

Sample 2500 CALORIE DIET PLAN
 (Plus Supplementation w/ Vitamins & Minerals)

THE STARBODIES™ DIET

TIME	SUPPLEMENTS	MEAL SCHEDULE	PROTEIN, CARB, FAT GRAMS	BEVERAGE
6:40am	STARBODIES SLIM	On an empty stomach		8oz water
7:00am <i>Eat every 3hrs</i>	STARBODIES Multi Calcium 1 TBS. Flax Seed Oil	1. BREAKFAST 3 Scoops STARBODIES WHEY TO MUSCLE (w/ water & ice) Poured into blender 2 Hard Boiled Eggs	66g Pro, 3g Carb (297 Cal) 14g Fat (130 Cal) 14g Pro, 10g Fat (150 Cal) MEAL TOTAL = 577 Cal (80g Pro, 3g Carb, 24g Fat)	Water Coffee Green Tea w/Stevia
10:00am	STARBODIES Fiber (2-6 capsules)	2. MID-MORN SNACK 3 oz. Ham (rolled up) 1 Pear 14 Almonds	21g Pro, 9g Fat (165 Cal) 15g Carb (60 Cal) 3g Pro, 2.5 Carb, 7g Fat (85 Cal) MEAL TOTAL = 310 Cal (24g Pro, 17.5g Carb, 16g Fat)	Water Green Tea w/Stevia
1:00pm	STARBODIES Fiber (2-6 capsules)	3. LUNCH Grilled Chicken Salad w/ 3 oz. Chicken 2 oz. Cheese 1 Egg 2 c. Romaine Lettuce 1 c. Assorted Veggies 2 TBS. Salad Dressing	21g Pro, 9g Fat (165 Cal) 14g Pro, 16g Fat (200 Cal) 7g Pro, 5g Fat (75 Cal) 4g Pro, 10g Carb (50 Cal) 2g Pro, 5g Carb (25 Cal) 10g Fat (90 Cal) MEAL TOTAL = 605 Cal (48 Pro, 15g Carb, 40g Fat)	Water Green Tea w/Stevia
4:00pm	STARBODIES Fiber (2-6 capsules)	4. MID-DAY SNACK 3 Scoops STARBODIES WHEY TO MUSCLE (w/ water & ice) 1 Apple 2 TBS. Peanut Butter	66g Pro, 3g Carb (297 Cal) 15g Carb (60 Cal) 14g Pro, 6g Carb, 16g Fat (200 Cal) MEAL TOTAL = 557 Cal (80g Pro, 24g Carb, 16g Fat)	Water Green Tea w/Stevia
7:00pm	STARBODIES Fiber (2-6 capsules) Fish Oil (optional) Glutamine (before bed)	5. DINNER 5 oz. Fish 2 tsp. Olive Oil or Butter 1 c. Broccoli (steamed) 1 c. Squash (steamed)	35g Pro, 15g Fat (275 Cal) 10g Fat (90 Cal) 4g Pro, 10g Carb (50 Cal) 4g Pro, 10g Carb (50 Cal) MEAL TOTAL = 465 Cal (43g Pro, 20g Carb, 25g Fat)	Water Green Tea w/Stevia
**BEFORE WORKOUT Glutamine		EXCHANGE LIST (exchange foods of equal value for those you prefer) 1 Protein Choice (has 7 Grams of Protein and = 55, 75, 100 Calories) depending on leanness	= 1oz Chicken, 1oz Fish, 1oz Meat, 1TBS PB 1oz Tuna Fish, 1 Egg, 3 Egg Whites 1oz Cheese, ¼c. Cottage Cheese (low fat)	
**AFTER WORKOUT Glutamine		1 Vegetable Carbohydrate Choice (has 5 Grams of Carbs and = 25 Calories)	= ½ c. Most all Vegetables (cooked) 1c. Raw Vegetables, 1c. Romaine 1c. Celery, 1c. Spinach	
		1 Fruit Carbohydrate Choice (has 15 Grams of Carbs and = 60 Calories)	= 1 Apple, 1 Pear, 12 Cherries, 2 Plums, 1c. Blueberries, Strawberries, Raspberries	
		1 FAT CHOICE (has 5 Grams of Fat and = 45 Calories)	= 1 tsp. Oil, 1 tsp. Butter, 1TBS. Cream, 1TBS. Salad Dressing	

*Suggestions: **STARBODIES™ WHEY TO MUSCLE SHAKES** can be substituted any time of day for a quick protein source.
STARBODIES™ FIBER CAPSULES – carry with you to be taken before any simple carbohydrate food choice or cocktail.

*MEAL PLAN FOR EDUCATIONAL PURPOSES. NOT INTENDED TO SUBSTITUTE FOR INFORMED MEDICAL ADVICE. CONSULT YOUR PHYSICIAN BEFORE STARTING ANY NEW NUTRITIONAL PROGRAM. THIS INFORMATION IS NOT INTENDED TO TREAT, CURE, OR PREVENT DISEASE. STARBODIES.COM™