

DAVID KIRSCH'S NUTRITON PLAN

For extreme results ...

FOLLOW MEAL SCHEDULE A FOR 14 DAYS

For 14 days	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. After 14 days, move to plan B for 1-2 weeks and then to plan C indefinitely
Breakfast	Start your day with protein – either a protein shake (preferably whey protein) or egg whites. Supplement with a multivitamin or an equivalent like my Vitamin Super Juice, and calcium (since you'll be cutting out dairy.)
AM Snack	High protein snack such as 3 oz. canned tuna, chicken, hard-boiled eggs or 10 almonds.
Lunch	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.
Midday Snack	Enjoy another high protein snack. 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.)
Dinner	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.

David Kirsch Diet Plan

Patrick Vollmar



David Kirsch Diet Plan:

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