



EXPLOSIVE MUSCLE GAINS

HARDCORE EATING PLAN FOR MEN

MORNING

WAKE-UP:

1 serving of **HARDCORE WHEY gH** and 1 serving of **BCAA**.

EXERCISE:

PRIOR TO: Take 1 serving of **NITRO-X PUMP**.

DURING: Supplement with **BCAA** for increased endurance, strength and power with rapid energy and muscle tissue recovery.

AFTER: Take 1 serving of **CREATINE ANABOLIC** immediately followed by 1 serving of **WHEY+**, with 5g of **PURE GLUTAMINE**.

BREAKFAST OPTIONS (MEAL 1) - CHOOSE 1

OMELETTE

- 2 slices whole wheat bread (toasted) with 30g fat-free cottage cheese.
- 6 egg omelette (4 whole eggs, 2 whites, with a filling of choice).
- 175ml of plain Greek yoghurt.

PROTEIN & NUT OATS

- 1½ cup of cooked oats or oat bran with 2 scoops **PURE PROTEIN IGF-1**, 5 almonds and cinnamon to taste.
- 1 fruit of choice.

LOW-FAT FRUIT SMOOTHIE

- Blend 250ml fat-free milk with: 1-2 Tbs peanut butter, 200ml plain Greek yoghurt, 1 hand-full blueberries, 2 bananas, ½ cup raw oats, 2 tsp honey and 2 scoops of **PURE PROTEIN IGF-1**.

MID-MORNING (MEAL 2):

- ½ to 1 serving of **FAST GROW ANABOLIC** or **GROW-XL**.



AFTERNOON

REMEMBER:

Continually drink water in-between meals.

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

LUNCH OPTIONS (MEAL 3) - CHOOSE 1

GRILLED STEAK

- 250g grilled, lean steak.
- 2 cups of basmati rice and 2 cups of steamed green beans.
- 1 bowl of mixed garden salad with an olive oil and lemon juice dressing.

TUNA LUNCH

- 1-2 tin(s) of tuna in brine, with ½ Tbs extra virgin olive oil dressing.
- 1 bowl of brown or parboiled rice.
- 1 cup of cooked broccoli, green beans and asparagus.

GRILLED CHICKEN

- 2 grilled chicken breast with 2 medium baked potatoes with 100g fat-free cottage cheese.
- 1 cup mixed vegetables.
- 1 bowl of mixed garden salad.

MID-AFTERNOON (MEAL 4):

- ½ to 1 serving of **FAST GROW ANABOLIC** or **GROW-XL**.



EVENING

EAT MAIN MEAL BEFORE 7PM:

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

DINNER OPTIONS (MEAL 5) - CHOOSE 1

GRILLED STEAK & STEAMED VEG

- 300g grilled, lean steak sliced with 150g fat-free cottage cheese and ½ an avocado.
- 2 cups of couscous or rice with chopped red peppers, peas and onions.
- 2 cups of mixed vegetables.
- 1 bowl of mixed garden salad.

LEMON FISH WITH STEAMED VEG

- 300g grilled fish fillets with lemon juice and crushed garlic.
- 2 cups of mixed vegetables.
- 2 cups of couscous or rice with chopped red peppers, peas and onions.
- 1 bowl of mixed garden salad.

WARM BEEF MINCE & VEG SALAD

- 300g lean beef mince with 2 whole tinned tomatoes added.
- 1 large sweet potato with 100g fat-free cottage cheese with 2 cups of broccoli, green beans and asparagus.
- 1 bowl of mixed garden salad.

AFTER DINNER (MEAL 6):

- 1 serving of **PURE PROTEIN IGF-1** 2hrs after dinner.
- 1 serving of **TESTO TRIBULUS** (before bed).

