

Sample Meal Plan



Workout Time 9:00 AM



7:00 – 1 scoop VP2, ½ Cup oatmeal, Myo -D

9:00 – Train



10:00 – 1 scoop VP2, 1 scoop DGC

11:00 – 4 egg whites, 2 pc. white toast, blueberry jam



1:00 – 1 scoop Muscle XGF, 1 scoop VP2, 2 rice cakes (1/2 for women)

3:00 – 3 oz. Tuna, apple, green vegetables w/ EVOO dressing



5:00 - 1 scoop Muscle XGF, 1 scoop VP2, skim milk (1/2 for women)

7:00 – 4 oz. salmon or beef, green vegetables, Myo -D



9:00 – 1 scoop Muscle XGF, 1 scoop VP2, skim milk (1/2 for women)

