

## Yenny's Diet & Training Competition Regimen

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Tuesday, 23 December 2008 17:06 - Last Updated Monday, 09 February 2009 12:42

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**This is the diet I followed in 2006 for my first ever Body building show in NYC. I took 2nd place! I'd won if it wasn't for bad posing.**

I am sharing this strict diet for those of you who may want to diet hard for 6 weeks. Notice I wrote 6 weeks. This is not a diet you do for a long period of time. Your body needs fat, fiber, carbs. and protein to survive. This is a low calorie restricted diet food for short periods of time as in competition mode, or anyone who wants to get lean very quick. Try it at your own risk!

**[For more competition diet plans, join my vip membership club!](#)**