

BLANK DAILY DIET PLAN
(Plus Supplementation w/Vitamins & Minerals)

TIME	SUPPLEMENTS	1. BREAKFAST	PRO, CARB, FAT	BEVERAGE
_____	_____	_____	_____	_____
<i>Eat every 3hrs</i>	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____
			MEAL TOTAL =	
		2. MID-MORN SNACK		
_____	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____
			MEAL TOTAL =	
		3. LUNCH		
_____	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____
			MEAL TOTAL =	
		4. MID-DAY SNACK		
_____	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____
			MEAL TOTAL =	
		5. DINNER		
_____	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____
			MEAL TOTAL =	

****BEFORE WORKOUT**

Glutamine

****AFTER WORKOUT**

Glutamine & Creatine

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) |
| 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** can be substituted any time of day for a quick protein source.
Also, have **STARBODIES™ FIBER CAPSULES** with you to be taken with any simple carbohydrate food choices.

*THIS IS FOR EDUCATIONAL PURPOSES. IT IS NOT INTENDED TO SUBSTITUTE FOR INFORMED MEDICAL ADVICE. THIS IS GENERAL IN NATURE. EVERYONE IS DIFFERENT DEPENDING ON THEIR PERSONAL MEDICAL NEEDS. CONSULT YOUR PHYSICIAN BEFORE STARTING ANY NEW NUTRITIONAL PROGRAM. THIS INFORMATION IS NOT INTENDED TO TREAT, CURE, OR PREVENT DISEASE.