

**Sample 1500 CALORIE DIET PLAN**  
 (Plus Supplementation w/ Vitamins & Minerals)

THE STARBODIES™ DIET

TIME	SUPPLEMENTS	MEAL SCHEDULE	PROTEIN, CARB, FAT GRAMS	BEVERAGE
6:40am	<b>STARBODIES SLIM</b>	On an empty stomach		8oz water
7:00am <i>Eat every 3hrs</i>	<b>STARBODIES Multi</b> Calcium  1 TBS. Flax Seed Oil	<b>1. BREAKFAST</b> <b>2 Scoops STARBODIES WHEY TO MUSCLE</b> (w/ water & ice) Poured into blender 1 Hard Boiled Egg	44g Pro, 2g Carb (198 Cal)  14g Fat (130 Cal) 7g Pro, 5g Fat (75 Cal) <b>MEAL TOTAL = 403 Cal</b> (51g Pro, 2g Carb, 19g Fat)	Water Coffee Green Tea w/Stevia
10:00am	<b>STARBODIES Fiber</b> (2-6 capsules)	<b>2. MID-MORN SNACK</b> ½ c. Cottage Cheese -LF 1c. Strawberries	14g Pro, 6g Fat (110 Cal) 15g Carb (60 Cal) <b>MEAL TOTAL = 170 Cal</b> (14g Pro, 15g Carb, 6g Fat)	Water Green Tea w/Stevia
1:00pm	<b>STARBODIES Fiber</b> (2-6 capsules)	<b>3. LUNCH</b> A Tuna Salad w/ 4 oz. Tuna (in water) 1 Hard Boiled Egg 2 TBS. Low Fat Mayo 1c. Romaine Lettuce 1c. Tomatoes & Cucumber	28g Pro, 3g Fat (140 Cal) 7g Pro, 5g Fat (75 Cal) 10g Fat (90 Cal) 2g Pro, 5g Carb (25 Cal) 2g Pro, 5g Carb (25 Cal) <b>MEAL TOTAL = 355 Cal</b> (39g Pro, 10g Carb, 18g Fat)	Water Green Tea w/Stevia
4:00pm	<b>STARBODIES Fiber</b> (2-6 capsules)	<b>4. MID-DAY SNACK</b> <b>2 Scoops STARBODIES WHEY TO MUSCLE</b> (w/ water & ice) 1 Apple	44g Pro, 2g Carb (198 Cal)  15g Carb (60 Cal) <b>MEAL TOTAL = 258 Cal</b> (44g Pro, 17g Carb, 0g Fat)	Water Green Tea w/Stevia
7:00pm	<b>STARBODIES Fiber</b> (2-6 Capsules) Fish Oil (optional)  Glutamine (before bed)	<b>5. DINNER</b> 4 oz. Chicken 1 tsp. Olive Oil 1 c. Assorted Vegetables (steamed)	28g Pro, 12g Fat (220 Cal) 5g Fat (45 Cal) 4g Pro, 10g Carb (50 CAL) <b>MEAL TOTAL = 315 Cal</b> (32g Pro, 10g Carb, 17g Fat)	Water Green Tea w/Stevia

**\*\*BEFORE WORKOUT**  
Glutamine

**EXCHANGE LIST (exchange foods of equal value for those you prefer)**

**1 Protein Choice** = 1oz Chicken, 1oz Fish, 1oz Meat, 1TBS PB  
 (has 7 Grams of Protein and = 55, 75, 100 Calories) depending on leanness  
 1oz Tuna Fish, 1 Egg, 3 Egg Whites  
 1oz Cheese, ¼c. Cottage Cheese (low fat)

**\*\*AFTER WORKOUT**  
Glutamine

**1 Vegetable Carbohydrate Choice** = ½ c. Most all Vegetables (cooked)  
 (has 5 Grams of Carbs and = 25 Calories)  
 1c. Raw Vegetables, 1c. Romaine  
 1c. Celery, 1c. Spinach

**1 Fruit Carbohydrate Choice** = 1 Apple, 1 Pear, 12 Cherries, 2 Plums,  
 (has 15 Grams of Carbs and = 60 Calories)  
 1c. Blueberries, Strawberries, Raspberries

**1 FAT CHOICE** = 1 tsp. Oil, 1 tsp. Butter,  
 (has 5 Grams of Fat and = 45 Calories)  
 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™