

## **Female Diet**

### **Meal #1**

3 egg whites, 1 with yolk, 1/4 cup oatmeal  
1/2 grapefruit or 4 strawberries, 2 glasses H2O  
Supplement with 1 serving multivitamin, 1 serving  
Flax oil or omega 3 fatty acids and 1 serving of L-Glutamine

### **Meal #2**

Protein Shake in water and 3 strawberries or 6oz. tuna in spring water,  
3 egg whites, 1 tomato or 1/2 cup veggies  
(broccoli, asparagus, cauliflower, green beans, spinach, zucchini)

### **Meal #3**

4oz. chicken or other lean meat( orange roughy, tilapia, cod, sirloin, etc.)  
1 small baked potato(plain w/pepper) or baked sweet potato or red potatoes,  
1/2 cup veggies or salad with low fat/no fat dressing (plain vinegar would be best)  
2 glasses H2O

### **Meal #4**

Protein Shake (you can add 3 strawberries), 1 serving Flax oil or 4 almonds (no salt),  
, L-Glutamine

### **Meal #5**

Same as meal #3 but no carbs (potatoes)  
(Eat an additional 1/2 cup veggies)