

ABC Diet Meal Plan Chart

DAY	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	
Mon	500 cal	400 cal	250 cal	250 cal	200 cal	Fast	200 cal	Fast	
Tue	500 cal	500 cal	200 cal	200 cal	300 cal	500 cal	200 cal	Normal diet	
Wed	300 cal	Fast	Fast	150 cal	800 cal	450 cal	250 cal		
Thu	400 cal	150 cal	200 cal	100 cal	Fast	400 cal	200 cal		
Fri	100 cal	200 cal	100 cal	50 cal	250 cal	350 cal	300 cal		
Sat	200 cal	400 cal	Fast	100 cal	350 cal	300 cal	200 cal		
Sun	300 cal	350 cal	300 cal	200 cal	450 cal	250 cal	150 cal		
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The Ana Boot Camp diet is also known as the **ABC diet**. **Ana Boot Camp** seems to refer to a “boot camp” for anorexics (Ana, or Pro-ana).

On the ABC diet, you’re supposed to eat very few calories for 50 days, in order to achieve extreme weight loss. Usually it allows 400-500 calories. By the fifth day, you’re down to 100 calories. Once, the number of calories reaches 800. Then the next day is a fasting day where you eat *zero* calories.

It doesn’t matter what your food intake is, as long as you consume less than or equal to the prescribed amount of calories.

After 50 days, you’re supposed to slowly return to a normal diet.