The British Heart Foundation Diet Meal Plan
(AKA The Three Day Diet)

This diet is best known as the British Heart Foundation Diet or the Greenland Diet and has been circulating for many years. The diet claims that you can lose 10lb in three days – and many of our readers get fantastic results. The diet is very popular in the UK – but the exact origins are unknown.

Long term weight loss can only ever be achieved through sensible changes to diet and the introduction of regular exercise. But this three day diet is great for a special occasion that has crept up and you aren’t quite where you want to be.

Every now and then we all feel the need to resort to a strict, short term weight loss eating plan to see fast results. While a very strict diet meal plan is not advisable to do regularly or long term, kick start style diet plans can give you the confidence boost and motivation that you need to start a healthy weight loss plan.

The 3 Day Diet should only be followed for three days at a time. If you wish to use the diet for a few weeks, we would advise that you follow a three days on, three days off rota.

This weight loss plan works because the calorie intake is low, but still gives nutritional balance. One of the things that makes this plan popular and relatively easy to follow, is that ‘normal’ foods such as ice cream and hot dogs are incorporated and there is some variety.

Read on....

Why not try combining The British Heart Foundation Diet with Oolong Tea?

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**Variations on the 3 Day Diet**
If you really don’t like any of the foods included you can make some changes;

Orange instead of grapefruit  
Tuna instead of cottage cheese or vice versa  
Frozen yoghurt instead of ice cream  
Cauliflower instead of broccoli and vice versa  
Green beans instead of broccoli or cauliflower  
Beetroot instead of carrots  
Toast instead of 5 plain crackers

*Low calorie sweetener should always be used instead of sugar*

Follow the plan for three days without cheating and you should see the fast results that you want. When you see the differences to the new slimmer you, hopefully you’ll be encouraged to continue with a healthy lifestyle!