



®

BEFORE



AFTER



# LEAN MUSCLE GAIN

## EATING PLAN FOR MEN

### MORNING

#### WAKE-UP:

1 large glass of water (lukewarm) and take 1 serving of **XEDRA-CUT ULTRA XT/LIPO-CUT ULTRA XT**, along with 1 serving of **TESTO TRIBULUS** upon waking. 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 + 5 egg whites).
- Add red pepper strips and mushrooms.
- 2 slices rye bread, toasted + 1 tsp lite margarine.
- 1 medium peach or 2 small plums or 1 medium orange.

##### PROTEIN & NUT OATS

- 1 cup of cooked oats or oat bran with 2 scoops **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, 2 scoops 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** prior to your meal.

#### 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

- 170g 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

- 1 can of tuna in water, mixed with 1 Tbs lite mayo, 2 slices of rye bread and 2 tsp lite margarine.
- 1 bowl of green leafy salad\* (drizzled with lemon juice and / or vinegar).

##### GRILLED CHICKEN & LEMON VEG QUINOA

- 2 medium grilled chicken breast.
- 2 cups of lemon steamed green bean, peppers and asparagus mixed with 150g 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. Keeping 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:

Proteins: Protein is essential for the repair and retention of muscle fibres to ensure optimal power output. Your body burns more calories while metabolising protein, thus leading to accelerated fat-loss.

#### DINNER OPTIONS (MEAL 5) - CHOOSE 1

##### GRILLED STEAK & STEAMED VEG

- 250g 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 or olive or MCT oil).

##### LEMON FISH WITH STEAMED VEG

- 2 large grilled / steamed fish fillets (220g).
- 1 cup cooked green beans with tomato and onion and ½ cup cooked carrots (sweetened with sweetener).
- 1 bowl of green leafy salad\* (drizzled with lemon juice and 1 tsp flaxseed or olive or MCT oil).

##### WARM BEEF MINCE & VEG SALAD

- 2 medium grilled chicken breasts.
- A bowl of crisp lettuce, red onion, cucumber mixed with 1 ½ cups of grilled red pepper, zucchini and broccoli.

#### AFTER DINNER (MEAL 6):

- 1 serving of **PURE PROTEIN IGF-1** 2hrs after dinner.
- Supplement with an additional serving of **TESTO TRIBULUS** in the evenings to peak recovery.



\*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).