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***DIET SAMPLE
2100 CALORIE**

MEAL #1

8 EGG WHITES
2 RICE CAKES
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
1 CUP RICE

MEAL #4

5 OZ LEAN MEATS
1 CUP VEGETABLES
6 OZ YAM

MEAL #5

5 OZ LEAN MEATS
1 CUP VEGETABLES
6 OZ YAM

MEAL #6

8 EGG WHITES
2 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=2154g
CARBS=310g
PROTEIN=164g
FAT=18.6g
SODIUM=2002mg

*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.