

WHAT TO EAT TO BECOME SUCCESSFUL

Sample Diet for 200-lb. Male



<i>Meal 1</i>	<i>Meal 2</i>	<i>Meal 3</i>	<i>Meal 4</i>	<i>Meal 5</i>	<i>Meal 6</i>
8 egg whites	2 chicken breasts	2 scoops of Nitro-Tech Hardcore	1 can of tuna	2 chicken breasts	2 scoops of Nitro-Tech Hardcore
1 bowl of oatmeal	1/2 cup of rice measured dry	1 piece of fresh fruit	2 potatoes	2 cups of broccoli	1 cucumber
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