

GUY:

BREAK-FAST:

LUNCH:

DINNER:

IN-BETWEEN SNACKS:

Andy Williams



2 large glasses of orange juice.
4 slices bacon, very crisp.
2 fried eggs topped with lots of catsup.

2 hamburgers with everything on them except pickles.
2 7-Up's.
2 orders of French fries (Andy doesn't spare the catsup!).

1 Mexican combination plate consisting of 1 chili relleno, 1 taco, 1 beef enchilada and refried beans.
1 side order of chili (can you tell he loves Mexican food?).
2 or 3 glasses of Pepsi.
Strawberry shortcake.

Hershey bars, ice cream cones, bubble gum.



Randy Mantooth



1 tall glass of tomato juice with lemon squeezed in it.
2 cups of coffee, black.
1 poached egg.
(Randy hates to eat first thing in the morning, but this light breakfast suits him perfectly.)

1 tuna salad garnished with tomatoes, hard-boiled egg and green pepper rings.
2 or 3 packets of wheat crackers.
1 large glass of skim milk (Randy's not dieting—he just doesn't think whole milk tastes as good!).
½ a fresh papaya with lime juice sprinkled over it.

Fresh-caught trout fried with butter and slivered almonds with a side of creamy tartar sauce.
1 small baked potato with butter, cottage cheese and chives.
Artichoke hearts with a tangy oil/vinegar dressing.
A large bowl of fresh strawberries with clotted cream topping.

Raisins, apples, any kind of cheese.



Chris Knight



1 huge plate of a special dish his mom makes with eggs, onions, bacon and potatoes all fried together.
2 English muffins with home-made jam.
3 glasses of milk.
(Chris likes it to be so cold it hurts his teeth!)

2 large slices of sourdough bread toasted and topped with peanut butter and crisp bacon.
1 chocolate malt.
2 bags of barbecue potato chips.

Fried chicken. (He can polish off a whole one by himself!)
Mounds of buttery whipped potatoes and gravy.
Lettuce and tomatoes with mayonnaise dressing.
1 super-sized all-chocolate sundae with lots of nuts and cherries on top!

Orange soda, fried bacon rinds, ice cream any time!



Jay Osmond



1 large glass grapefruit juice.
2 eggs, over easy, cooked in butter.
Hash-browned potatoes.
Hot rolls with honey.

2 hot dogs with sauerkraut, mustard and lots of pickles (Jay is happy to finish anyone else's pickles too!).
1 large glass of chocolate milk.
1 double-dip strawberry ice cream cone.

Steak and lobster combination.
French cut string beans.
Baked potato with tons of butter.
2 glasses of milk.
Salad with blue cheese dressing.
Ice cream.

Popcorn, apples, pistachio nuts by the bagful.



David Cassidy



Cold cereal with milk and bananas (David says he likes to read the cereal boxes while he eats!).
1 cup of tea, half hot milk with honey.

1 large health food salad with lettuce, tomato, avocado, alfalfa sprouts, several kinds of cheese and the special dressing his favorite health food store makes.
2 7-grain rolls with sweet butter.
1 Papaya juice shake—so large it's like 2 big drinks!

1 very thick, very rare T-bone steak.
Sliced tomatoes and cottage cheese.
Fresh string beans with toasted almonds.
1 hot fudge sundae.

Cantaloupe with a scoop of vanilla ice cream, dry roasted nuts, any type of fresh fruit blended into a shake.

