|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Day** | Day 1 | Day 2 | Day 3 | Day 4 |  | Day 5 | Day 6 | Day 7 | Day 8 |  | Day 9 | Day 10 | Day 11 | Day 12 |
| **Breakfast** | No caloric decrease at this meal | | | | | | | | | | | | | |
| **Lunch** | 10% | 10% | 10% | 0% |  | 20% | 20% | 20% | 10% |  | 30% | 30% | 30% | 20% |
| **Dinner** | 10% | 10% | 10% | 0% |  | 20% | 20% | 20% | 10% |  | 30% | 30% | 30% | 20% |

**Table 1.** Gradual weight loss protocol. Percentages represent the percent caloric decrease from baseline.