size is usually the size of a deck of cards or 4 ounces. Check package label or diet book for amount of single serving.
12. **MISCELLANEOUS:** Use this category when a food does not fit into any of the other 18 categories. Serving sizes vary—check package label or diet book for amount of single serving.
13. **POTATO:** Any type of potato . Serving sizes vary—check package label or diet book for amount of single serving.

14. **POULTRY:** Any animal that has feathers—such as chicken, turkey, duck, goose, grouse, pheasant, etc. Serving size of poultry is usually 4 ounces or a portion the size of a deck of cards. Check package label or diet book for amount of single serving.
15. **SEEDS/GRAINS:** Includes dry beans, rice, dry peas, cereals, etc. Serving sizes vary—check package label or diet book for amount of single serving.
16. **SNACKS:** Can be sweet, sour, salty, or bitter—as long as it one single serving. Such as chips, pretzels, nuts, candy, dill pickle, chocolate, etc. Serving sizes vary—consult packaging label or diet book for amount of single serving. .
17. **SOUP/ENTRÉE:** Includes all types of soups, stews, foreign dishes, pizza, casseroles, etc. Serving sizes vary—check package label or diet book for amount of single serving.
18. **VEGETABLES:** Any vegetable raw or cooked except potatoes. Serving sizes vary—check package label or diet book for amount of single serving.
19. **VEGETABLES :** Any vegetable raw or cooked except potatoes. Serving sizes vary—check packaging label or diet book or diet book for amount.
20. **VEGETABLES :** Any vegetable raw or cooked except potatoes. Serving sizes vary—check packaging label or diet book for amount.

P.S.

Consume calorie-free items such as water, black coffee, tea, diet soft drinks, etc. at your own discretion.

So there you have it—a simple guide to a slimmer, trimmer, healthier body for the rest of your life! It will take a little adjustment on your part and some getting used to, but the benefits are worth it! ☺

24-HOUR DIET FOOD CHART

CATEGORY	SUN	MON	TUE	WED	THU
FRI SAT					
1) BEVERAGE					

- 2) **CHEESE** | | | | | | | |
- 3) **DESSERT** | | | | | | | |
- 4) **EGGS** | | | | | | | |
- 5) **FATS** | | | | | | | |
- 6) **FISH** | | | | | | | |
- 7) **FLOUR FOODS** | | | | | | | |
- 8) **FRUIT** | | | | | | | |
- 9) **FRUIT** | | | | | | | |
- 10) **FRUIT** | | | | | | | |
- 11) **MEAT** | | | | | | | |
- 12) **MISC.** | | | | | | | |
- 13) **POTATO** | | | | | | | |
- 14) **POULTRY** | | | | | | | |
- 15) **SEEDS/GRAINS** | | | | | | | |
- 16) **SNACK** | | | | | | | |
- 17) **SOUP/ENTREE** | | | | | | | |
- 18) **VEGETABLE** | | | | | | | |
- 19) **VEGETABLE** | | | | | | | |
- 20) **VEGETABLE** | | | | | | | |

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