

SUSN BODY MAKEOVER PHASE 2

EATING PLAN FOR MEN







1. BURN FAT 2. GET LEAN 3. TONE MORE

		I. BURN FAT 2. GET LEAN 3. TUNE					2. GET ELAN S. TONE MORE
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
UPON WAKING UP: (OPTIONAL)	1 serving L-Carnicut	1 serving L-Carnicut	1 serving L-Carnicut	1 serving L-Carnicut	1 serving L-Carnicut	1 serving L-Carnicut	1 serving L-Carnicut
30MIN PRIOR TO BREAKFAST:	2 PhedraCut Lipo X capsules 1 PhedraCut Crave X capsule	2 PhedraCut Lipo X capsules 1 PhedraCut Crave X capsule	2 PhedraCut Lipo X capsules 1 PhedraCut Crave X capsule	2 PhedraCut Lipo X capsules 1 PhedraCut Crave X capsule	2 PhedraCut Lipo X capsules 1 PhedraCut Crave X capsule	1 PhedraCut Crave X capsule 2 PhedraCut Water X capsules* 3 PhedraCut SF Capsules	1 PhedraCut Crave X capsule 2 PhedraCut Water X capsules* 3 PhedraCut SF Capsules
BREAKFAST	With/directly after breakfast: 1-2 CLA Pure 1000 capsules Savoury breakfast bowl: 3 large eggs, boiled/poached ½ of an avocado 1 tbsp. low fat cottage cheese 50 g cooked quinoa	With/directly after breakfast: 1-2 USN CLA Pure 1000 capsules Summer smoothie: 2 scoops Diet Whey IsoLean 1 cup berries 1 small banana 1 tbsp. chia or flax seeds Ice	With/directly after breakfast: 1-2 USN CLA Pure 1000 capsules Healthy scramble: 3 large eggs, scrambled ¼ cup low fat milk 1 cup baby spinach 4-5 cherry tomatoes 50 g cooked quinoa	With/directly after breakfast: 1-2 USN CLA Pure 1000 capsules Breakfast bowl: 1 cup plain yogurt 2 scoops Diet Whey IsoLean* 8 almonds, unsalted 1 tbsp. chia/flax seeds 40 g raw oat bran	With/directly after breakfast: 1-2 USN CLA Pure 1000 capsules Eggs and feta: 3 large eggs, boiled/poached ½ of an avocado 30 g low fat feta cheese 50 g cooked quinoa	With/directly after breakfast: 1-2 USN CLA Pure 1000 capsules Protein pancakes: 2 scoops Diet Whey IsoLean 40 g raw oat bran 4 egg whites 1 tsp. cinnamon 1 tsp. natural nut butter	With/directly after breakfast: 1-2 USN CLA Pure 1000 capsules Veggie omelette: 3 large eggs 3 tbsp. low fat milk ½ cup diced bell peppers ½ cup chopped mushrooms 1 cup fruit salad
SNACK	1 scoop Diet Whey IsoLean	50 g unsalted nuts	1 scoop Diet Whey IsoLean	150 g low fat plain yogurt 1 tsp. honey	1 scoop Diet Whey IsoLean	50 g lean beef biltong	1 scoop Diet Whey IsoLean
30 MIN PRIOR TO LUNCH:	2 PhedraCut Lipo X capsules 1 PhedraCut Crave X capsule	2 PhedraCut Lipo X capsules 1 PhedraCut Crave X capsule	2 PhedraCut Lipo X capsules 1 PhedraCut Crave X capsule	2 PhedraCut Lipo X capsules 1 PhedraCut Crave X capsule	2 PhedraCut Lipo X capsules 1 PhedraCut Crave X capsule	1 PhedraCut Crave X capsule 3 PhedraCut SF Capsules	1 PhedraCut Crave X capsule 3 PhedraCut SF Capsules
LUNCH	With/directly after lunch: 1-2 USN CLA Pure 1000 capsules Chicken and chickpea salad: 150 g raw chicken breast, grilled 100 g canned chickpeas, drained and rinsed 30 g low fat feta cheese 2 cups cucumber, cherry tomatoes and baby spinach	With/directly after lunch: 1-2 USN CLA Pure 1000 capsules Beef bowl: 150 g raw lean beef strips, pan-fried 120 g sweet potato, cooked ½ of an avocado 2 cups broccoli, steamed	With/directly after lunch: 1-2 USN CLA Pure 1000 capsules Lemon and garlic hake: 150 