

File Created by [Blogging Rebirth](#) WP Plugin

Hospital three day diet plan

You could find this hard to accept this but a friend of mine lost 9 pounds in 3 days on the hospital three day diet plan. Not only did she come out of the hospital feeling better, she even looked healthier. It was safe and fast! You could do the same with this astounding little diet and it appears that it does not taste that bad. Continue reading to discover more about it.

Have you ever had to spend several days in hospital? If you have, or if you know somebody who has, you have most likely seen the food they serve. Hospitals have been fairly well known for serving "bad" food - i.e., food that tastes yucky, bland, or boring.

Of course, most people possibly think that is because the hospital tends to focus on dishing up wholesome foods, and they must produce them in large quantities. Even so, the meals being served on hospital trays are becoming tastier and more nourishing all the time. Not only has health care been enhanced over time, so have nutritional guidelines and food preparation procedures.

The Hospital Three Day Diet Plan is pretty tasty, and while it is true that it's a diet you may find in the typical hospital setting, that does not necessarily mean it will taste awful.

The Hospital Three Day Diet Plan is based on the chemical components of the food, so it is an exceedingly strict diet that doesn't allow you to do any substituting. The theory behind the Hospital Three Day Diet Plan is that the foods work in combination to assist you to lose weight. You are supposed to stick to the exact plan for three days, then stop. It is supposed to be used as a motivational "jump start" to boost your weightloss plan. If you find yourself in need of an additional boost, it is acceptable to follow the hospital three day diet plan, eat wisely and reasonably (don't overeat) for 4 days, and then re-follow the plan a fortnight later.

It is essential to take note that the hospital three day diet plan should be followed on days when energy outlay is lower or the body may go into starvation mode and reduce your metabolism. So if you have a physically demanding job then it isn't good to follow this diet on working days.

Here is what you get to eat on the Hospital Three Day Diet Plan:

Breakfasts

Day One: A cup of plain black tea or coffee, ½ of a grapefruit, 1 slice of toast without butter, and a tablespoon of peanut butter.

Day Two: A cup of plain black tea or coffee, 1 egg, 1 slice of toast with nothing on it, and ½ a banana

Day Three: A cup of plain black tea or coffee, a small apple, one ounce of cheddar cheese (mild or sharp doesn't matter), and 5 regular saltine crackers with nothing on them

Lunches

Day One: A cup of plain black tea or coffee, 1 ounce of cheddar or one slice of toast without butter, and ½ cup of tuna (plain, packed in water)

Day Two: A cup of plain black tea or coffee, ½ cup of tuna in water or 1 cup of low fat cottage cheese, and five regular saltine crackers.

Day Three: A cup of plain black tea or coffee, 1 hard-boiled egg, and 1 slice of toast without butter

Dinners

Day One: 3 ounces of lean skinless chicken (skin before cooking), 1 cup green beans, 1 cup of carrots, 1 small apple, and - get this - 1 cup of vanilla ice cream (woohoo!)

Day Two: 2 beef hot dogs (without bun), 1 cup of broccoli, ½ cup of carrots or turnip greens, ½ banana, and ½ cup vanilla ice cream

Day Three: 1 cup plain tuna in springwater, one cup cauliflower OR one cup kidney beans, 1 cup carrots or beets, one cup of watermelon or cantaloupe, and ½ cup vanilla ice cream.

See why it gets its name? Can't you just imagine the hospital orderly handing you these exact things to eat in your short stay? There must be a reason for that, and trust me, this diet works. In three days, my friend dropped nine pounds, which was just enough to make her look really good in the little black dress she bought for for the party on Saturday.

You can also find this article published on [Hospital three day diet plan](#).