DIET FOR WOMEN 2

1) **Meal**	1 cup yogurt	1 bowl go lean crunch
2) **Meal**	5oz garden salad	7oz tuna salad
3) **Meal**	10oz grille chicken salad	cup light yogurt green apple
4) **Meal**	low carb protein drink or protein bar	
5) **Meal**	3oz to 5 oz chicken, fish, lean beef cup broccoli, spinach, kale cup brown rice	

Eat this diet for 21 days straight with one cheat meal on the weekend and watch Your bodies transform to the new you, you want to be.

If you have any questions contact Robert J. Fulton at 203.887.9646, or at FULTONS FITNESS at 203.772.2949 and enjoy the new you.

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ALWAYS TALK TO YOUR DOCTOR BEFORE STARTING A DIET