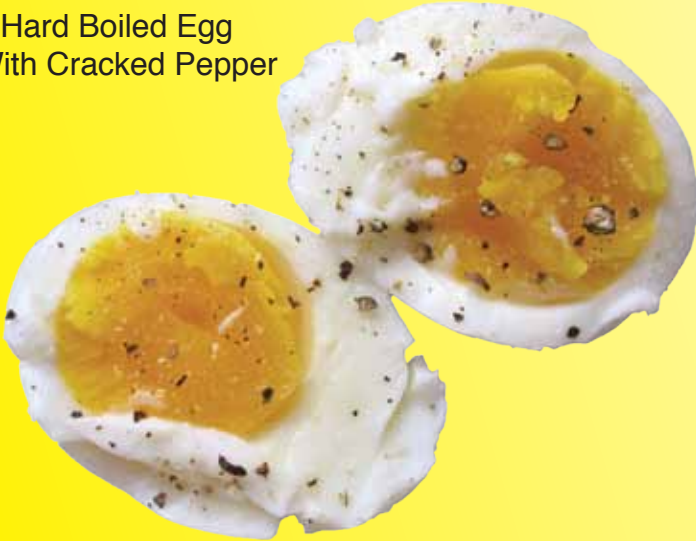


Egg Days

These days are used if your weight has stalled
8 Eggs with only 3 Egg Yolks

Breakfast

1 Hard Boiled Egg
With Cracked Pepper



Lunch

3 Egg White Omelette
With a sprinkle of cheese



Dinner

2 Boiled Eggs Mix Yolk
with a little mayo and
curry powder



Snack

2 Egg White Omelette
With a sprinkle of cheese



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