

## The Tuna Diet (aka, hot dog, 3-day or Cleveland clinic diet)

This diet seems to work well, mostly due to the low caloric intake, which is generally less than 1000 calories. It claims to work on a chemical breakdown and is a 3-day cleanse diet, where the aim is to eliminate mucus and other toxins from the body to help lose weight in a natural way.

-The combination of the foods that are suggested in this diet are supposed to create a metabolic reaction to boost fat burning and weight loss. (weight loss varies with body size and current weight)

This *fad* diet has been around since the mid 80's and has stood the test of time, so it must work for a lot of people. I've personally used it a few times to lose 5-10 lbs. over the course of 2 - 4 weeks.

-However, I must admit to cheating on the program or it may have worked better for me. Although I have had some success with this diet I feel it is quite limited, as you do get tired of the food choices (esp. tuna) quickly.

- Back to [quickest way to lose weight](#) (all links open a safe internet browser window)

**#1 - FIRST DAY** ↓ (\*If you take statins for cholesterol, have ½ an **orange** instead of the grapefruit)

#1 Breakfast	#1 Lunch	#1 Dinner
- ½ grapefruit - 1 slice of dry toast - 2 tbsp. Peanut butter (I put it on the toast of course)	- ½ cup dry tuna (in water, not oil) - 1 slice dry toast I sort of cheat here and add 1 tbsp of peanut butter at lunch and 1 tbsp at breakfast (inst. of 2 at br/fast)	- 2 slices (3 oz.) of meat - 1 cup green beans - 1 cup red beets - 1 small apple - ½ cup vanilla ice cream

**#2 - SECOND DAY** ↓

#2 Breakfast	#2 Lunch	#2 Dinner
- 1 egg - 1 slice of dry toast - ½ banana (I cheat a little, I eat half of it now and half as a snack later.)	- ½ cup dry tuna (in water) <b>or</b> 1 cup cottage cheese - 5 saltine crackers	- 2 slices (3 oz.) of meat - 1 cup broccoli - ½ cup carrots - 1 banana - ½ cup vanilla ice cream

**#3 - THIRD DAY** ↓ (the hardest day, unless you really love tuna!)

#3 Breakfast	#3 Lunch	#3 Dinner
- 5 saltine crackers - 1 slice of cheddar cheese - 1 banana - 1 small apple	- 1 hard boiled egg - 1 slice of dry toast	- <b>1 cup</b> of tuna (2 cans, in water) - 1 cup red beets - 1 cup cauliflower (or broccoli) - ½ cantaloupe <b>or</b> 1 cup frozen mixed fruit, in juice (not syrup) - ½ cup vanilla ice cream

## Diet Notes:

- This diet is sometimes called the hot dog diet, as 2 hot dogs equals approx. 3 oz. (2 slices of meat) (check your package, if you get 10 per pound, 2 will equal 3.2 oz. -adjust accordingly)
- Get lean meats as much as possible and low fat dogs will also help.
- 1/2 cup of tuna = 1 -5 oz. can, as most are 4 oz. (1/2 cup) with the water out
- Although you may normally prefer solid white tuna, with this diet the cheaper chunk style has a lot more moisture in it, making it much more palatable when eating without the usual mayo. (your call)

### Just A Few Tips: (not a part of the diet, just suggestions that I used that may help you too)

- When I did this diet I rarely ever felt hungry, but if you must have more, eat more vegetables or fruits.
  - If you must snack, space out the fruit choices and ice cream, instead of eating them with your dinner.
  - If you still feel the urge for a snack, have sugar free jello! (or the other half of the banana)
  - Drink 1/2 your body weight in water every day. (if you weigh 160 lbs, drink 80 oz. or 8 cups/day)
  - Add [calorie burning exercises](#) for 20 - 60 minutes a day for added health benefits and weight loss.
- This diet is only to be used **3 days at a time**. In 3 days, you will lose 10 pounds. ( if you don't cheat like me) After 3 days of diet, resume normal eating, **and don't overdo it** or you'll gain what you've lost right back!

After 4 days of normal eating, start the diet again. You can lose up to 40 pounds in a month...if you stick to this diet. **Don't pick between meals, drink black coffee or tea -no sugar or cream.** (yeah right, just a little?)

- Obviously the more you stick to the recommended foods the more weight you will lose ....good luck!

We sincerely hope this diet is of benefit to you in your weight loss goals, but as this diet severely restricts calories and excludes specific foods from the diet, it should not be considered a solution for **long-term** health benefits and weight loss. If you need to implement this type of diet on a regular basis, what you really need is a healthy eating plan. Try our [balanced diet chart](#) (opens a browser window) to use as a reference.

-But if you're not quite ready to commit to any life-long healthy eating plans just yet, how about another free ebook? (55 pages) This [free ebook](#) contains training and nutrition secrets from a nutrition expert and personal trainer that might just surprise you. -For example: What to eat if you simply MUST have fast food.

- All we ask is that if you ever do consider a future purchase of the product mentioned in the ebook, you'll "pay it forward" and use **our links**, as yes we are compensated if you do so. But the nutrition and training secrets it contains, much like this Tuna diet, can actually help you to lose excess fat and body weight right now (not to mention become much healthier) if you use the information it supplies. (and for free, hooray!)

[Health-Stories.org](#) does not claim the expertise to judge or recommend the safety of this, or any diet for every individual. Health-Stories.org further recommends that before trying this or any other new diet, that you consult your physician or other medical professional. Use this diet at your own risk.

-If you take Statins for cholesterol, Do Not eat the grapefruit recommended with this diet program!