g raw white fish, grilled with lemon and garlic 120 g butternut, cooked 1 tbsp. low fat cottage cheese 2 cups mixed salad	With/directly after lunch: 1-2 USN CLA Pure 1000 capsules Chicken "burger": 150 g raw chicken breast, butterflied and grilled 1 large brown mushroom, grilled 1 tbsp. low fat cottage cheese 2 cups mixed salad	With/directly after lunch: 1-2 USN CLA Pure 1000 capsules Mexican munch: 150 g raw lean beef mince, cooked with 40 g tomato puree and herbs 3/4 cup (120 g) sweetcorn, cooked 1/2 of an avocado 1 cup cherry tomatoes	With/directly after lunch: 1-2 USN CLA Pure 1000 capsules Tuna salad: 150 g tuna canned in water, drained 100 g cooked quinoa 2 tbsp. low fat cottage cheese 2 cups mixed salad	With/directly after lunch: 1-2 USN CLA Pure 1000 capsules Roast chicken: 150 g raw chicken breast, roasted with herbs 120 g sweet potato, roasted 1 tsp. olive or coconut oil (for cooking) 2 cups brussels sprouts, broccoli, cauliflower and/or green beans
SNACK	4 rice cakes 2 tsp natural nut butter	1 scoop Diet Whey IsoLean	150 g plain low-fat yogurt 1 tsp. honey	1 scoop Diet Whey IsoLean	50 g unsalted nuts	1 scoop Diet Whey IsoLean	2 blocks 70% dark chocolate
INTRA- Workout	1 serving ALL9™ AMINO	1 serving ALL9™ AMINO	1 serving ALL9™ AMINO	1 serving ALL9™ AMINO	1 serving ALL9™ AMINO	1 serving ALL9™ AMINO	1 serving ALL9™ AMINO
POST- WORKOUT	1 scoop Diet Whey IsoLean	1 scoop Diet Whey IsoLean	1 scoop Diet Whey IsoLean	1 scoop Diet Whey IsoLean	1 scoop Diet Whey IsoLean	1 scoop Diet Whey IsoLean	1 scoop Diet Whey IsoLean
30 MIN PRIOR TO DINNER:	1 PhedraCut Crave X capsule	1 PhedraCut Crave X capsule	1 PhedraCut Crave X capsule	1 PhedraCut Crave X capsule	1 PhedraCut Crave X capsule	1 PhedraCut Crave X capsule	1 PhedraCut Crave X capsule
DINNER	With/directly after dinner: 1-2 USN CLA Pure 1000 capsules 140 g raw lean beef mince, cooked with 40 g tomato puree and herbs 2 cups zucchini noodles 1 tsp. parmesan cheese	With/directly after dinner: 1-2 USN CLA Pure 1000 capsules 160 g raw chicken breast, sliced and stir-fried 2 cups stir-fried vegetables 1 tsp. olive or coconut oil, for cooking	With/directly after dinner: 1-2 USN CLA Pure 1000 capsules 140 g raw lean beef steak, grilled 3/4 cup pumpkin, roasted 1 1/2 cup broccoli, steamed	With/directly after dinner: 1-2 USN CLA Pure 1000 capsules 160 g raw hake, grilled with lemon and herbs 1 cup green beans, steamed ½ of an avocado	With/directly after dinner: 1-2 USN CLA Pure 1000 capsules 160 g raw chicken breast, grilled 1 brinjal, sliced and grilled 2 cups mixed salad 1 tsp. olive or coconut oil for cooking	With/directly after dinner: 1-2 USN CLA Pure 1000 capsules 160 g raw calamari, grilled with lemon juice 2 cups asparagus, grilled 1 tbsp. low fat cottage cheese	With/directly after dinner: 1-2 USN CLA Pure 1000 capsules 140 g raw lean beef burger patty, grilled ½ cup baby spinach 2 cups mixed salad ½ of an avocado
BEFORE BEDTIME SNACK (OPTIONAL)	1 scoop Diet Whey IsoLean (optional)	1 scoop Diet Whey IsoLean (optional)	1 scoop Diet Whey IsoLean (optional)	1 scoop Diet Whey IsoLean (optional)	1 scoop Diet Whey IsoLean (optional)	1 scoop Diet Whey IsoLean (optional)	1 scoop Diet Whey IsoLean (optional)