www.muscleologydiets.com

DIET SAMPLE
2800 CALORIE

MEAL #1
9 EGG WHITES
2 RICE CAKES
3 SERVING CREAM OF RICE

MEAL #2
5 OZ LEAN MEATS
1 CUP VEGETABLES
1 ½ CUP RICE

MEAL #3
5 OZ LEAN MEATS
1 CUP VEGETABLES
1 CUP RICE

MEAL #4
5 OZ LEAN MEATS
1 CUP VEGETABLES
10 OZ YAM

MEAL #5
5 OZ LEAN MEATS
1 CUP VEGETABLES
10 OZ YAM

MEAL #6
9 EGG WHITES
1 RICE CAKES
2 ½ 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=2722g
CARBS=405g
PROTEIN=203g
FAT=20g
SODIUM=2134mg

*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.