

# LIFESTYLE EATING PLAN

## 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
- + **Digestive Enzymes:** Helps Breakdown Food Rapidly

## EATING PLAN:

### UPON WAKING

- + 30 minutes - 1 hour before breakfast:
- + 1 serving Fat Burner with Black Coffee
- + 1 serving Liquid Carnitine
- + Multi-Vitamins

## **EATING PLAN:**

### **+ Meal 1:**

- Blueberry and Banana Protein Pancakes
- 1 serving whey
- 2 Egg whites
- Leaner Creamer
- Handful of blueberries
- Half a banana, mashed
- 1 tsp Honey
- Add Sweetener to pancake mix if necessary
- 2 capsules of CLA with Breakfast

### **+ Meal 2:**

- 2 Rice Cakes
- 30g Avo
- 100g Hake
- 1 tsp Carb Smart Mayo

### **+ Meal 3:**

- 30 minutes before Lunch take 1 serving of Fat Burner
- 120g - 150g Chicken
- 80g White Basmati Rice
- 80g Stir Fry Veg
- 2 capsules of CLA with Lunch

### **+ Meal 4:**

- 1 Fat Free Greek Yoghurt
- 70g Pineapple

### **+ Intra-workout:**

- Sip on a serving of BCAAs

**+ Meal 5 (post workout)**

- 1 serving whey protein
- 1 serving Glutamine

**+ Meal 6**

- 120-150g Chicken Fillet
- 100g Mixed Veg  
Salad
- 2 capsules of CLA with Dinner

