



www.muscleologydiets.com

***DIET SAMPLE
2200 CALORIE**

MEAL #1

8 EGG WHITES
2 RICE CAKES
2 SERVING CREAM OF RICE

MEAL #2

5 OZ LEAN MEATS
1 CUP VEGETABLES
1 CUP RICE

MEAL #3

5 OZ LEAN MEATS
1 CUP VEGETABLES
1 CUP RICE

MEAL #4

5 OZ LEAN MEATS
1 CUP VEGETABLES
8 OZ YAM

MEAL #5

5 OZ LEAN MEATS
1 CUP VEGETABLES
9 OZ YAM

MEAL #6

8 EGG WHITES
2 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=2224g
CARBS=324g
PROTEIN=166g
FAT=18.6g
SODIUM=2038mg

*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.