

LEAN MUSCLE GAIN

Eating Plan for Men



Morning

Wake-up:

1 large glass of water (lukewarm) with 2-3 **Phedra-Cut LIPO XT** capsules, with 4 x 17-Testo Methox capsules. Drink 2-3 litres of water throughout the day to flush your system.

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.

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 rye bread/seed loaf, toasted + 1 tsp lite margarine
- 1 x medium peach/ 2 small plums/ 1 medium orange

PROTEIN & NUT OATS

- 1 cup of cooked oats/oat bran with 2 scoops **Pro Protein GF-1** Vanilla, 5 almonds and cinnamon to taste
- 1 x green/yellow apple

LOW-FAT FRUIT SMOOTHIE

- Blend 250ml fat-free milk with:
- 1 x frozen banana (not too ripe), 1 tsp cocoa powder or vanilla essence, 2 scoops of **Pro Protein GF-1** (Vanilla).

Supplementation (after Meal 1):

- 2 x **CLA Pure 1000** softgels after Meal 1.



Mid-Morning (Meal 2)

- 1 serving of **Diet Fuel (Ultralean, Bar, RTD or Protein Soup)**
- Preferably combine with a fruit portion
- Limit bars to 1 every 3 days

Afternoon

30 minutes before lunch:

2-3 **Phedra-Cut LIPO XT** or 1 **Phedra-Cut LAVA STICK** sachet in 500ml water.



Lunch Options (Meal 3) - choose 1

LEAN MINCE SPUD

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

OPEN TUNA SANDWICH

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

GRILLED CHICKEN & LEMON VEG QUINOA

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

Supplementation (after Meal 3):

- 2 x **CLA Pure 1000** softgels after Meal 3.

Mid-Afternoon (Meal 4)

- 1 serving of **Diet Fuel (Ultralean, Bar, RTD or Protein Soup)**
- Preferably combine with a fruit portion
- Limit bars to 1 every 3 days



Evening

Eat main meal before 7pm

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



Dinner Options (Meal 5) - choose 1

ROAST STEAK & STEAMED VEG

- 200g 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 (160g), 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 x small grilled chicken breasts
- A bowl of crisp lettuce, red onion, cucumber mixed with 1 ½ cups grilled red pepper, courgettes and broccoli

Supplementation (before & after Meal 5):

- 2 x **Phedra-Cut LIPO SF capsules** 30 min. before Meal 5.
- 2 x **CLA Pure 1000** softgels with a cup of rooibos tea or decaffeinated coffee after Meal 5.

After Dinner (Meal 6)

- 1 serving of **Pro Protein GF-1** or **Protein Dessert** (serve chilled). It speeds up muscle recovery and boosts metabolism while you sleep
- Use 2hrs after dinner



* e.g. Lettuce, rocket, watercress, baby spinach, cucumber, asparagus, tomatoes, peppers and red chard.

Due to the importance of essential fats to optimise health, aim to take 5 tsp fat per day (apart from any omega supplements you may be taking).

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