



This Simple Lactose-Free Meal Plan is brought to you courtesy of:

<http://www.i-can-drink-milk-again.com> and Jena Richlee.

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Remarkably, after suffering with Lactose Intolerance for over 15 years, I discovered a 38 Day Program that has cured **me** of my suffering, pain embarrassment and the high cost of Lactose Intolerance. I simply no longer need to worry about it anymore, and I can eat what I like when I like. **NO MORE LACTASE ENZYME SUPPLEMENTS!**

If you're suffering with Lactose Intolerance, I invite you to visit: <http://www.i-can-drink-milk-again.com> See if you might also rid yourself of this miserable affliction, with this logical, natural, proven and money back guaranteed approach. For an investment of \$149.95, I now **SAVE** almost as much every month. Not even to mention, the huge part of my life that is now returned to me. Note: Please read my important message at the end of this eBook.

### **Here is your complimentary 7 day Lactose Free Meal Plan:**

#### **DAY 1:**

##### **BREAKFAST**

1 cup of oatmeal with soymilk,  
Top with raisins and brown sugar.  
1 glass of orange juice.  
1 slice of melon.

(Don't forget the "100% Natural Lactose Intolerant Conditioning Supplement" after day 18)

##### **LUNCH**

3 oz mashed sardines.  
2 pieces bread (no milk ingredients)  
Lactose free margarine and /or mayo.  
1 small salad.  
1 glass of apple juice.  
1 oz Lactose-Free cheese.

##### **SNACK**

1 Granola bar (no milk ingredients)

##### **DINNER**

1 mixed salad.  
4 oz lean steak.  
1 cup broccoli.  
1 cup carrots.  
Lactose free margarine and /or mayo.  
Choice of Fruit.

(Don't forget the "100% Natural Lactose Intolerant Conditioning Supplement")

**DAY 2:**

**BREAKFAST**

1 cup of cooked cream of wheat with soymilk,  
1 glass of apple juice.  
1 cup of yogurt.

(Don't forget the "100% Natural Lactose Intolerant Conditioning Supplement" after day 18)

**LUNCH**

3 oz turkey breast with lettuce and tomato.  
2 pieces bread. (No milk ingredients)  
Lactose free margarine and /or mayo.  
1 small salad.  
1 glass of iced tea. 1 apple.

**SNACK**

1/2 cup of raw almonds.

**DINNER**

1 salad.  
4 oz Broiled Salmon.  
steamed asparagus stalks.  
1 baked potato.  
Choice of Fruit.

(Don't forget the "100% Natural Lactose Intolerant Conditioning Supplement")

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**DAY 3:**

**BREAKFAST**

1 ounce of raisin bran with soy milk.  
2 slices raisin toast.  
1/2 tablespoon Lactose-Free margarine.  
1 orange.

(Don't forget the "100% Natural Lactose Intolerant Conditioning Supplement" after day 18)

**LUNCH**

3 oz lean shaved ham, Dijon mustard. Lactose-Free Swiss cheese.  
2 pieces French bread. (No milk ingredients)  
Lactose free margarine and /or mayo.  
Spinach salad.  
Glass of juice.  
Bunch of grapes.

**SNACK**

1 Banana.

**DINNER**

Large salad with lactose-free dressing.  
2 egg omelet w/ tuna and lactose-free cream cheese fill.  
Choice of Fruit.

(Don't forget the "100% Natural Lactose Intolerant Conditioning Supplement")

**DAY 4:**

**BREAKFAST**

1 cup Swiss Muesli with soymilk.  
1 glass of cranberry juice.  
1 cup of yoghurt.

(Don't forget the "100% Natural Lactose Intolerant Conditioning Supplement" after day 18)

**LUNCH**

3 oz turkey breast. Lactose-free mayonnaise, lettuce, tomato.  
2 pieces bread. (No milk ingredients)  
1 glass of apple juice.  
1 oz lactose-free cheese.

**SNACK**

1 handful dried pineapple.

**DINNER**

1 salad.  
1 chicken breast.  
1 cup sweet potatoes.  
1/2 cup broccoli.  
Choice of Fruit.

(Don't forget the "100% Natural Lactose Intolerant Conditioning Supplement")

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**DAY 5:**

**BREAKFAST**

1 cup of oatmeal with soy milk.  
1 glass of orange juice.  
1 piece toast (no milk ingredients) with jam.

(Don't forget the "100% Natural Lactose Intolerant Conditioning Supplement" after day 18)

**LUNCH**

3 oz roast beef with lettuce and tomatoes.  
2 pieces bread. (No milk ingredients)  
1 small salad.  
1 glass of apple juice.  
1 peach.

**SNACK**

1/2 cup of dried dates.

**DINNER**

1 salad.  
4 oz roast chicken.  
Mixed vegetables (carrots, corn, beans).  
Mashed potato.  
1/2 tablespoon lactose-free margarine.  
1 cup cherries.

(Don't forget the "100% Natural Lactose Intolerant Conditioning Supplement")

**DAY 6:**

**BREAKFAST**

1 slice of lactose-free cheese.  
1 sliced tomato.  
2 slices of toast. (No milk ingredients)  
1 cup of herbal tea.  
(Don't forget the "100% Natural Conditioning Supplement after day 18")

**LUNCH**

4 oz canned salmon with lemon and mayo. (No milk ingredients)  
2 pieces Italian bread. (No milk ingredients)  
1 small salad.  
1 glass of cranberry juice.  
1 juicy pear.

**SNACK**

1/2 cup of mixed nuts.

**DINNER**

1 salad.  
4 oz steamed scallops.  
1 cup bok choy.  
1 baked potato.  
1 tablespoon lactose-free margarine.  
1 slice honeydew melon.  
(Don't forget the "100% Natural Conditioning Supplement")

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**DAY 7:**

**BREAKFAST**

1 soft boiled egg.  
1 slice toast. (No milk ingredients)  
1 cup of herbal tea.  
(Don't forget the "100% Natural Conditioning Supplement" after day 18)

**LUNCH**

3 oz cooked shrimp. Lactose-free mayonnaise, lettuce, tomato.  
2 slices toast. (No milk ingredients).  
1 glass of pear juice.  
1 small salad with lactose-free dressing.

**SNACK**

1 chewy granola bar. (Lactose-free)

**DINNER**

1 salad.  
4 oz broiled Salmon.  
Steamed asparagus stalks.  
1 baked potato.  
Choice of Fruit.  
(Don't forget the "100% Natural Conditioning Supplement")

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Please understand that I am not a physician, nurse, registered dietician, legal professional, financial advisor or health care professional of any kind. Use of this information is at your own risk, and we assume no liability for sickness, death, dismemberment or loss of anything as a direct or indirect result of accessing / downloading and/or reading the information in this document. This was my experience with the Lactose Intolerance Program. Other factors such as whether you follow the program strictly or not, will most likely influence individual results with the Lactose Intolerance Program. All issues, complaints refunds etc. (if any) must be taken up with the manufacturer and/or vendor of the Lactose Intolerance Program. I sincerely wish you much success with the program; I am living proof that Lactose Intolerance can be beaten.