



*www.muscleologydiets.com*

**\*DIET SAMPLE**

**3200 CALORIE**

**MEAL #1**

10 EGG WHITES  
2 RICE CAKES  
3 SERVING CREAM OF RICE

**MEAL #2**

5 OZ LEAN MEATS  
1 CUP VEGETABLES  
1 CUP RICE  
1 CUP YAM

**MEAL #3**

5 OZ LEAN MEATS  
1 CUP VEGETABLES  
1 1/2 CUP RICE

**MEAL #4**

5 OZ LEAN MEATS  
1 CUP VEGETABLES  
10 OZ YAM  
1/2 CUP RICE

**MEAL #5**

5 OZ LEAN MEATS  
1 CUP VEGETABLES  
1 CUP RICE  
8 OZ YAM

**MEAL #6**

10 EGG WHITES  
1 RICE CAKES  
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=3280g  
CARBS=475g  
PROTEIN=255g  
FAT=26.4g  
SODIUM=2271mg

\*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.