

This software requires an MS Windows operating system.

If the program doesn't run properly then probably you haven't got Microsoft .NET Framework 3.5 SP1 installed. You can download it (for free) by visiting

<http://www.microsoft.com/downloads/details.aspx?FamilyID=ab99342f-5d1a-413d-8319-81da479ab0d7&DisplayLang=en>

This software will install on the current user. If another user on your computer wishes to use it then they need to install it on their own user.

Run "Naughty but Nice Diet 1.exe".

Feel free to redistribute (to friends and family ...) the "Naughty_but_Nice_Diet_1.zip" file via e-mail, flash drive, CD, DVD, floppy disc, ...

DISCLAIMER: How you use this program is up to you. The results are for information only. The diet produced, from your choices, may not be recommended by your Doctor.