

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 2 Scoops STARBODIES WHEY TO MUSCLE (w/ water & ice) Poured into blender	44g Pro, 2g Carb (198 Cal) 14g Fat (130 Cal) MEAL TOTAL = 328 Cal (44g Pro, 2g Carb, 14g Fat)	Water Coffee Green Tea w/Stevia
10:00am	STARBODIES Fiber (2-6 capsules)	2. MID-MORN SNACK 1 Hard Boiled Egg or 3 Egg Whites	7g Pro, 5g Fat (75 Cal) (or 7g Pro, 3g Fat (55 Cal)) MEAL TOTAL = 75 Cal (7g Pro, 0g Carb, 5g Fat)	Water Green Tea w/Stevia
1:00pm	STARBODIES Fiber (2-6 capsules)	3. LUNCH Chef Salad w/ 1oz. Turkey 1oz. Ham 1oz. Cheese 1 c. Romaine Lettuce 1c. Tomatoes & Gr Pepp 2 TBS. Salad Dressing	7g Pro, 3g Fat (55 Cal) 7g Pro, 3g Fat (55 Cal) 7g Pro, 8g Fat (100 Cal) 2g Pro, 5g Carb (25 Cal) 2g Pro, 5g Carb (25 Cal) 1g Pro, 1g Carb, 15g Fat (143 Cal) MEAL TOTAL = 403 Cal (26g Pro, 11g Carb, 29g Fat)	Water Green Tea w/Stevia
4:00pm	STARBODIES Fiber (2-6 capsules)	4. MID-DAY SNACK 2 Scoops STARBODIES WHEY TO MUSCLE (w/ water & ice)	44g Pro, 2g Carb (198 Cal) MEAL TOTAL = 198 Cal (44g Pro, 2g Carb, 0g Fat)	Water Green Tea w/Stevia
7:00pm	STARBODIES Fiber (2-6 capsules) Fish Oil (optional) Glutamine (before bed)	5. DINNER 3 oz. Chicken ½ c. Broccoli (steamed)	21g Pro, 9g Fat (165 Cal) 2g Pro, 5g Carb (25 Cal) MEAL TOTAL = 190 Cal (23g Pro, 5g Carb, 9 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™