

CUTTING MEAL PLAN FOR MEN

Carb Cycling: 3 day zero carbs, 2 day carbs.

I.e:

Monday, Tuesday, Wednesday - Zero Carbs

Thursday & Friday - Carb Day

Saturday, Sunday, Monday - Zero Carbs

Tuesday & Wednesday - Carb Day

Etc

SUPPLEMENTS NEEDED:

- + **Whey Protein:** Increases Lean Muscle Mass
- + **Fat Burner:** Enhance Fat Loss, Boost Energy, Help Curb Appetite, Promotes Fat To Be Used For Energy, Increase Your Metabolism
- + **Liquid Carnitine:** Converts Fat Into Energy, Reduces Body Fat
- + **Glutamine:** Enhanced Immune Function and Nitrogen Retention, Assists in Cell Volumisation and Protein Synthesis, Boosts Growth Hormone Levels
- + **BCAAs:** Increases Recovery, Prevents Muscle Catabolism, Boosts Muscle Growth

OPTIONAL SUPPLEMENTS:

- + **CLA:** Reduces Body Fat, Retain Lean Muscle Mass, Tone
- + **Multi-Vitamins:** For Optimal Health and Performance
- + **Testo Boost:** Naturally Increases Testosterone, Increased Strength and Muscle Mass, Boosts Virility and Libido

EATING PLAN:

ZERO CARBS

+ 30 minutes -1 hour before Breakfast:

Upon waking, take 1 serving of your fat burner with a cup of black coffee
1 serving liquid Carnitine
Multi-vitamins

+ Meal 1:

10 egg white omlette with fresh spinach
2 capsules of CLA with Breakfast

+ Meal 2:

200g chicken fillet
200g Green Beans/Broccoli

+ Meal 3:

30 minutes before lunch take 1 serving of your fat burner
200g chicken fillet
200g Green Beans/Broccoli
40g avo
2 capsules of CLA with Lunch

+ Meal 4;

10 egg white omlette with fresh spinach

+ Intra-workout:

Sip on a serving of BCAAs

+ **Meal 5 (Post Training)**

- 1 serving whey protein
- 1 serving BCAAs
- 1 serving glutamine

+ **Meal 6:**

- 250g Hake
- 200g Broccoli/Green Beans

+ **Meal 7:**

- 10 egg whites
- 2 capsules of CLA with dinner

CARB DAY:

+ 30 minutes -1 hour before Breakfast:

- Upon waking, take 1 serving of your fat burner with a cup of black coffee
- 1 serving liquid Carnitine
- Multi-Vitamins

+ **Meal 1:**

- 80g Rolled oats
- 1 serving whey protein
- 2 capsules of CLA with Breakfast

+ **Meal 2:**

- 1 tin tuna
- 150g White Basmati Rice

+ **Meal 3:**

30 minutes before lunch take 1 serving of your fat burner

200g Chicken Fillet

100g White Basmati Rice

2 capsules of CLA with Lunch

+ **Meal 4:**

200g Hake

100g White Basmati Rice

+ **Meal 5:**

10 egg white omlette with spinach

100g White Basmati Rice

+ **Intra-workout:**

Sip on a serving of BCAAs

+ **Meal 6 (Post Workout)**

1 serving Whey Protein

1 serving Glutamine

+ **Meal 7:**

200g Chicken Fillet

80g Pumpkin

150g Green Beans/Broccoli

2 capsules of CLA with Dinner



DOORMAN
NUTRITION CENTRE