

MEN'S 12 WEEK EATING PLAN

Lose fat & gain
muscle mass



In association with:



MORNING

WAKE UP EXERCISE:

Aim to exercise first thing in the morning (can be moved to anytime of the day), for 1 hour on an empty stomach as this increases your Resting Metabolic Rate (RMR), stimulating all day fat burning. For optimal results, train using a combination of moderate resistance and cardiovascular exercises.

SUPPLEMENTATION SUGGESTION

1 large glass of water (lukewarm helps absorption) with 2-3 Phedra-Cut LIPO capsules, with 4 x 17 Testo Methox capsules.



BREAKFAST OPTIONS (MEAL 1)

Choose 1

VEGGIE OMELETTE

- Egg white omelette (1 whole egg + 5 egg whites)
- Add courgette ribbons to red peppers and mushrooms
- 2 slices toasted rye bread, + 1 tsp light margarine
- 1 medium peach, 2 small plums or 1 medium orange

NUT OATS

- ½ cup of cooked oats/oat bran with 5 almonds
- Add cinnamon to taste
- 1 green/yellow apple

LOW-FAT FRUIT SMOOTHIE

- Blend 250 ml fat-free milk with: 1 frozen banana (not too ripe), 1 tsp cocoa powder or vanilla essence
- *1 scoop Pure Protein IGF-1 Vanilla can be added to the Oats and the Smoothie*

SUPPLEMENTATION SUGGESTION

- 2 X CLA Pure 1000 Softgels after **MEAL 1**
- 1 Serving of Diet Fuel (Ultra Lean, Bar or Protein Soup)



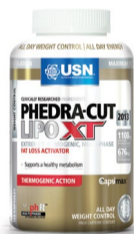
MID-MORNING (MEAL 2)

- 1 Fruit Portion

AFTERNOON

SUPPLEMENTATION SUGGESTION

30 minutes before lunch:
2-3 Phedra-Cut LIPO XT or 1 Phendra-Cut LAVA STICK sachet in 500 ml water.



LUNCH OPTIONS (MEAL 3)

Choose 1

LEAN MINCE SPUD

- 170 g of lean mince (beef/ostrich) fried with Spray'n Cook
- Add 3 canned tomatoes and 1 cup of spinach
- 1 medium baked potato or sweet potato with 1 tsp light margarine melted over it

OPEN TUNA SANDWICH

- 1 can of tuna in water, mixed with ½ tbs light mayo
- 2 slices of rye bread + 2 tsp light margarine
- 1 bowl of green leafy salad (drizzled with lemon Juice and/or vinegar)

GRILLED CHICKEN & LEMON VEG & QUINOA

- 2 small grilled skinless chicken breasts
- 2 cups of lemon steamed green bean, peppers & asparagus mixed with 150 g cooked quinoa

SUPPLEMENTATION SUGGESTION

- 2 x CLA Pure 1000 softgels after **MEAL 3**
- 1 serving of Diet Fuel (Ultra lean, Bar or Protein Soup) instead of fruit portion



MID-AFTERNOON (MEAL 4)

- 1 fruit portion

EVENING

EAT BEFORE 8PM:

Limit your starch intake in the evenings. Keep in mind that your vegetables and salads are rich in nutrients and lower in calories.

SUPPLEMENTATION SUGGESTION

- 2 x CLA Pure 1000 softgels with a cup of rooibos tea or decaffeinated coffee (after **MEAL 5**)
- 2 x Phedra-Cut SF 30 minutes (before **MEAL 5**)



DINNER OPTIONS (MEAL 5)

Choose 1

ROAST STEAK & STEAMED VEG

- 200 g grilled/roasted lean beef steak
- 2 cups of cooked mixed vegetables
- 1 bowl of green leafy salad (drizzled with lemon juice and 1 tsp flaxseed/olive/canola oil)

LEMON FISH WITH STEAMED VEG

- 2 large grilled/steamed hake/haddock fillets (160 g), ½ cup cooked green beans with tomato & onion + ½ cup cooked carrots (sweetened with sweetener)
- 1 bowl of green leafy salad (drizzled with lemon juice and 1 tsp flaxseed/olive/canola oil)

WARM CHICKEN & ROASTED VEG SALAD

- 2 small grilled chicken breasts
- A bowl of crisp lettuce, red onion, cucumber mixed with 1 ½ grilled red pepper, courgettes and broccoli

EVENING (MEAL 6)

ADDITIONAL AFTER DINNER SUPPLEMENTATION

- 1 serving of Pure Protein IGF-1 or Protein Dessert (serve chilled). It speeds up muscle recovery and boosts metabolism while you sleep
- Consume 2 hrs after dinner



TIP: Drink 2-3 litres of water throughout the day to flush your system.