

NFL CODY KESSLER DIET

The beacon in times of darkness, as always, is Cody Kessler. The Browns quarterback was looking to shed weight and gain strength heading into his second season, so he cooked up a plan with the team dietitian. The same exact thing, every day, for three months.

Kessler's meal plan, [per ESPN.com](#):

PRE-WORKOUT

» PowerBar

BREAKFAST

» two (2) scrambled eggs » oatmeal with water » two (2) pieces of fruit » milk » water

MID-MORNING SNACK (GO CRAZY)

» almonds

LUNCH

» turkey and provolone sandwich (no toppings or condiments)

» fifteen (15) baby carrots

» banana

» water

» milk

MID-AFTERNOON SNACK (WE'RE SO BAD!)

» pretzels with peanut butter

DINNER

» cooked chicken breast

» spinach

» plain whole wheat pasta (no sauce or dressing)

» milk

» water

Every day. Three months. No cheating.

"I really never committed myself to a meal plan that strict," Kessler said. "It was tough, but it was worth it."

Personally, a four-minute mile feels more plausible, but perhaps you have greater willpower than I. It worked for Kessler, who reached his fitness goals and didn't even have to spend \$200 for Tom Brady's stupid cookbook.



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