THE STRESS DIET

----------------- BREAKFAST -----------------

1/2 grapefruit
1 piece dry whole wheat toast
8 oz. skim milk

------------------ LUNCH -------------------

4 oz. lean broiled chicken breast
1 cup steamed zucchini
1 Oreo cookie
herb tea, no limit

-------- MID-AFTERNOON SNACK --------

rest of the package of Oreo Cookies
1 quart of rocky road ice cream
1 jar hot fudge

------------------- DINNER ------------------

2 loaves garlic bread
1 large pepperoni pizza
1 large pitcher of beer
5 Milky Way bars
1 entire frozen cheesecake
( eaten directly from the freezer)