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DIET SAMPLE
3900 CALORIE

MEAL #1
10 EGG WHITES
3 RICE CAKES
3 SERVING CREAM OF RICE

MEAL #2
6 OZ LEAN MEATS
1 CUP VEGETABLES
2 CUP RICE
8 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 CUP RICE

MEAL #5
6 OZ LEAN MEATS
1 CUP VEGETABLES
1 CUP RICE
10 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=3945g
CARBS=580g
PROTEIN=302g
FAT=30g
SODIUM=2458mg

*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.