

FAT LOSS MEAL PLAN

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, Promote 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

EATING PLAN:

ZERO CARBS

+ Upon Waking:

- 1 serving of your fat burner with black coffee
- 1 serving Liquid Carnitine
- Multi-Vitamins

+ Meal 1:

- 6 egg white omlette with fresh spinach
- 2 capsules of CLA with breakfast

+ Meal 2:

- 100g chicken fillet
- 80g mixed veg

+ Meal 3:

- 200g hake
- 200g broccoli
- 2 capsules of CLA with Lunch

+ Meal 4:

- 1 serving whey protein
- Handful of almonds

+ Intra-Workout:

- Sip on 1 serving BCAAs during training

+ Meal 5 (Post Workout)

- 1 serving whey protein
- 1 serving Glutamine

- + **Meal 6:**
 - 120-150g chicken fillet
 - 200g broccoli
 - 2 capsules of CLA with Dinner

CARB DAY:

- + **Upon Waking:**
 - 1 serving of your fat burner with black coffee
 - 1 serving Liquid Carnitine
 - Multi-Vitamins
- + **Meal 1:**
 - 40g Rolled Oats
 - 1 serving whey protein
 - 2 capsules of CLA with breakfast
- + **Meal 2:**
 - 100g chicken fillet
 - 2 rice cakes
 - 1/4 avo
- + **Meal 3:**
 - 200g hake
 - 70g white basmati rice
 - 100g broccoli
 - 2 capsules of CLA with Lunch
- + **Meal 4:**
 - 1 serving whey
 - Handful of blueberries

- + **Intra-Workout:**
Sip on 1 serving of BCAAs during training
- + **Meal 5 (post workout)**
1 serving whey protein
1 serving glutamine
- + **Meal 6:**
120-150g chicken fillet
60g pumpkin
150g green beans
2 capsules of CLA with dinner

