



ULTRA-ANABOLIC CRASH COURSE

**8 WEEKS
MASS PLAN**

UPON WAKING

Take one serving of **HARDCORE WHEY gH** with one sachet of **ANABOLIC TESTO STACK** or **17-TESTO METHOX**.

**45 MINUTES PRIOR TO TRAINING
INTRA-TRAINING**

Take one serving of **ANABOLIC NITRO-X** with 6x **ANABOLIC NITRO X4**.

Sip on **BCAA VITARGO** for increased endurance, strength and power with rapid energy and muscle tissue recovery.

POST-TRAINING

Take one serving of **CREATINE ANABOLIC** with one sachet of **ANABOLIC MUSCLE STACK** immediately followed by ½ to 1 serving of **HYPERBOLIC MASS** within 30 to 40 minutes.

BREAKFAST: OPTION 1:

1 ¾ cup of cooked oats/ oat bran with 2 scoops of **PURE PROTEIN IGF-1**, 40g of almonds and raisins with cinnamon to taste, 1 fruit of choice, 1 sachet of **MEN's DAILY PACK**. (The most potent and essential vitamins, minerals, nutrients, phytochemicals extracts, enzymes, EFA's, anti-oxidants, performance activators and mental enhancers)

OPTION 2:

2 slices of low whole-wheat toast with 30g of **LOW-FAT** cottage cheese, 6 egg omelette (4 whole eggs, 2 whites, with a filling of your choice). 175ml of plain yoghurt, 1 sachet of **MEN's DAILY PACK**.

OPTION 3:

Smoothie option:
2 scoops of **PURE PROTEIN IGF-1** (vanilla), 1/2 cup of raw oats, 2 bananas, 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. 1 sachet of **MEN's DAILY PACK**.

MID-MORNING SNACK: ½ to 1 serving of **HYPERBOLIC MASS** with full cream milk..

LUNCH: OPTION 1:

1 - 2 tin(s) of tuna (in brine) with ½ tablespoon of Extra Virgin Olive Oil as dressing, 1 bowl of brown or parboiled rice, 1 cup of cooked broccoli, green beans and asparagus, 1 bowl of mixed garden salad with an olive oil and lemon juice dressing.

OPTION 2:

2 grilled chicken breasts sliced, 2 medium baked 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.

OPTION 3:

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 **HYPERBOLIC MASS** with full cream milk.

DINNER: OPTION 1:

300g grilled lean steak sliced with 150g fat free cottage cheese and ½ an avocado, 2 cups of couscous, 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.

OPTION 2:

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.

OPTION 3:

300g grilled hake with lemon juice and crushed garlic, 2 cups of steamed mixed vegetables, 1 cup of couscous, rice or quinoa with chopped red peppers, peas and onions. 1 bowl of mixed garden salad with an olive oil and lemon juice dressing.

LATE EVENING SNACK: 2 servings **USN PROTEIN DESSERT**

BEFORE BED: 1 serving of **HGH STIMULATOR 550** with 4x **ZMA** capsules.