

ECTOPLAN MEAL PROGRAM

WHY BE SKINNY? Many underweight people are thin simply because they consume barely enough calories to supply the energy they need for their daily activities and don't take those extra calories needed to add wanted pounds. These important "extra" calories can be yours by the regular use of the Ectoplan Program. The Ectoplan Program combined the strongest known appetite inducer, without the need of a doctor's prescription, along with our scientifically prescribed menu of special high caloric foods to give you the "extra" pounds and inches you desire.

Important:

1. If you are very much underweight, it's wise to see your doctor for a checkup.
2. Get your needed rest regularly. Rest helps you conserve energy.
3. Eat regular meals each day. Frequent small meals and between meal snacks along with regular meals may work better for you than trying to pack all of your extra calories into the customary three meals.

You can expect fast results if you carefully follow the Ectoplan program. By taking Ectoplan tablets regularly and strictly adhering to the Ectoplan menu you should see results within a month.

MENU SUGGESTIONS

Weight gaining ideas and aids to help you gain weight.

1. Do not fill yourself on non-caloric beverages such as coffee, tea, lemonade, etc. Although, these food items are fine if you include plenty of cream and sugar, but they are filling and should not be used indiscriminately.
2. Between meal feedings are important to one trying to gain weight. Never miss such a feeding – no matter how small it may be. It is important to establish the habit of eating between meals. When this habit is established you may, if you desire, increase the amounts and kinds of foods.

MENU CHOICES:

| Grams of Protein | # | Breakfast #1 (43 grams of protein – 1200 Cal.) | Calories |
|-------------------------|----------|---|-----------------|
| 2 | 1. | 1 cup of fruit or fruit juice | 100 |
| 15 | 2. | 2 to 4 slices of toast with peanut butter and jelly and/or with cheese. | 420 |
| 10 | 3. | Large bowl of whole grain cereal with cream and sugar. | 370 |
| 16 | 4. | 2 glasses of milk | 310 |
| | | | |
| Grams of Protein | # | Breakfast #2 (59 grams of protein – 1360 Cal.) | Calories |
| 2 | 1. | Large glass of orange juice | 100 |
| 16 | 2. | 3 eggs scrambled or fried | 200 |
| 15 | 3. | 3 slices of toast with butter and jam (fried potatoes optional). | 400 |
| 10 | 4. | Ham sausage, bacon or hamburger patties | 350 |
| 16 | 5. | 2 to 3 glasses of milk | 310 |
| | | | |

| Grams of Protein | # | Brunch (15 grams of protein – 950 Cal.) | Calories |
|-------------------------|----------|--|-----------------|
| 3 | 1. | 2 bananas | 230 |
| 12 | 2. | Pint of light cream | 700 |
| | | | |
| Grams of Protein | # | Lunch #1 (40 grams of protein – 1950 Cal.) | Calories |
| 14 | 1. | 2 sandwiches (cheese, peanut butter, liverwurst, etc.) | 700 |
| 4 | 2. | 2 oz. of cream cheese | 200 |
| 3 | 3. | 2 bananas | 230 |
| 1 | 4. | Orange and apple | 300 |
| 16 | 5. | Pint of milk | 300 |
| 2 | 6. | Dessert (pie, cake, etc.) | 200 |
| | | | |
| Grams of Protein | # | Lunch #2 (46 grams of protein – 1000 Cal.) | Calories |
| 20 | 1. | Serving of meat, chicken or fish | 400 |
| 3 | 2. | Potatoes | 120 |
| 5 | 3. | Other Vegetable | 80 |
| 2 | 4. | Dessert | 200 |
| 16 | 5. | 2 glasses of milk | 300 |
| | | | |
| Grams of Protein | # | Supper (87 grams of protein – 2350 Cal.) | Calories |
| 5 | 1. | Thick soup or salad with lots of dressing | 200 |
| 4 | 2. | Large baked potato and butter | 200 |
| 30 | 3. | Large Serving of meat, fish or chicken | 600 |
| 15 | 4. | Large serving of some casserole | 500 |
| 8 | 5. | Beans, peas or some other leguminous vegetable | 100 |
| 2 | 6. | Leafy green or yellow vegetable | 50 |
| 2 | 7. | Bread or rolls with butter | 200 |
| 16 | 8. | Pint of milk | 300 |
| 5 | 9. | Dessert | 200 |
| | | | |
| Grams of Protein | # | After meal snack (11 grams of protein – 400 Cal.) | Calories |
| 3 | 1. | Applesauce or sliced bananas and cream or slice of pie | 250 |
| 8 | 2. | Glass of milk | 150 |
| | | | |

DELICIOUS HIGH CALORIE HOME RECIPES

Eggnog

3/4 cup cold milk – 1 raw egg
 2 tablespoons vanilla extract
 1/8 teaspoon nutmeg or cinnamon
 1 heaping tablespoon of sugar

Milkshake

1/2 cup cold milk – 1 tablespoon sugar
 1 cup ice cream – 1 tablespoon lemon juice
 1 tablespoon vanilla extract

If you are thin and underweight because of poor eating habits, you can gain those extra pounds, inches and new curves providing you strictly follow the Ectoplan Program.

Distributed by:



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