



Sample Meal Plan

Workout Time: 12:00 noon

6:00 – 1 scoop VP2, 1/2 Cup oatmeal, Myo -D

8:30 – 1 scoop Muscle XGF, 1 scoop VP2, skim milk (1/2 for women)

10:30 – 3 oz. Tuna, apple, green vegetables, EVOO

12:00 – Train

1:00 – 1 scoop VP2, 1 scoop DGC

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

4:00 - 1 scoop Muscle XGF, 1 scoop VP2, 2 rice cakes (1/2 for women)

6:30 – 4 oz. salmon or beef, green vegetables, Myo -D

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

