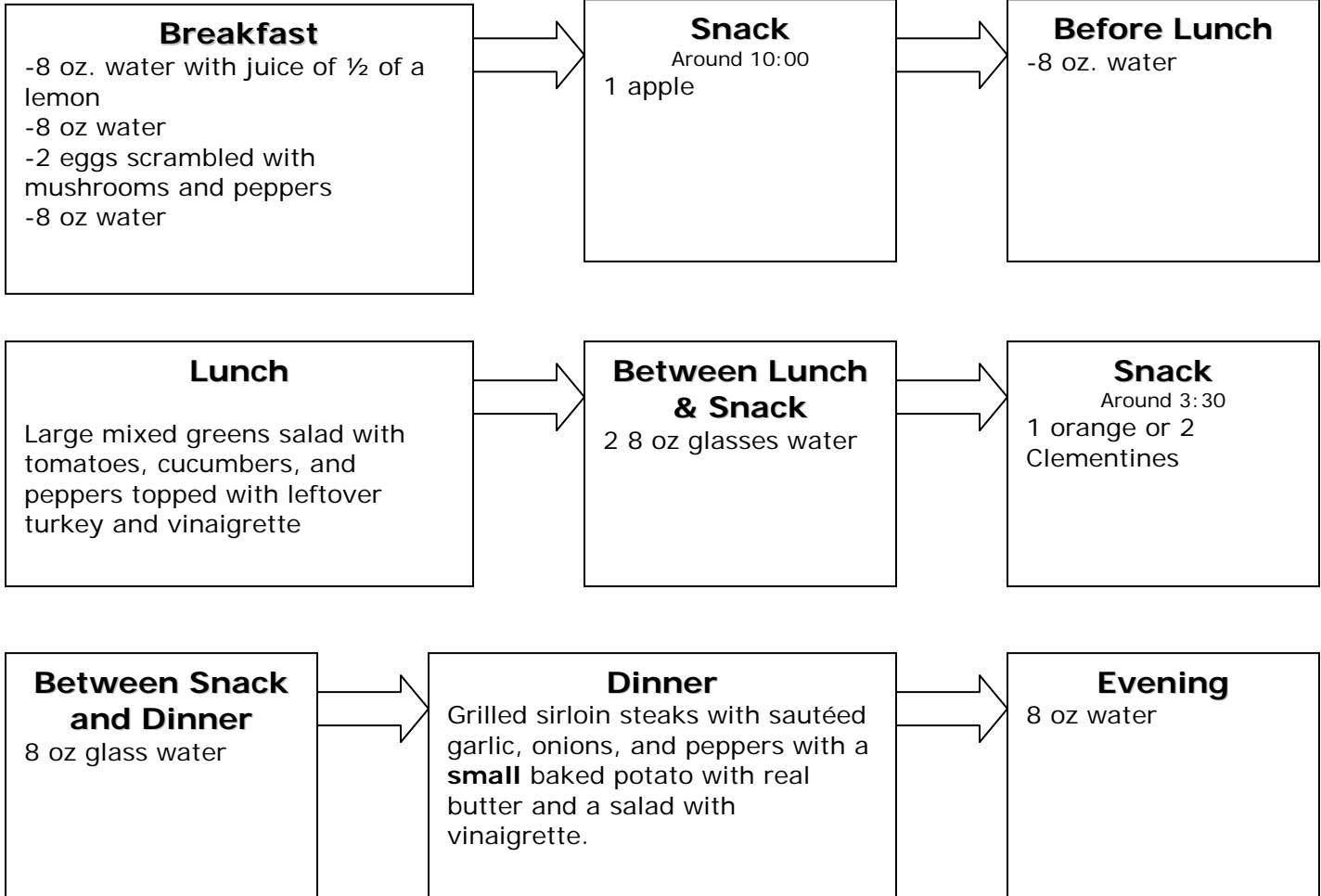




Sample Day of Healthy Eating



NOTES: For breakfast, sauté the veggies first in a little olive oil, set them aside. Then scramble your eggs. When your eggs are done, add the veggies back in. Use sea salt and pepper if you want.

A serving of sirloin steak for you is 4 oz. (about the size of the palm of your hand). Feel free to top your potato with butter. DO not use margarine.