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**\*DIET SAMPLE  
1300 CALORIE**

**MEAL #1**

6 EGG WHITES  
2 SERVING CREAM OF RICE

**MEAL #2**

3 OZ LEAN MEATS  
6 OZ BAKE POTATOE  
1 CUP VEGETABLES

**MEAL #3**

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

**MEAL #4**

3 OZ LEAN MEATS  
1 CUP VEGETABLES  
1 CUP RICE

**MEAL #5**

6 EGG WHITES  
1 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=1350g  
CARBS=189g  
PROTEIN=101g  
FAT=12.7g  
SODIUM=1660mg

\*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.