www.muscleologydiets.com

DIET SAMPLE
1100 CALORIE

MEAL #1
4 EGG WHITES
1 SERVING CREAM OF RICE

MEAL #2
3 OZ LEAN MEATS
6 OZ BAKE POTATOE
1 CUP VEGETABLES

MEAL #3
3 OZ LEAN MEATS
3/4 CUP RICE OR BEANS
1 CUP VEGETABLES

MEAL #4
3 OZ LEAN MEATS
1 CUP VEGETABLES
3/4 CUP RICE

MEAL #5
4 EGG WHITES
1 CUP VEGETABLES

SUPPLEMENT PROGRAM: MYOFIBER 2X'S DAILY, LIPOBURN 3X'S DAILY, REDTEST 3X'S DAILY (MEN ONLY), DPX CUTS 2X'S DAILY. DETAILED QUESTIONS PLEASE CALL 1.800.611.0162

TOTALS CALORIES=1109g
CARBS=158g
PROTEIN=86g
FAT=9.4g
SODIUM=1555mg

*These sample diets and products have not been evaluated by the FDA. These diets and products are not intended to diagnose, treat, cure or prevent any disease.