



# BODY MAKEOVER

## EATING PLAN FOR WOMEN

### YOUR 3 STEP RAPID FAT LOSS SOLUTION



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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Large glass of luke warm water, with a splash of fresh lemon juice (optional)							
UPON WAKING UP:	2 PhedraCut Lipo X capsules 1 PhedraCut Crave X capsule 2 PhedraCut Water X capsules *	2 PhedraCut Lipo X capsules 1 PhedraCut Crave X capsule 2 PhedraCut Water X capsules *	2 PhedraCut Lipo X capsules 1 PhedraCut Crave X capsule 2 PhedraCut Water X capsules *	2 PhedraCut Lipo X capsules 1 PhedraCut Crave X capsule 2 PhedraCut Water X capsules *	2 PhedraCut Lipo X capsules 1 PhedraCut Crave X capsule 2 PhedraCut Water X capsules *	1 PhedraCut Crave X capsule 2 PhedraCut Water X capsules* 2 PhedraCut SF capsules (optional)	1 PhedraCut Crave X capsule 2 PhedraCut Water X capsules* 2 PhedraCut SF capsules (optional)
BREAKFAST	With/directly after breakfast: 1-2 USN CLA Pure 1000 Omelette made with 1 large egg & 2 egg whites 30g Mozzarella cheese 1 Slice of 100% rye bread Small tomato OR 5 cherry tomatoes^^	With/directly after breakfast: 1-2 USN CLA Pure 1000 ½ Cup raw oats 1 Scoop USN Whey^/Casein 5 Almonds Cinnamon to taste 1 Small green apple (chopped or whole)^^	With/directly after breakfast: 1-2 USN CLA Pure 1000 Blend together: 250ml Fat free milk OR water 1 Scoop USN Whey^/Casein 1 Small banana (frozen) Cinnamon OR unsweetened cocoa to taste	With/directly after breakfast: 1-2 USN CLA Pure 1000 Omelette made with 1 large egg & 3 egg whites ½ Cup mushrooms ¼ Onion 1 Cup spinach OR 1 small tomato 1 Slice of 100% rye bread (optional)	With/directly after breakfast: 1-2 USN CLA Pure 1000 Blend together: 100g Full/double cream plain yogurt OR 250ml water 1 Scoop USN Whey^/Casein ½ Cup of berries (fresh/frozen) ½ Cup raw oats	With/directly after breakfast: 1-2 USN CLA Pure 1000 2 Large boiled eggs ½ Avocado 1 Slice of 100% rye bread	With/directly after breakfast: 1-2 USN CLA Pure 1000 Blend together: 250ml Fat free milk OR water 1 Scoop USN Whey^/Casein ½ Cup of berries (fresh/frozen) ½ Cup raw oats
SNACK	1 Scoop USN Whey^	1 Scoop USN Whey^	1 Scoop USN Whey^	1 Scoop USN Whey^	1 Scoop USN Whey^	1 Scoop USN Whey^	1 Scoop USN Whey^
30 MIN PRIOR TO LUNCH:	2 PhedraCut Lipo X capsules 1 PhedraCut Crave X capsule 2 PhedraCut Water X capsules *	2 PhedraCut Lipo X capsules 1 PhedraCut Crave X capsule 2 PhedraCut Water X capsules *	2 PhedraCut Lipo X capsules 1 PhedraCut Crave X capsule 2 PhedraCut Water X capsules *	2 PhedraCut Lipo X capsules 1 PhedraCut Crave X capsule 2 PhedraCut Water X capsules *	2 PhedraCut Lipo X capsules 1 PhedraCut Crave X capsule 2 PhedraCut Water X capsules *	1 PhedraCut Crave X capsule 2 PhedraCut Water X capsules* 2 PhedraCut SF capsules (optional)	1 PhedraCut Crave X capsule 2 PhedraCut Water X capsules* 2 PhedraCut SF capsules (optional)
LUNCH	With/directly after lunch: 1-2 USN CLA Pure 1000 A piece of steamed fish (120g raw) ½ Cup of cooked wild/basmati rice 1 Cup green salad	With/directly after lunch: 1-2 USN CLA Pure 1000 Skinless chicken breast (120g raw) Medium sweet potato (110g raw) 1 Cup garden salad	With/directly after lunch: 1-2 USN CLA Pure 1000 Grilled white fish (120g raw) 1 Cup of steamed green veg ½ Cup cooked quinoa	With/directly after lunch: 1-2 USN CLA Pure 1000 Skinless grilled chicken breast (120g raw) 1 Cup broccoli Medium sweet potato (110g raw)	With/directly after lunch: 1-2 USN CLA Pure 1000 1 Tin (170g) of tuna in brine (drained) 1 Cup garden salad 2 Rice OR 3 corn cakes 1 Tbs low fat plain cottage cheese (mixed into tuna)	With/directly after lunch: 1-2 USN CLA Pure 1000 Lean minced meat (100-120g raw) ¼ Cup of red kidney beans ½ Cup chopped green peppers ½ Cup cooked brown rice	With/directly after lunch: 1-2 USN CLA Pure 1000 Lean red meat (100-120g raw) 2 Cups of steamed green vegetables Baked potato (110g raw)
SNACK	30g Lean biltong 1 Grapefruit^^ OR 1 Scoop USN Whey^	30g Unsalted nuts 1 Small plum^^ OR 1 Scoop USN Whey^	USN Diet Fuel bar/Trust bar OR 1 Scoop USN Whey^	30g Lean biltong 1 Grapefruit^^ OR 1 Scoop USN Whey^	30g Unsalted nuts 1 Green apple^^ OR 1 Scoop USN Whey^	4 Tbs low fat hummus Cucumber sticks OR 1 Scoop USN Whey^	100g Full/double cream plain yogurt 1 Scoop USN Whey^/Casein (mixed into yogurt)
30 MIN PRIOR TO DINNER:	2 PhedraCut Lipo X capsules 1 PhedraCut Crave X capsule 2 PhedraCut Water X capsules *	2 PhedraCut Lipo X capsules 1 PhedraCut Crave X capsule 2 PhedraCut Water X capsules *	2 PhedraCut Lipo X capsules 1 PhedraCut Crave X capsule 2 PhedraCut Water X capsules *	2 PhedraCut Lipo X capsules 1 PhedraCut Crave X capsule 2 PhedraCut Water X capsules *	2 PhedraCut Lipo X capsules 1 PhedraCut Crave X capsule 2 PhedraCut Water X capsules *	1 PhedraCut Crave X capsule 2 PhedraCut Water X capsules* 2 PhedraCut SF capsules (optional)	1 PhedraCut Crave X capsule 2 PhedraCut Water X capsules* 2 PhedraCut SF capsules (optional)
DINNER	With/directly after dinner: 1-2 USN CLA Pure 1000 Skinless grilled chicken breast (120g raw) 2 Cups steamed green veg	With/directly after dinner: 1-2 USN CLA Pure 1000 Lean red meat (100-120g raw) 2 Cups of stir fried mixed veg	With/directly after dinner: 1-2 USN CLA Pure 1000 Spicy seasoned chicken breast (120g raw) ½ Cup cauliflower (rice/steamed/mashed) 1 Cup steamed green veg	With/directly after dinner: 1-2 USN CLA Pure 1000 Beef fillet cut into strips (100-120g raw) 2 Cups mixed stir fry veg	With/directly after dinner: 1-2 USN CLA Pure 1000 Spicy seasoned chicken breast (120g raw) ½ Cup cauliflower rice 1 Cup steamed green veg	With/directly after dinner: 1-2 USN CLA Pure 1000 Salmon steak (120g raw) 2 Cups stir fry veg	With/directly after dinner: 1-2 USN CLA Pure 1000 Pork fillet (120g raw, excess fat trimmed) 1½ Cups of roasted brussels sprouts and broccoli

