

GET LEAN & FIT EATING PLAN FOR MEN

# 8 WEEKS LEAN MUSCLE

#CHALLENGEYOURSELF

**UPON WAKING**

Take one serving of **BLUELAB™ 100% WHEY** with **2 PHEDRACUT LIPO X BLACK** capsules.

**45 MINUTES PRIOR TO TRAINING**

Take one serving of **XTS HYPERDRIVE**.

**INTRA-WORKOUT**

Sip on one serving of **BCAA AMINO-GRO** for increased endurance, strength and power with rapid energy and muscle tissue recovery.

**POST-WORKOUT**

Take one serving of **BLUELAB™ 100% WHEY**.

	OPTION 1	OPTION 2	OPTION 3
BREAKFAST	1-2 <b>USN CLA Pure 1000</b> (optional) ¾ Cup raw oats with 2 scoops of <b>BLUELAB™ 100% WHEY</b> , 10 Almonds, Cinnamon to taste, 1 green apple (chopped or whole).	1-2 <b>USN CLA Pure 1000</b> (optional) Omelette made with 2 large egg & 3 egg whites, 40g Mozzarella cheese, 2 Slice of 100% rye bread, 1 Small tomato OR 5 cherry tomatoes.	1-2 <b>USN CLA Pure 1000</b> (optional) Smoothie option: 2 scoops of <b>BLUELAB™ 100% WHEY</b> , ½ cup of raw oats, 1 banana, 1 hand-full of blueberries, 1-2 table spoon(s) of peanut butter, 250ml of low-fat milk, 2 tsp honey.
	<p><b>MID-MORNING SNACK:</b> ½ to 1 serving of <b>BLUELAB™ 100% WHEY</b> with full cream milk or water.</p>		
LUNCH	1-2 <b>USN CLA Pure 1000</b> (optional) Skinless grilled chicken breast (180g raw), ½ Cup broccoli, 1 Cup cauliflower (steamed/rice/mashed) Medium sweet potato (180g raw).	1-2 <b>USN CLA Pure 1000</b> (optional) 1 Tin (140g) of tuna in brine (drained), 2 Slice of 100% rye bread, 2 Tbs low fat Cottage Cheese (mixed into tuna), 1 Cup garden salad.	1-2 <b>USN CLA Pure 1000</b> (optional) Lean minced meat (150-180g raw), ½ Cup of red kidney beans, ½ Cup chopped green peppers, 1 Cup cooked brown rice.
	<p><b>MID-AFTERNOON SNACK:</b> ½ to 1 serving of <b>BLUELAB™ 100% WHEY</b> with full cream milk or water.</p>		
DINNER	1-2 <b>USN CLA Pure 1000</b> (optional) Spicy seasoned chicken breast (180g raw), 1 Cup cauliflower (rice/steamed/mashed), 2 Cup steamed green vegetables.	1-2 <b>USN CLA Pure 1000</b> (optional) Lean red meat (150-180g raw), 3 Cups of stir fried mixed vegetables.	1-2 <b>USN CLA Pure 1000</b> (optional) Salmon steak (180g raw), 3 Cups mixed stir fry vegetables.
	<p><b>LATE EVENING SNACK:</b> 1 scoop <b>CASEIN</b> with an additional 1 tablespoon of almond butter.  <b>BEFORE BED:</b> 2 capsules <b>TESTO TRIBULUS</b> or <b>ZMA</b>.</p>		

GET LEAN. GET FIT. GET STRONG.

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LOSE WEIGHT & TONE EATING PLAN FOR WOMEN

# 8 WEEKS LEAN MUSCLE

#CHALLENGEYOURSELF

**UPON WAKING**

Take one serving of **BLUELAB™ 100% WHEY** with **2 PHEDRACUT LIPO X** capsules.

**45 MINUTES PRIOR TO TRAINING**

Take one serving of **B4-BURN SHERBET**.

**INTRA-WORKOUT**

Sip on one serving of **ALL9™ AMINO** for increased endurance, strength and power with rapid energy and muscle tissue recovery.

**POST-WORKOUT**

Take one serving of **BLUELAB™ 100% WHEY** or **ZERO CARB ISOPRO**

	OPTION 1	OPTION 2	OPTION 3
BREAKFAST	1-2 <b>USN CLA Pure 1000</b> (optional) ½ Cup raw oats with 1 Serving <b>BLUELAB™ 100% WHEY</b> , 5 Almonds, Cinnamon to taste, 1 green apple (chopped or whole).	1-2 <b>USN CLA Pure 1000</b> (optional) Omelette made with 1 large egg & 2 egg whites, 30g Mozzarella cheese, 1 Slice of 100% rye bread, 1 Small tomato OR 5 cherry tomatoes.	1-2 <b>USN CLA Pure 1000</b> (optional) Smoothie option: 1 Serving <b>BLUELAB™ 100% WHEY</b> , 250ml Fat free milk OR water, ½ Cup of berries (fresh/frozen), ½ Cup raw oats.
	<b>MID-MORNING SNACK:</b> ½ to 1 serving of <b>DIET WHEY ISOLEAN</b> with water.		
LUNCH	1-2 <b>USN CLA Pure 1000</b> (optional) A piece of steamed fish (120g raw), ½ Cup of cooked wild/Basmati rice, 1 Cup green salad.	1-2 <b>USN CLA Pure 1000</b> (optional) Skinless grilled chicken breast (120g raw), 1 Cup broccoli, 1 Cup cauliflower (steamed/rice/mashed), Medium sweet potato (110g raw).	1-2 <b>USN CLA Pure 1000</b> (optional) 1 Tin (140g) of tuna in brine (drained), 1 Cup garden salad, 2 Rice OR 3 corn cakes, 1 Tbs low fat Cottage Cheese (mixed into tuna).
	<b>MID-AFTERNOON SNACK:</b> ½ to 1 serving of <b>USN DIET WHEY ISOLEAN</b> with water.		
DINNER	1-2 <b>USN CLA Pure 1000</b> (optional) Spicy seasoned chicken breast (120g raw), ½ Cup cauliflower (rice/steamed/mashed), 1 Cup steamed green vegetables.	1-2 <b>USN CLA Pure 1000</b> (optional) Lean red meat (100-120g raw), 2 Cups of stir fried mixed vegetables.	1-2 <b>USN CLA Pure 1000</b> (optional) Salmon steak (120g raw), 2 Cups mixed stir fry vegetables.
	<b>LATE EVENING SNACK:</b> 1 scoop <b>CASEIN</b> .		

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