

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)



OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.