

# **Dieting Under Stress**

This diet is designed to help you cope with daily stress.

## **Breakfast**

Half grapefruit

1 slice whole-meal toast

300ml skim milk

Decaffeinated coffee

## **Lunch**

80 grams grilled chicken breast

1 serve steamed carrots

1 cup herb tea

1 Tim Tam

## **Afternoon Tea**

Rest of Tim Tams

2 litres ice cream

1 jar fudge sauce

Nuts, cherries, whipped cream

## **Dinner**

2 loaves garlic bread

1 large sausage pizza

6 beers

3 Milky Ways

## **Evening snack while watching TV**

Entire frozen cheesecake directly from freezer

## **Rules for this Diet**

1. If you eat something and no one sees you eat it, it has no calories.
2. If you drink a diet soft drink when eating sweets, the diet drink cancels out any calories in the sweets.
3. When eating with someone else, your calories don't count if you eat less than they do.
4. Calories in food used for medical purposes NEVER count. For example: hot chocolate, brandy, cheesecake.
5. Movie related foods do not add calories because they are part of the entire entertainment package. For example: Jaffas, buttered popcorn, Minties.
6. Biscuit pieces contain no calories because the process of breakage causes calorie leakage.
7. Things licked off knives and spoons have no calories if you are in the process of preparing something. For example: peanut butter on a knife, ice cream on a spoon.
8. Foods that have the same colour have the same number of calories. Examples are spinach and pistachio ice cream; mushrooms and white chocolate. *Note:* Since brown is a universal colour, chocolate may be substituted for any other food colour.