USN BODY MAKEOVER PHASE 2

EATING PLAN FOR MEN

1. BURN FAT 2. GET LEAN 3. TONE MORE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
UPON WAKING UP: (OPTIONAL)	1 serving L-Carnicut	1 serving L-Carnicut	1 serving L-Carnicut	1 serving L-Carnicut	1 serving L-Carnicut	1 serving L-Carnicut	1 serving L-Carnicut
30 MIN PRIOR TO BREAKFAST:	2 PhedraCut Lipo X capsules	2 PhedraCut Lipo X capsules	2 PhedraCut Lipo X capsules	2 PhedraCut Lipo X capsules	2 PhedraCut Lipo X capsules	3 PhedraCut SF capsules	3 PhedraCut SF capsules
BREAKFAST	With/directly after breakfast: 1-2 CLA Pure 1000 capsules Savoury breakfast bowl: 3 large eggs, boiled/poached ½ of an avocado 1 tbsp. low fat cottage cheese 50 g cooked quinoa	With/directly after breakfast: 1-2 USN CLA Pure 1000 capsules Summer smoothie: 2 scoops Diet Whey IsoLean 1 cup berries 1 small banana 1 tbsp. chia or flax seeds Ice	With/directly after breakfast: 1-2 USN CLA Pure 1000 capsules Healthy scramble: 3 large eggs, scrambled ¼ cup low fat milk 1 cup baby spinach 4-5 cherry tomatoes 50 g cooked quinoa	With/directly after breakfast: 1-2 USN CLA Pure 1000 capsules Breakfast bowl: 1 cup plain yogurt 2 scoops Diet Whey IsoLean* 8 almonds, unsalted 1 tbsp. chia/flax seeds 40 g raw oat bran	With/directly after breakfast: 1-2 USN CLA Pure 1000 capsules Eggs and feta: 3 large eggs, boiled/poached ½ of an avocado 30 g low fat feta cheese 50 g cooked quinoa	With/directly after breakfast: 1-2 USN CLA Pure 1000 capsules Protein pancakes: 2 scoops Diet Whey IsoLean 40 g raw oat bran 4 egg whites 1 tsp. cinnamon 1 tsp. natural nut butter	With/directly after breakfast: 1-2 USN CLA Pure 1000 capsules Veggie omelette: 3 large eggs 3 tbsp. low fat milk ⅓ cup diced bell peppers ⅓ cup chopped mushrooms 1 cup fruit salad
SNACK	1 scoop Diet Whey IsoLean	50 g unsalted nuts	1 scoop Diet Whey IsoLean	150 g low fat plain yogurt 1 tsp. honey	1 scoop Diet Whey IsoLean	50 g lean beef biltong	1 scoop Diet Whey IsoLean
30 MIN PRIOR TO LUNCH:	2 PhedraCut Lipo X capsules	2 PhedraCut Lipo X capsules	2 PhedraCut Lipo X capsules	2 PhedraCut Lipo X capsules	2 PhedraCut Lipo X capsules	3 PhedraCut SF capsules	3 PhedraCut SF capsules
LUNCH	With/directly after lunch: 1-2 USN CLA Pure 1000 capsules Chicken and chickpea salad: 150 g raw chicken breast, grilled 100 g canned chickpeas, drained and rinsed 30 g low fat feta cheese 2 cups cucumber, cherry tomatoes and baby spinach	With/directly after lunch: 1-2 USN CLA Pure 1000 capsules Beef bowl: 150 g raw lean beef strips, pan-fried 120 g sweet potato, cooked ½ of an avocado 2 cups broccoli, steamed	With/directly after lunch: 1-2 USN CLA Pure 1000 capsules Lemon and garlic hake: 150 g raw white fish, grilled with lemon and garlic 120 g butternut, cooked 1 tbsp. low fat cottage cheese 2 cups mixed salad	With/directly after lunch: 1-2 USN CLA Pure 1000 capsules Chicken "burger": 150 g raw chicken breast, butterflied and grilled 1 large brown mushroom, grilled 1 tbsp. low fat cottage cheese 2 cups mixed salad	With/directly after lunch: 1-2 USN CLA Pure 1000 capsules Mexican munch: 150 g raw lean beef mince, cooked with 40 g tomato puree and herbs ¾ cup (120 g) sweetcorn, cooked ½ of an avocado 1 cup cherry tomatoes	With/directly after lunch: 1-2 USN CLA Pure 1000 capsules Tuna salad: 150 g tuna canned in water, drained 100 g cooked quinoa 2 tbsp. low fat cottage cheese 2 cups mixed salad	With/directly after lunch: 1-2 USN CLA Pure 1000 capsules Roast chicken: 150 g raw chicken breast, roasted with herbs 120 g sweet potato, roasted 1 tsp. olive or coconut oil (for cooking) 2 cups brussels sprouts, broccoli, cauliflower and/or green beans
SNACK	4 rice cakes 2 tsp natural nut butter	1 scoop Diet Whey IsoLean	150 g plain low-fat yogurt 1 tsp. honey	1 scoop Diet Whey IsoLean	50 g unsalted nuts	1 scoop Diet Whey IsoLean	2 blocks 70% dark chocolate
INTRA-WORKOUT	1 serving BCAA Amino+	1 serving BCAA Amino+	1 serving BCAA Amino+	1 serving BCAA Amino+	1 serving BCAA Amino+	1 serving BCAA Amino+	1 serving BCAA Amino+
POST-WORKOUT	1 scoop Diet Whey IsoLean	1 scoop Diet Whey IsoLean	1 scoop Diet Whey IsoLean	1 scoop Diet Whey IsoLean	1 scoop Diet Whey IsoLean	1 scoop Diet Whey IsoLean	1 scoop Diet Whey IsoLean
DINNER	With/directly after dinner: 1-2 USN CLA Pure 1000 capsules 140 g raw lean beef mince, cooked with 40 g tomato puree and herbs 2 cups zucchini noodles 1 tsp. parmesan cheese	With/directly after dinner: 1-2 USN CLA Pure 1000 capsules 160 g raw chicken breast, sliced and stir-fried 2 cups stir-fried vegetables 1 tsp. olive or coconut oil, for cooking	With/directly after dinner: 1-2 USN CLA Pure 1000 capsules 140 g raw lean beef steak, grilled ¾ cup pumpkin, roasted 1 ½ cup broccoli, steamed	With/directly after dinner: 1-2 USN CLA Pure 1000 capsules 160 g raw hake, grilled with lemon and herbs 1 cup green beans, steamed ½ of an avocado	With/directly after dinner: 1-2 USN CLA Pure 1000 capsules 160 g raw chicken breast, grilled 1 brinjal, sliced and grilled 2 cups mixed salad 1 tsp. olive or coconut oil for cooking	With/directly after dinner: 1-2 USN CLA Pure 1000 capsules 160 g raw calamari, grilled with lemon juice 2 cups asparagus, grilled 1 tbsp. low fat cottage cheese	With/directly after dinner: 1-2 USN CLA Pure 1000 capsules 140 g raw lean beef burger patty, grilled ½ cup baby spinach 2 cups mixed salad ½ of an avocado
BEFORE BEDTIME SNACK: (OPTIONAL)	1 scoop Diet Whey IsoLean (optional)	1 scoop Diet Whey IsoLean (optional)	1 scoop Diet Whey IsoLean (optional)	1 scoop Diet Whey IsoLean (optional)	1 scoop Diet Whey IsoLean (optional)	1 scoop Diet Whey IsoLean (optional)	1 scoop Diet Whey IsoLean (optional)