

# DIET FOR STRESS

DIET DESIGNED TO HELP YOU COPE WITH THE STRESS THAT BUILDS EVERY DAY.

BREAKFAST -- 1/2 GRAPEFRUIT 8 OZ. SKIM MILK 1 SLICE WHEAT TOAST CUP HERB TEA

LUNCH -- 4 OZ LEAN BROILED CHICKEN BREAST 1 CUP SPINACH 1 OREO COOKIE

MID-AFTERNOON SNACK -- REST OF OREOS IN THE PACKAGE, 1 JAR HOT FUDGE SAUCE

NUTS, CHERRIES, WHIPPED CREAM 2 PTS . ROCKY ROAD ICE CREAM

DINNER -- 2 LOAVES GARLIC BREAD 4 CANS OR 1 LARGE PITCHER OF BEER

LARGE DELUXE PIZZA 3 MILKY WAY CANDY BARS

LATE EVENING SNACK -- ENTIRE FROZEN CHEESECAKE FROM THE FREEZER.

## RULES FOR THIS DIET

1. IF YOU EAT SOMETHING AND NO ONE SEES YOU EAT IT, IT HAS NO CALORIES.
2. IF YOU DRINK A DIET SODA WITH A CANDY BAR, THE CALORIES IN THE CANDY BAR ARE CANCELED OUT BY THE DIET SODA.
3. WHEN YOU EAT WITH SOMEONE ELSE, CALORIES DON'T COUNT IF YOU DON'T EAT MORE THAN THEY DO.
4. FOOD USED FOR MEDICINAL PURPOSES NEVER COUNTS, SUCH AS HOT CHOCOLATE, BRANDY, TOAST AND SARA LEE CHEESECAKE.
5. COOKIE PIECES CONTAIN NO CALORIES. THE PROCESS OF BREAKING CAUSES CALORIE LEAKAGE.
6. THINGS LICKED OFF OF KNIVES AND SPOONS HAVE NO IF YOU ARE IN THE PROCESS OF PREPARING SOMETHING.

LIFE IS TO SHORT--ENJOY YOURSELF

# JACK