www.muscleologydiets.com

DIET SAMPLE
1600 CALORIE

MEAL #1
6 EGG WHITES
2 SERVING CREAM OF RICE

MEAL #2
4 OZ LEAN MEATS
1 CUP VEGETABLES
3/4 CUP RICE

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

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

MEAL #5
6 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=1650g
CARBS=240g
PROTEIN=121g
FAT=15.3g
SODIUM=1807mg

*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.