



Sample Meal Plan

Workout Time: 6:00 PM

7:00 – 1 scoop VP2, 1/2 Cup oatmeal, Myo -D

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

11:00 – 3 oz. Tuna, apple, green vegetables, EVOO

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

3:30 – 4 oz. salmon or beef, green vegetables, Myo -D

6:00 – Train

7:00 - 1 scoop VP2, 1 scoop DGC

8:00 – 4 oz. chicken, 1/2 cup white rice

10:00 – 1 scoop Muscle XGF, 1 scoop VP2, 2 rice cakes (1/2 for women)

