

# EXTREME RESULTS EATING PLAN

## 8 WEEKS MASS PLAN

#CHALLENGEYOURSELF

### UPON WAKING

Take one serving of **HARDCORE WHEY gH** with 4 x **17-TESTO METHOX** capsules.

### 45 MINUTES PRIOR TO TRAINING

Take one serving of **XTS PUMP N.O.**

### 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 **HYPER CELL ANABOLIC** with one serving of **HARDCORE WHEY gH**.

	OPTION 1	OPTION 2	OPTION 3
BREAKFAST	1 ¾ cup of cooked oats/ oat bran with 2 scoops of <b>HARDCORE WHEY gH</b> , 40g of almonds with cinnamon to taste, 1 fruit of choice,	2 slices of rye toast with 30g of LOW-FAT cottage cheese, 6 egg omelette (4 whole eggs, 2 whites, with a filling of your choice), 175ml of Greek yoghurt,	Smoothie option: 2 scoops of <b>HARDCORE WHEY gH</b> , ½ cup of raw oats, 1 banana, 1 hand-full of blueberries, 1-2 table spoon(s) of peanut butter, 200ml of plain, low fat yoghurt, 250ml of low-fat milk, 2 tsp honey.
	MID-MORNING SNACK: ½ to 1 serving of <b>HYPERBOLIC MASS</b> with full cream milk or water.		
	OPTION 1	OPTION 2	OPTION 3
LUNCH	1 - 2 tin(s) of tuna (in brine) with ½ tablespoon of Extra Virgin Olive Oil or MCT oil as a dressing, 2 cups of parboiled white basmati rice, 1 cup of cooked broccoli, green beans and asparagus, 1 bowl of mixed garden salad with an olive oil and lemon juice dressing.	2 grilled chicken fillets sliced, 2 medium sweet potatoes with 100g fat-free cottage cheese, 1 cup of mixed vegetables, 1 bowl of mixed garden salad with an olive oil and lemon juice dressing.	250g grilled lean steak, 2 cups of basmati rice, 2 cup of steamed green beans, 1 bowl of mixed garden salad with an olive oil and lemon juice dressing.
	MID-AFTERNOON SNACK: ½ to 1 serving of <b>HYPERBOLIC MASS</b> with full cream milk or water.		
	OPTION 1	OPTION 2	OPTION 3
DINNER	300g grilled lean steak sliced with 150g fat free cottage cheese and ½ an avocado, 2 cups of rice or quinoa with chopped red peppers, peas and onions, 2 cups of mixed vegetables, 1 bowl of mixed garden salad with an olive oil and lemon juice dressing.	300g grilled hake with lemon juice and crushed garlic, 2 cups of steamed mixed vegetables, 1 cup of rice or quinoa with chopped red peppers, peas and onions, 1 bowl of mixed garden salad with an olive oil and lemon juice dressing.	300g lean ostrich mince with 2 whole tinned tomatoes added, 1 large sweet potato with 100g fat-free cottage cheese, 2 cups of broccoli, green beans and asparagus, 1 bowl of mixed garden salad with an olive oil and lemon juice dressing.
	LATE EVENING SNACK: 1 scoop <b>CASEIN</b> with an additional 1 tablespoon of almond butter. BEFORE BED: 4x <b>ZMA</b> capsules.		

MORE MASS. MORE SIZE. MORE STRENGTH.