

# SHELLEY'S GET-THIN-QUICK DIET

*(or the Paratrooper's Two-Day Reducing Diet)*

Check with your doctor first if you plan to try Shelley's blitz program.

**Breakfast**      1 glass grapefruit juice  
                          Black coffee—any amount you can drink

**Lunch**            1 glass tomato juice (medium-size)  
                          1 cup black coffee

**Dinner**           1 medium-size bowl of beef or chicken  
                          bouillon  
                          1 medium-size glass of skimmed milk  
                          1 cup black coffee

And that's *all*—no cheating or it won't work!

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