**BEFORE BEDTIME SNACK:** ½-1 Scoop USN Casein (optional)

**30-60 MIN PRIOR TO WORKOUT:** 1 serving USN L-Carnicut (optional)

**POST-WORKOUT (EVERYDAY):** ½-1 Scoop USN Whey^ (optional)

^USN Diet Whey Isolean / BlueLab™ 100% Whey | ^^Refer to exchange list | Meals are interchangeable within each meal category, example breakfast, lunch and supper. | Limit USN Protein bars to one every third day. | \*Do not exceed usage for longer than 2 weeks



# BODY MAKEOVER

## EXCHANGE LIST FOR WOMEN

YOUR 3 STEP  
RAPID FAT LOSS  
SOLUTION



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

Each food categories exchange list contains food items which can be interchanged with each other. The serving sizes of each food is important to note as it is calculated so that the macronutrients per portion are similar. Remember, some processed foods such as sauces, ready-made meals and spices contain added sugar. It is recommended to avoid processed foods and sauces as far as possible for best results.

STARCH		FRUIT		VEGETABLES	
Rice – basmati, brown, wild (cooked)	½ cup (50g)	Grapefruit	1 medium	Garden salad (lettuce, bell pepper, cucumber, tomato, no dressing/feta)	1 cup
Oats (uncooked)	⅓ cup (30g)	Berries (all types)	1 cup	Broccoli (steamed)	1 cup
100% Rye bread	1 slice (20g)	Apple, pink or green	1 small	Cauliflower (steamed)	1 cup
Rice cakes	2 rice cakes	Banana	1 small	Cabbage (sautéed/steamed)	1 cup
Potato (cooked with the skin on)	½ cup (100g)	Plum	1 small	Carrot (steamed)	½ cup
Baby potatoes (boiled)	3-4	Pineapple	1 cup	Brinjal/aubergine (steamed/grilled)	1 cup
Sweet potato (cooked with the skin on)	½ cup (100g)	Watermelon	1 cup chopped	Lettuce (raw)	1 cup
Popcorn (popped)	3 cups	Sweet melon	1 cup chopped	Mushroom (sautéed/steamed)	½ cup
Sweetcorn (raw)	½ cup (100g)	Grapes	¾ cup	Spinach (sautéed/steamed)	½ cup
Peas (raw)	¾ cup (100g)	Orange	1 medium	Tomatoes (raw)	1 cup
Butternut (steamed)	¾ cup (150g)	Naartjie	1 medium	Baby marrow (sautéed/steamed)	1 cup
Pumpkin (steamed)	¾ - 1 cup (150-200g)			Brussel sprouts (steamed)	1 cup
Quinoa (cooked)	½ cup (90g)				
Chickpeas (cooked)	½ cup (50g)				
Lentils (cooked)	½ cup (100g)				
White beans (cooked)	¼ cup (50g)				



