



*www.muscleologydiets.com*

**\*DIET SAMPLE**

**3800 CALORIE**

**MEAL #1**

10 EGG WHITES  
3 RICE CAKES  
3 SERVING CREAM OF RICE

**MEAL #2**

6 OZ LEAN MEATS  
1 CUP VEGETABLES  
1 CUP RICE  
10 OZ OF YAM

**MEAL #3**

6 OZ LEAN MEATS  
1 CUP VEGETABLES  
1 CUP RICE  
1 CUP OF YAM

**MEAL #4**

6 OZ LEAN MEATS  
1 CUP VEGETABLES  
8 OZ YAM  
1 ½ CUP RICE

**MEAL #5**

6 OZ LEAN MEATS  
1 CUP VEGETABLES  
1 ½ CUP RICE  
8 OZ OF YAM

**MEAL #6**

10 EGG WHITES  
3 RICE CAKE  
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=3865g  
CARBS=562g  
PROTEIN=301g  
FAT=29.7g  
SODIUM=2427mg

\*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.