

# DAVID KIRSCH'S NUTRITON PLAN

For extreme results ...

FOLLOW MEAL SCHEDULE A FOR 14 DAYS

|              |                                                                                                                                                                                                                                                                                                                                                                                        |
|--------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| For 14 days  | <p>Follow the A, B, C's of Nutrition: No Alcohol, Bread, Starchy Carbs, Extra sweets including soda, fruit juice or other sweeteners, Fruits and most Fats, and no coffee.</p> <p>After 14 days, move to plan B for 1-2 weeks and then to plan C indefinitely</p>                                                                                                                      |
| Breakfast    | <p>Start your day with protein – either a protein shake (preferably whey protein) or egg whites.</p> <p>Supplement with a multivitamin or an equivalent like my Vitamin Super Juice, and calcium (since you'll be cutting out dairy.)</p>                                                                                                                                              |
| AM Snack     | <p>High protein snack such as 3 oz. canned tuna, chicken, hard-boiled eggs or 10 almonds.</p>                                                                                                                                                                                                                                                                                          |
| Lunch        | <p>This should be your largest meal. Stick with lean sources of protein, like 6 oz. chicken, turkey or fish along with a half plate of low starch vegetables like spinach or broccoli. Dress it with plain vinegar or lemon mixed with olive oil.</p>                                                                                                                                  |
| Midday Snack | <p>Enjoy another high protein snack.</p> <p>For an extra energy boost, supplement with ginseng and/or Vitamin B-12. (My B-12 Spray, Afternoon Energy, Energy Bubbles, Thermo Bubbles contain these ingredients.)</p>                                                                                                                                                                   |
| Dinner       | <p>You should get most of the calories your body needs earlier in the day. That's why I recommend ending your day with a protein shake. This also gives your body the amino acids they need to repair themselves. If you don't want a shake, go for a small, 6-oz. portion of protein (chicken, turkey, fish, shrimp), along with steamed green vegetables or a mixed green salad.</p> |

# David Kirsch Diet Plan

**N Colangelo**



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