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***DIET SAMPLE**

3100 CALORIE

MEAL #1

10 EGG WHITES
3 RICE CAKES
3 SERVING CREAM OF RICE

MEAL #2

5 OZ LEAN MEATS
1 CUP VEGETABLES
1 CUP RICE
1 CUP YAM

MEAL #3

5 OZ LEAN MEATS
1 CUP VEGETABLES
1 1/2 CUP RICE

MEAL #4

5 OZ LEAN MEATS
1 CUP VEGETABLES
8 OZ YAM
1/2 CUP RICE

MEAL #5

5 OZ LEAN MEATS
1 CUP VEGETABLES
1/2 CUP RICE
8 OZ YAM

MEAL #6

10 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=3165g
CARBS=458g
PROTEIN=245g
FAT=26g
SODIUM=2241mg

*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.