



# 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

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