



12 WEEK RAPID FAT LOSS PLAN



WEIGHT LOSS

Wake-up: 1 large glass of water (lukewarm) and 2-3 Phedra-Cut ULTRA XT capsules. Drink 3 litres throughout the day to flush your system.

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	Breakfast Meal 1 - Option 2	Breakfast Meal 1 - Option 3 (Smoothie)
½ cup of cooked oats/oat bran with 1 scoop Pure Protein Hydro-6 IGF-1 Vanilla, 5 almonds and cinnamon to taste, 1 x green/yellow apple	Egg white omelette (1 whole egg + 3 egg whites) with red pepper strips and mushrooms 1 slice rye bread, toasted + 1 tsp lite 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, 1 x scoop of 100% Whey Protein or Pure Protein Hydro-6 IGF-1 (Vanilla)
After Breakfast: 1 x Women's Daily Pack (Vital nutrients for optimal health), 2 x CLA Pure 1000 softgels		
Mid-Morning Meal 2 - Option 1	Mid-Morning Meal 2 - Option 2	
1 serving of Diet Fuel Ultralean	1 Diet Fuel bar - limit bar to 1 every 3 days	
30 Minutes before Lunch: 1 Phedra-Cut Slim Pack sachet in 500ml water		
Lunch Meal 3 - Option 1	Lunch Meal 3 - Option 2	Lunch Meal 3 - Option 3
1 small grilled/steamed skinless chicken breast or 1 fish fillet (40g), 1 medium baked potato or sweet potato with 1 tsp lite margarine melted over 1 cup of steamed broccoli	½ can of tuna in water, mixed with ½ Tbs Lite mayo 1 slice of rye bread + 1 tsp lite margarine 1 bowl of green leafy salad (drizzled with lemon juice and/ or vinegar)	2 Tbs lean minced meat (beef/ostrich) fried with Spray 'n Cook + 3 canned tomatoes or 4 tsp Tomato puree, ½ cup cooked Brown/Basmati rice 1 cup of spinach & tomato or ½ cup Zucchini
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		
30 Minutes before Dinner: 3 capsules Phedra-Cut ULTRA SF (Stimulant Free)		
Dinner Meal 5 - Option 1	Dinner Meal 5 - Option 2	Dinner Meal 5 - Option 3
100g grilled/roasted ostrich fillet or tuna steak 1 cup of cooked mixed vegetables 1 bowl of green leafy salad (drizzled with lemon juice and 1 tsp flaxseed/olive/canola oil)	1 large grilled/steamed skinless chicken breast or hake/haddock fillet (80g), ½ cup cooked green beans with tomato & onion + ½ cup cooked carrots (sweetened with sweetener), 1 bowl of green leafy salad (drizzled with lemon juice and 1 tsp flaxseed/olive/canola oil)	100g grilled/barbequed lean steak (fillet or sirloin) 1½ 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 with a cup of rooibos tea or decaffeinated coffee		
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		

IMPORTANT NOTES TO ACHIEVE THE BEST RESULTS:

PROTEINS: Essential for the repair and retention of muscle fibres to ensure optimal power output. Your body burns more calories while metabolising protein, so accelerated fat-loss.

CARBOHYDRATES: Mainly from low-GI sources to stabilise blood sugar levels and to act as energy source. The amount of carbs in this diet acts as a catalyst to push your metabolism into hyperdrive and fuel a sustained fat loss process.

FATS: Good fats are extremely important for optimal hormone response, central nervous system and brain function, a strong immune system and health in general.

WATER: Drink water in-between meals. Two to three litres of water per day is essential for flushing out toxic build-up on a cellular level, increased hydration, optimal digestive function and appetite control.

Limit table salts, sugar, and products that contain sugar – alternate with low-salt variants and artificial sweeteners (mostly xylitol, sucralose and sweet fibres). • Exclude wheat-containing products (incl wheat bread). • Avoid heated oils and fats (use oils such as cold pressed flaxseed, canola and extra virgin olive oil). Use soft sunflower margarine variants where indicated, to optimise essential fatty acid intake. Due to the importance of essential fats to optimize health, aim to take 3 tsp fat per day (in addition to the essential fats in the Women's Daily Pack). • Avoid products rich in preservatives and cold drinks (zero calorie sugar-free drinks are acceptable). • Limit alcoholic drinks and full cream dairy products. Depending on lactose tolerance levels, 1-2 cups of fat-free milk or yoghurt (also sugar-free) should be taken for optimal health and to promote weight loss. Low-fat cheese e.g. Mozzarella, Ricotta, Feta & Edam could be taken instead of a meat serving (limit to max 3 x 60g servings per week). • Aim to have your dinner before 19:00 in the evenings. • Ensure 7-8 hours sleep per night for optimal health and complete body recovery. • Never train more than 6 consecutive days per week. • Do not use Phedra-Cut ULTRA XT for more than 5 consecutive days per week. Use Phedra-Cut ULTRA SF during the '2-off days' before repeating Phedra-Cut ULTRA XT. • Consult your physician if you have any medical condition.

WHAT TO DO WHEN OVER-INDULGING (EVERY NOW AND AGAIN):

APPETITE BLOCK: Take 2-3 softgels 1 hour before a meal to control appetite or generally in-between meals to inhibit cravings. Contains clinically proven Pinnothin™.

CARB BLOCK: Take 2-3 capsules 30 minutes before a carb-rich meal to inhibit starch uptake. It contains clinically proven Starchlite™ and Alpha-Trim™.

FAT BLOCK: Take 2 tablets within 30 minutes after a high fat meal to decrease fat absorption. It contains scientifically proven Neopuntia®.

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