

See *The Healthy Heart Miracle* book for complete details

Breakfast: Oatmeal (fruit and milk optional)
Lunch and Dinner: Mix & Match salads

The menu for every day of the next two weeks is exactly the same.

Week Menus

We want to hear your SHOW ME success story. Please drop us an email at SHOWME@healthyheartmiracle.com

	Before	After
Blood Pressure		
Cholesterol (Total)		
LDL		
HDL		
Triglycerides		
Weight		

Test Results



The SHOW ME! Diet Delivers Results

Your menu choices for first two weeks of the SHOW ME! Diet are restrictive but you want to achieve results fast, right?

You will be surprised, even amazed, at how quickly you can change your test results, even if they are very high or if you are already taking medication. You will probably find that you have lost several pounds as well.

For best results, you will need to purchase a copy of *The Healthy Heart Miracle* book. It's available at bookstores everywhere and at www.amazon.com

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your results.

Follow the SHOW ME! Diet for TWO WEEKS and get re-tested to find out

Get the tests listed on the page to the right from your doctor or you can order tests from a local lab near you by going to the "Shopping" link at the Healthy Heart website
Would you like to prove to yourself, AND TO YOUR DOCTOR, that you can lower your blood pressure, cholesterol, and triglycerides with diet alone? Then take Dr. Mirkin's challenge and follow the SHOW ME! Diet for the next two weeks.

SHOW ME! Diet Challenge



SHOW ME! Diet

Name: _____

Date: _____

This ePlan is designed to work with *The Healthy Heart Miracle* book by Dr. Gabe Mirkin. You will need to purchase a copy for full explanation.