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***DIET SAMPLE
900 CALORIE**

MEAL #1

5 EGG WHITES
1 SERVING OATMEAL

MEAL #2

5 EGG WHITES
1 SERVING CREAM OF RICE

MEAL #3

3 OZ LEAN MEATS
1 CUP RICE
1 CUP SALAD
3 TBSP OIL FREE DRESSING

MEAL #4

3 OZ LEAN MEATS
6 OZ POTATOES

***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=942g
CARBS=136g
PROTEIN=78g
FAT=7.8g
SODIUM=1494mg

*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.