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**\*DIET SAMPLE  
2900 CALORIE**

**MEAL #1**

9 EGG WHITES  
3 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 1/2 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  
3 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=2916g  
CARBS=422g  
PROTEIN=227g  
FAT=21.3g  
SODIUM=2197mg

\*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.