



www.muscleologydiets.com

***DIET SAMPLE
1700 CALORIE**

MEAL #1

6 EGG WHITES
2 SERVING CREAM OF RICE

MEAL #2

4 OZ LEAN MEATS
1 CUP VEGETABLES
1 CUP RICE

MEAL #3

4 OZ LEAN MEATS
1 CUP VEGETABLES
6 OZ YAM

MEAL #4

4 OZ LEAN MEATS
1 CUP VEGETABLES
1 CUP RICE

MEAL #5

6 EGG WHITES
1 SERVING CREAM OF RICE

***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=1743g
CARBS=244g
PROTEIN=130g
FAT=17.5g
SODIUM=1853mg

*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.