



# DIET PLAN

Yum yum yum!

## MON. TUE. THU. SAT.

### **BREAKFAST**

1 Cup of Yogurt  
Unlimited Bacon and eggs.

### **LUNCH**

1 Cup of Vegetables  
Unlimited Chicken  
\* No, not fried chicken - Lean Chicken

### **DINNER**

1 Cup of Veggies  
Unlimited meat  
\* Beef, Pork, Venison, etc.

### **SNACK**

1 Fruit

## WED. AND FRI.

### **BREAKFAST**

1 Can of Tuna  
\* or the equivalent of another kind of fish

### **LUNCH**

Nothing

### **DINNER**

Nothing

### **SNACK**

None

## SUNDAY

### **BREAKFAST**

Whatever you want

### **LUNCH**

Whatever you want

### **DINNER**

Whatever you want

### **SNACK**

Whatever you want

**FEAST ON SUNDAY**