



®

BODY MAKEOVER

EATING PLAN FOR WOMEN

BEFORE



AFTER



MORNING

WAKE-UP:

1 large glass of water (lukewarm) and take 1 serving of **XEDRA-CUT ULTRA XT/LIPO-CUT ULTRA XT**. Drink 2-3 liters 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 and 3 egg whites).
- Include red pepper strips and mushrooms.
- 1 slice rye bread, toasted + 1 tsp lite margarine.
- 1 medium peach or 1 small plum or 1 medium orange.

PROTEIN & NUT OATS

- ½ cup of cooked oats or oat bran with 1 scoop of **PURE PROTEIN IGF-1**, 5 almonds and cinnamon to taste.
- 1 green / yellow apple.

LOW-FAT FRUIT SMOOTHIE

- Blend 250ml fat-free milk with 1 frozen banana (not too ripe), 1 tsp cocoa powder or vanilla essence, 1 scoop of **PURE PROTEIN IGF-1**.

MID-MORNING (MEAL 2):

- Take 1 serving of **DIET WHEY ULTRALEAN** as a mid-morning snack replacement option.



AFTERNOON

30 MINUTES BEFORE LUNCH:

Take 1 serving of **XEDRA-CUT ULTRA XT/LIPO-CUT ULTRA XT**.

REMEMBER:

Continually drink water in-between meals.

2-3 liters of water per day is essential for flushing out toxic buildup on a cellular level, increased hydration, optimal digestive function and appetite control.

LUNCH OPTIONS (MEAL 3) - CHOOSE 1

LEAN MINCE SPUD

- 85g of lean mince (beef / ostrich) fried with MCT oil or coconut oil.
- Add 3 canned tomatoes and 1 cup of spinach.
- 1 medium baked potato or sweet potato with 1 tsp lite margarine.

OPEN TUNA SANDWICH

- ½ can of tuna in water, mixed with ½ Tbs lite mayo, 1 slice of rye bread with 1 Tbs of low-fat cottage cheese spread.
- 1 bowl of green leafy salad* (drizzled with lemon juice and / or vinegar).

GRILLED CHICKEN & LEMON VEG QUINOA

- 1 small grilled chicken breast.
- 1 ½ cup of lemon steamed green bean, peppers and asparagus mixed with 100g cooked quinoa.

MID-AFTERNOON (MEAL 4):

- Take 1 serving of **DIET WHEY ULTRALEAN** as a mid-afternoon snack replacement option.



EVENING

EAT BEFORE 7PM:

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

IMPORTANT NOTE

To achieve the best possible results, remember the following:

Fats: Good fats are extremely important for optimal hormone response, central nervous system and brain function, a strong immune system and health in general.

DINNER OPTIONS (MEAL 5) - CHOOSE 1

GRILLED STEAK & STEAMED VEG

- 100g grilled, lean beef steak.
- 1 cup cooked mixed vegetables with 1 tsp flaxseed oil.
- 1 bowl of green leafy salad* (drizzled with lemon juice and 1 tsp flaxseed / olive / MCT oil).

LEMON FISH WITH STEAMED VEG

- 1 large grilled / steamed fish fillet (100g).
- ½ cup cooked green beans with tomato and onion + ½ cup cooked carrots (sweetened with sweetener).
- 1 bowl of green leafy salad* (drizzled with lemon juice and 1 tsp flaxseed / olive / MCT oil).

WARM BEEF MINCE & VEG SALAD

- 1 small grilled chicken breast.
- 1 bowl of crisp lettuce, red onions, cucumber mixed with 1 ½ cups of grilled red pepper, zucchini and broccoli.

AFTER DINNER (MEAL 6):

- 1 scoop of **PURE PROTEIN IGF-1** 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 3 tsp fat per day (apart from any omega supplements you may be taking).