

Meal & Time	Nutritional Food Choices	Protein (grms)	Carbs (grms)	Sugar (grms)	Fat (grms)
Breakfast 7:30	1 Piece of wheat toast with 1/2 tp of strawbery perserves. 1 Egg fried in a non-stick pan. 1 egg white. 3 Fibotane; 3 Restore, 1 Lipodrene	12	29	6	7
Snack 9:30	1/2 Zone Bar	8	11	6	4
Snack 11:30	1/2 Turkey Sandwich on wheat with Mustard, lettuce, tomato, 1/2 pc cheese	18	29	18	6
Lunch 2:00	Grilled Chicken Breast Fajita with Corn Tortilla, onions, bellpepper, salsa, & pinky finger pinch of cheese. 2 Fibotane, 2 Restore, 1/2 Lipodrene	27	13	2	11
Dinner 6:00	Lrg Green Salad with Grilled Fish, light vinegarette or light italian dressing. 3 Fibotane, 2 Restore	26	22	16	7
Snack 9:00	1 cup of Applesauce, or 1 cup of yogurt	5 0	14 14	20 11	0 0
A.) You may sub protein shakes for snacks					
B) Drink 1 Gallon of Water everyday (128 oz)					

**Please don't deviate from this diet. So far you have tied it your way with no success.
I have a lot of time and faith in you so stick to this for 3 1/2 weeks.
At first its going to feel like it's too much food but cram it down.**

