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***DIET SAMPLE
1200 CALORIE**

MEAL #1

5 EGG WHITES
1 SERVING CREAM OF RICE

MEAL #2

3 OZ LEAN MEATS
6 OZ BAKE POTATOE
1 CUP VEGETABLES

MEAL #3

3 OZ LEAN MEATS
3/4 CUP RICE OR BEANS
1 CUP VEGETABLES

MEAL #4

3 OZ LEAN MEATS
1 CUP VEGETABLES
3/4 CUP RICE

MEAL #5

5 EGG WHITES
1 CUP VEGETABLES

***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=1223g
CARBS=174g
PROTEIN=92g
FAT=10.5g
SODIUM=1592mg

*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.