

Sample Meal Plan



Workout Time 11:00 AM



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



9:30 – 1 scoop Muscle XGF, 1 scoop VP2, skim milk (1/2 for women)



11:00 – Train

12:00 – 1 scoop VP2, 1 scoop DGC



1:00 – 4 oz. chicken, 1/2 cup white rice

3:00 – 1 scoop Muscle XGF, 1 scoop VP2, 2 rice cakes (1/2 for women)



5:00 - 3 oz. Tuna, apple, green vegetables, EVOO

9:00 – 4 oz. salmon or beef, green vegetables, Myo -D



11:00 – 1 scoop Muscle XGF, 1 scoop VP2, skim milk (1/2 for women)

