



# 12 WEEK RIPPED MUSCLE PLAN FOR MEN

**Wake-up:** 1 large glass of water (lukewarm) with 2-3 Phedra-Cut ULTRA XT capsules, 4 capsules 17-Testo Methox.

**Exercise:** Aim to exercise first thing in the morning, for 1 hour, on an empty stomach as this increases your Resting Metabolic Rate (RMR) and thus stimulates all-day fat burning. For optimal results, train using a combination of moderate resistance and cardiovascular exercises. If it's not possible to train in the morning, your training session can be moved to anytime of the day.

Breakfast - Meal 1		
Option 1	Option 2	Option 3 (Smoothie)
1 cup of cooked oats/oat bran with 2 scoops Pure Protein IGF-9, 5 almonds and cinnamon to taste, 1 x green/yellow apple	Egg white omelette (1 whole egg + 5 egg whites) with red pepper strips and mushrooms  2 slices 100% rye bread, toasted + 1 tsp margarine  1 x medium peach/2 small plums/1 medium orange	Blend 250ml fat-free milk with:  1 x frozen banana (not too ripe)  1 x tsp cocoa powder or vanilla essence  2 x scoops of 100% Whey or Pure Protein IGF-9 (Vanilla)

**After Breakfast:** 1 x Men's Daily Pack (A combination sachet of all the vital nutrients for optimal health), 2 x CLA Pure 1000 softgels.

**Mid-Morning Meal 2:** 1 serving of Diet Fuel Ultralean (Meal Replacement Shake) (Optional: 1 Diet Fuel bar - limit bar to 1 every 3 days).

**30 Minutes before Lunch:** 2-3 capsules Phedra-Cut ULTRA XT OR 1 Phedra-Cut Lava Stick.

Lunch - Meal 3		
Option 1	Option 2	Option 3
1 large grilled/steamed skinless chicken breast or hake/haddock fillet (80g), 1 large baked potato or sweet potato with 2 tsp margarine  1 cup steamed broccoli	1 can of tuna in water, mixed with 1 Tbs Lite mayo  2 slices of rye bread + 2tsp margarine  1 bowl of green leafy salad (drizzled with lemon juice and/or vinegar)	4 Tbs lean minced meat (beef/ostrich) fried in 1 tsp olive oil + 3 canned tomatoes or 4 tsp Tomato puree, 1 cup cooked Brown/ Basmati rice, 1 cup of spinach & tomato or ½ cup Zucchini with 1 tsp margarine

**After Lunch:** 2 x CLA Pure 1000 softgels.

**30 Minutes before Meal 4:** 2-3 capsules Phedra-Cut ULTRA XT (NO LATER THAN 4:00pm) or Phedra-Cut ULTRA (SF) Stimulant Free.

**Mid-Afternoon Meal 4:** 1 serving of Diet Fuel Ultralean (Optional: 2 scoops of Pure Protein IGF-9 + 1 medium fruit).

Dinner - Meal 5		
Option 1	Option 2	Option 3
200g grilled/roasted ostrich fillet or tuna steak  ½ cup cooked brown/Basmati rice  ½ cup cooked mixed vegetables with 1 tsp margarine  1 bowl of green leafy salad (drizzled with lemon juice and 1 tsp flaxseed/olive/ canola oil)	2 grilled/steamed skinless chicken breasts or hake/haddock fillets (160g)  1 medium potato mashed with ½ cup green beans and onion (cooked) + 1 tsp margarine  1 bowl of green leafy salad (drizzled with lemon juice and 1 tsp flaxseed/olive/ canola oil)	200g grilled/barbequed lean steak (fillet or sirloin)  1 medium baked potato or sweet potato + 1tsp margarine  1 cup of steamed broccoli + cauliflower  1 bowl of green leafy salad (drizzled with lemon juice and 1 tsp flaxseed/olive/ canola oil)

**After Dinner:** 2 x CLA Pure 1000 softgels.

**Dessert Meal 6:** 1 serving of Protein Dessert (serve chilled). It speeds up muscle recovery and boosts metabolism to help burn fat while you sleep. 4 capsules 17-Testo Methox