

**Sample 1800 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 1 Pear	14g Pro, 6 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> Chef Salad w/ 3 oz. Turkey 2 oz. Ham 1 oz. Cheese 2 c. Romaine Lettuce 1 c. Assorted Veggies 2 TBS Salad Dressing	21g Pro, 9g Fat (165 Cal) 14g Pro, 6g Fat (110 Cal) 7g Pro, 8g Fat (100 Cal) 4g Pro, 10g Carb (50 Cal) 2g Pro, 5g Carb (25 Cal) 14g Fat (130 Cal) <b>MEAL TOTAL = 580 Cal</b> (48g Pro, 15g Carb, 37g 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)	44g Pro, 2g Carb (198 Cal)  <b>MEAL TOTAL = 198 Cal</b> (44g Pro, 2g 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. Hamburger (no bun) 1 oz. Cheese 1c. Broccoli & Cauliflower (steamed)	28g Pro, 20g Fat (300 Cal) 7g Pro, 8g Fat (100 Cal) 4g Pro, 10g Carb (50 Cal) <b>MEAL TOTAL = 450 Cal</b> (39g Pro, 10g Carb, 28 Fat)	Water Green Tea w/Stevia
<b>**BEFORE WORKOUT</b> Glutamine		<b>EXCHANGE LIST (exchange foods of equal value for those you prefer)</b> <b>1 Protein Choice</b> (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)	
<b>**AFTER WORKOUT</b> Glutamine		<b>1 Vegetable Carbohydrate Choice</b> (has 5 Grams of Carbs and = 25 Calories)	= ½ c. Most all Vegetables (cooked) 1c. Raw Vegetables, 1c. Romaine 1c. Celery, 1c. Spinach	
		<b>1 Fruit Carbohydrate Choice</b> (has 15 Grams of Carbs and = 60 Calories)	= 1 Apple, 1 Pear, 12 Cherries, 2 Plums, 1c. Blueberries, Strawberries, Raspberries	
		<b>1 FAT CHOICE</b> (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™