



## BULKING DIET

1. BRAN CEREAL – 4oz
2. APPLESAUCE – 4oz
3. PRUNE JUICE OR APRICOT NECTAR – 4oz
4. MILLER’S BRAN – 1 TABLESPOON ADDED TO BRAN CEREAL  
(this is unprocessed wheat bran which can be found at some Publix stores, Wholefoods, GNC or online)
5. METAMUCIL – 1 TEASPOON DAILY (CITRUCEL OR FIBERCON) MAY BE USED  
  
AS SUBSTITUTES.
6. PUSH WATER
7. EXERCISE!!!!!!

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