



www.muscleologydiets.com

***DIET SAMPLE**

3500 CALORIE

MEAL #1

10 EGG WHITES
3 RICE CAKES
3 SERVING CREAM OF RICE

MEAL #2

6 OZ LEAN MEATS
1 CUP VEGETABLES
1 CUP RICE
6 OZ OF YAM

MEAL #3

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

MEAL #4

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

MEAL #5

6 OZ LEAN MEATS
1 CUP VEGETABLES
1/2 CUP RICE
8 OZ OF YAM

MEAL #6

10 EGG WHITES
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=3564g

CARBS=523g

PROTEIN=274g

FAT=27g

SODIUM=2342mg

*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.