

Mary Sanger's ... Sample Diet and Workout Plan

Sample Diet

Serving of Hydroxycut®

Breakfast: Egg whites, steel-cut oats, blueberries

Midmorning: Protein shake, flax oil, fish oil caps

Serving of Hydroxycut

Lunch: 2 cups veggies, 3 to 4 oz. fish or chicken, sweet potato

Midafternoon: Rice cakes, protein shake, fish oil caps

Serving of Hydroxycut®

Dinner: 2 cups veggies, 3 to 4 oz. fish or chicken, small salad, almonds

Evening: 3 to 4 oz. fish or chicken and a salad

Lots and lots of water!

Sample Workout

Cardio: 5 to 6 days per week

30 to 45 minutes of interval training on treadmill:
Jog 1 minute / walk 1 minute **OR** Increase incline for
1 minute / reduce incline for 1 minute

Resistance training: 3 days per week

Dumbbells / medicine ball / stability ball
1 exercise per body part – 12 reps/4 sets each

Back / triceps / chest / shoulders / biceps / legs
Walking lunges / step-ups / squats with each
resistance-training workout 10 minutes of abs on
cardio days

