



ANGELO'S PIZZA ANTI-STRESS DIET

OUR DIET IS DESIGNED TO HELP YOU
COPE WITH EVERYDAY STRESS

GOOD LUCK !

BREAKFAST

*1/2 Grapefruit
1 Slice Whole Wheat Toast, dry
8 oz. Skim Milk*

MID-AFTERNOON SNACK

*Rest of the Oreos in the Pkg.
2 Pints Rocky Road Ice Cream
1 Jar Hot Fudge Sauce
Nuts, Cherries, Whipped Cream*

LATE EVENING NEWS

Entire Frozen Cheesecake eaten directly from the package.

LUNCH

*4 oz. Lean Broiled Chicken Breast
1 Cup Steamed Spinach
1 Cup Herb Tea and 1 Oreo Cookie*

DINNER

*2 Loaves of Bread with 1 lb. of Cheese
Lg. Angelo's Sausage, Mushroom & Cheese Pizza
4 Cans or 1 Large Pitcher of Beer
3 Milky Way Candy Bars*

RULES FOR THIS DIET

- 1. If you eat something and no one sees you eat it, it has no calories.*
- 2. If you drink a diet soda with 4 candy bars, the calories in the candy bars are cancelled out by the soda.*
- 3. When you eat with someone else, calories don't count if you don't eat more than they do.*
- 4. Food used for medicinal purposes NEVER count, such as hot chocolate, brandy, toast and Sara Lee Cheesecake.*
- 5. If you fatten up everyone else around you, YOU look thinner.*
- 6. Movie related foods do not have additional calories because they are part of the entire entertainment package and not part of ones personal fuel; such as Milk Duds, Buttered Popcorn, Junior Mints, Red Hots, Tootsie Rolls, etc.*
- 7. Cookie pieces contain no calories. The process of breaking creates the calorie leakage.*
- 8. Things licked off knives and spoons have no calories if you are in the process of preparing something. Ex: Peanut butter on a knife making a sandwich, and ice cream on a spoon making a sundae.*
- 9. Foods that have the same color have the same number of calories.
Ex: Spinach and Guacamole, Mushrooms and White Chocolate.*
- 10. Angelo's Pizza is OK any time as the calories are removed in the secret cooking process.*

SPECIAL NOTE:

Chocolate is a universal color and may be substituted for any other food color.

**FIGHT STRESS-CALL ANGELO'S NOW
932-2424**