



## DIET FOR WOMEN

<b>Meal 1</b>	1 cup cottage 1 green apple	1 cup yogurt ½ wheat bagel
<b>Meal 2</b>	1 10oz grill chicken Salad	1 10oz tuna salad
<b>Meal 3</b>	1 10oz garden salad	1 grilled chicken breast
<b>Meal 4</b>	1 7oz fruit salad	1 6oz can tuna
<b>Meal 5</b>	1 5oz potato 6oz of beef, chicken, or tuna 5oz of salad	

For questions contact Robert j. Fulton at **FULTONS FITNESS**, 203.772.2949,  
203.887.9646 or Robert@fultonsfitness.com

**ALWAYS TALK TO YOUR DOCTOR BEFORE STARTING A DIET**