

Stress Diet

**This diet is designed to help you cope
with the stress that builds during the day.**

Breakfast

1/2 grapefruit
1 slice whole wheat toast (dry)
8 oz. skim milk

Lunch

4 oz. lean broiled chicken breast
1 cup steamed spinach
1 cup herb tea
1 Oreo cookie

Mid-Afternoon Snack

Rest of the Oreos in the package
2 pints Rocky Road Ice Cream
1 jar Hot Fudge Sauce
Nuts, Cherries, Whipped Cream

Dinner

2 loaves Garlic Bread with cheese
Large Deluxe Pizza
4 cans or 1 large pitcher of Beer
3 Milky Way Candy Bars

Late Evening Snack

Entire frozen cheesecake
(eaten directly from freezer)

Rules for this Diet

If you eat something and no one sees you eat it, it has no calories.

If you drink a diet soda with a candy bar, the calories in the candy bar are cancelled out by the diet soda.

When you eat with someone else, calories don't count if you don't eat more than they do.

Food used for medicinal purposes never counts, such as hot chocolate, brandy, toast and Sara Lee Cheesecake.

If you fatten up everyone else around you, then you look thinner.

Movie-related foods, such as Milk Duds, buttered Popcorn, Junior Mints, Red Hots and Tootsie Rolls, do not have additional calories because

they are part of the entire entertainment package and not part of one's personal fuel.

Cookie pieces contain no calories. The process of breakage causes calorie leakage.

Things licked off knives and spoons have no calories if you are in the process of preparing something. Examples: peanut butter on a knife making a sandwich and ice cream on a spoon making a sundae.

Foods that are the same color have the same number of calories. Examples: spinach and pistachio ice cream; mushrooms and white chocolate.

Note: chocolate is a universal color and may be substituted for any other food color.

**Courtesy of Mack Arrington, PCC • Executive and Life Coach
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5 Defining Questions

Things to Consider for Your Health, Wealth, Relationships and Future.

(A Life Coach can be very helpful)

- 1) What do you Really₁, Really₂, Really₃, Really₄ want?
The 4 Really's are: What you desire, What you are willing to ask for, What you truly intend to create in your life and What you are passionate about.
- 2) Why do you want it?
- 3) What is holding you back (or has held you back) from getting there?
- 4) What will your life be like once you get there?
- 5) What personal qualities would someone need to possess to effortlessly create the outcomes you desire? To identify your growth opportunities, rate yourself from 1-10 on these qualities.

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