

Summer Diet Plan

Breakfast:

- 7:00 AM: 1 packet of Oatmeal (plain) Flavor with cinnamon and splenda
Chicken breast or egg whites for protein or Protein Shake
Coffee w/splenda and creamer
1 Tbsp of Glutamine mixed in water
- 10:00 AM: Green apple sliced with 1 tbsp of peanut butter on it
- 1:00 PM Lean Meat (baked or grilled)
Small salad dip dressing
1 green veggie your choice
1 small sweet potato (you can substitute white potato from time to time)
- 3:30 PM: Low Carb Protein Shake
1 tbsp of Glutamine mixed in water
- 6:30 PM Lean Meat
2 Green Veggies

If you are hungry before bed drink a low carb shake

- Drink 1.5 gallons of water a day
- Eat every 3 hours
- No carbs after 3 pm
- Eat within 30 minutes of getting out of bed

Supplements:

Glutamine: Is an amino acid that makes up 50% of the muscle tissue in your body. It is great for recovery and preventing muscle breakdown.

Glucosamine Sulfate with Chondroitin: Helps repair joint and connective tissue. It rebuilds cartilage and protects your body from wearing down.

Isopure Protein Shake: Whey Isolate protein drink that is very low carb and mixes easily.

Vitamins and Minerals:

Multi-Vitamin
Calcium and Magnesium
Vitamin C
Vitamin B-Complex

This packet is for information purposes only please consult with a doctor before beginning any diet or exercise program