



Diet to Start the New Year



This is a specially formulated diet designed to help WOMEN cope with the stress that builds during the day. I have found that this really works!

BREAKFAST

- * 1 Grapefruit
- * 1 slice whole-wheat toast
- * 1 cup skim milk

LUNCH

- * 1 small portion lean, steamed chicken with a cup of spinach
- * 1 cup herbal tea
- * 1 Penguin Biscuit

AFTERNOON TEA

- * The rest of the Penguins from the packet
- * 1 tub of Gino Ginelli ice cream with chocolate topping

DINNER

- * 2 bottles of wine (red or white)
- * 2 loaves garlic bread
- * 1 family size Supreme pizza
- * 3 snickers bars

LATE NIGHT SNACK

- * 1 whole cheesecake (eaten directly from the freezer)

FINALLY REMEMBER:

"Stressed" spelled backwards is desserts".