www.muscleologydiets.com

DIET SAMPLE
1800 CALORIE

MEAL #1
6 EGG WHITES
2 SERVING CREAM OF RICE

MEAL #2
5 OZ LEAN MEATS
1 CUP VEGETABLES
1 CUP RICE

MEAL #3
5 OZ LEAN MEATS
1 CUP VEGETABLES
6 OZ YAM
1 RICE CAKE

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=1873g
CARBS=268g
PROTEIN=139g
FAT=18g
SODIUM=1901mg

*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.