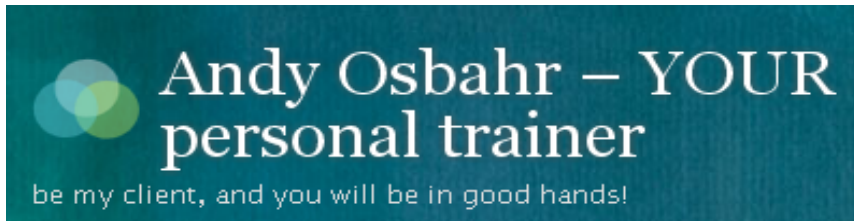


www.andyosbahr.wordpress.com



DIET PLAN for xxx

We focus on good protein so you can lose weight faster.

What you **CANNOT** eat

(No Fat, No sugar, No Fried stuff, No Gravy) Less Carbohydrate (like Rice or Pasta)

Breakfast : 2 to 3 egg (how ever you like but don't use Oil and Fat) 1 slice Bread and 1 green Apple . Drink a Glass Juice (sugar Free)

Lunch: A little bit of rice with fish or chicken and vegetable (everything is steam). The best is tuna in water or tofu and egg

Dinner: Only protein = Like fish , chicken , tofu and egg. Together with Vegetable .

If you are still hungry in between, eat fruits (Green Apple, Pineapple and Watermelon)

VERY important: Drink 3 liters water a day.