# BODY MAKEOVER

## EATING PLAN FOR MEN

# YOUR 3 STEP RAPID FAT LOSS SOLUTION



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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
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BREAKFAST	With/directly after breakfast: 1-2 USN CLA Pure 1000 Omelette made with 2 large eggs & 3 egg whites 40g Mozzarella cheese 2 Slices of 100% rye bread Small tomato OR 5 cherry tomatoes^^	With/directly after breakfast: 1-2 USN CLA Pure 1000 2/3 Cup raw oats 1-2 Scoops USN Whey^/Casein 5 Almonds Cinnamon to taste 1 Small green apple	With/directly after breakfast: 1-2 USN CLA Pure 1000 Blend together: 250ml Fat free milk OR water 1-2 Scoops USN Whey^/Casein 1 Medium banana (frozen) Cinnamon OR unsweetened cocoa to taste	With/directly after breakfast: 1-2 USN CLA Pure 1000 Omelette made with 2 large eggs & 4 egg whites 1 Cup mushrooms 1/4 Onion 1 Cup spinach OR 1 small tomato 1-2 Slices of 100% rye bread (optional)	With/directly after breakfast: 1-2 USN CLA Pure 1000 Blend together: 150g Full/double cream plain yogurt OR 250ml water 1-2 Scoops USN Whey^/Casein 1/2 Cup of berries (fresh/frozen) 2/3 Cup raw oats	With/directly after breakfast: 1-2 USN CLA Pure 1000 3 Large boiled eggs 1/2 Avocado 2 Slices of 100% rye bread	With/directly after breakfast: 1-2 USN CLA Pure 1000 Blend together: 250ml Fat free milk OR water 1-2 Scoops USN Whey^/Casein 1/2 Cup of berries (fresh/frozen) 2/3 Cup raw oats	
SNACK	2 Scoops USN Whey^	2 Scoops USN Whey^	2 Scoops USN Whey^	2 Scoops USN Whey^	2 Scoops USN Whey^	2 Scoops USN Whey^	2 Scoops USN Whey^	
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SNACK	70g Lean biltong 1 Grapefruit^^ OR 2 Scoops USN Whey^	50g Unsalted nuts 1 Small plum^^ OR 2 Scoops USN Whey^	USN Diet Fuel bar/Trust bar OR 2 Scoops USN Whey^	70g Lean biltong 1 Grapefruit OR 2 Scoops USN Whey^	50g Unsalted nuts 1 Green apple^^ OR 2 Scoops USN Whey^	6 Tbs low fat hummus Cucumber sticks OR 2 Scoops USN Whey^	150g Full/double cream plain yogurt 1 - 2 Scoops USN Whey^ / Casein (mixed into yogurt)	
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**POST-WORKOUT (EVERYDAY):** 1-2 Scoops USN Whey^ (optional)

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STARCH		FRUIT		VEGETABLES	
Rice – basmati, brown, wild (cooked)	2/3 cup	Grapefruit	1 medium	Garden salad (lettuce, bell pepper, cucumber, tomato, no dressing/feta)	2 cups
Oats (uncooked)	2/3 cup (60g)	Berries (all types)	1 cup	Broccoli (steamed)	2 cups
100% Rye bread	2 slices (40g)	Apple, pink or green	1 small/medium	Cauliflower (steamed)	2 cups
Rice cakes	4 rice cakes	Banana	1 medium	Cabbage (sautéed/steamed)	1-2 cups
Potato	1 medium (180g raw)	Plum	1-2 small	Carrot (steamed)	1 cup
Baby potatoes (boiled)	6-8	Pineapple	1-2 cups	Brinjal/aubergine (steamed/grilled)	1-2 cups
Sweet potato	1 medium (180g raw)	Watermelon	1-2 cups	Lettuce (raw)	1-2 cups
Popcorn (popped)	5-6 cups	Sweet melon	1-2 cups	Mushroom (sautéed/steamed)	1 cup
Sweetcorn (raw)	1 cup (200g)	Grapes	1 1/2 cups	Spinach (sautéed/steamed)	1 cup
Peas (raw)	1 cup (150g)	Orange	1 medium	Tomatoes (raw)	1-2 cups
Butternut (steamed)	1 cup (200g)	Naartjie	1 medium	Baby marrow (sautéed/steamed)	1-2 cups
Pumpkin (steamed)	1 1/4 - 1 1/2 cup (250g)			Brussel sprouts (steamed)	1-2 cups
Quinoa (cooked)	2/3 cup				
Chickpeas (cooked)	1 cup (100g)				
Lentils (cooked)	1 cup (200g)				
White beans (cooked)	1/2 cup (100g)				