

# THE FAT LOSS MEAL PLAN

This plan is designed with an average 200 pound man in mind. If you weigh significantly more or less than this, please adjust the portion sizes accordingly.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
BREAKFAST	<p>3 large scrambled eggs Butter (10g) 2 slices of bread (toasted) CLA-1000 (1 - 2 capsules) Thermobol (1 capsule)</p> 	<p>Oats (60g) Semi-skimmed milk (200ml) Promax Diet (1 serving) CLA-1000 (1 - 2 capsules) Thermobol (1 capsule)</p>	<p>Butter (10g) 2 slices of bread (toasted) Promax Diet (1 serving) CLA-1000 (1 - 2 capsules) Thermobol (1 capsule)</p>	<p>Bran Flakes (60g) Semi-skimmed milk (200ml) Promax Diet (1 serving) CLA-1000 (1 - 2 capsules) Thermobol (1 capsule)</p> 
SNACK	<p>1 apple Promax Diet (1 serving)</p>	<p>1 apple Promax Diet (1 serving)</p>	<p>Almonds (28g) 1 apple</p> 	<p>Mixed nuts (28g) 1 apple</p>
LUNCH	<p>Bread (4 slices) 1 skinless chicken breast fillet (130g pre-cooked weight) Sliced red onion Sliced tomatoes Small banana CLA-1000 (1 - 2 capsules) Thermobol (1 capsule)</p>	<p>Bread (4 slices) 1 skinless turkey breast fillet (130g pre-cooked weight) Sliced avocado (60g) Sliced tomatoes CLA-1000 (1 - 2 capsules) Thermobol (1 capsule)</p>	<p>1 skinless chicken breast fillet (130g pre-cooked weight) Green leaf salad Sliced avocado (60g) Sliced red onion Sliced tomatoes Sliced red pepper Pear CLA-1000 (1 - 2 capsules) Thermobol (1 capsule)</p>	<p>Bread (2 slices) Roast beef slices Horseradish mayonnaise CLA-1000 (1 - 2 capsules) Thermobol (1 capsule)</p> 
MID-AFTERNOON/ PRE-TRAINING SNACK	<p>Orange Promax Diet (1 serving) Thermobol (1 capsule)</p>	<p>Orange Thermobol (1 capsule)</p> 	<p>Small banana Promax Diet (1 serving) Thermobol (1 capsule)</p>	<p>Orange Promax Diet (1 serving) Thermobol (1 capsule)</p>
DINNER	<p>Lightly grilled salmon fillet (130g pre-cooked weight) Frozen stir-fry vegetables (250g) CLA-1000 (1 - 2 capsules)</p>	<p>Tuna steak in brine, 1 tin (150g) Baked potato (400g) Mayonnaise Green leaf salad CLA-1000 (1 - 2 capsules)</p>	<p>Beef stir-fry - sirloin steak (200g pre-cooked weight) Frozen stir-fry vegetables (250g) New potatoes (200g) CLA-1000 (1 - 2 capsules)</p>	<p>Tuna steak in brine, 1 tin (150g) Rice (56g pre-cooked weight) Fruit salad (185g) CLA-1000 (1 - 2 capsules)</p>
BEDTIME SNACK	<p>Low-fat yoghurt (e.g Muller Light Strawberry) (200g)</p>	<p>Low-fat yoghurt (e.g Muller Light Strawberry) (200g)</p>	<p>Low-fat yoghurt (e.g Muller Light Strawberry) (200g)</p>	<p>Low-fat yoghurt (e.g Muller Light Strawberry) (200g)</p>
DAILY TOTALS	<p>Calories: 2078 Protein: 184g Carbohydrate: 194g Fat: 64g</p>	<p>Calories: 2069 Protein: 184g Carbohydrate: 244g Fat: 42g</p>	<p>Calories: 2068 Protein: 188g Carbohydrate: 195g Fat: 67g</p>	<p>Calories: 2031 Protein: 176g Carbohydrate: 234g Fat: 49g</p>

- Thermobol capsules should be taken 10 minutes before a meal on an empty stomach.

- This sample meal plan gives you one example of how to intergrate sports nutrition products with your diet. For best results, you should eat a varied and balanced diet.

FAT LOSS



MAXIMUSCLE

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	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Oats (60g) Water (175ml) Promax Diet (1 serving) CLA-1000 (1 - 2 capsules) Thermobol (1 capsule)	3 large scrambled eggs Butter (10g) 2 slices of bread (toasted) CLA-1000 (1 - 2 capsules) Thermobol (1 capsule)	Bran flakes (60g) Semi-skimmed milk (200ml) CLA-1000 (1 - 2 capsules) Thermobol (1 capsule)
SNACK	Peanuts (28g)	1 apple Promax Diet (1 serving)	1 apple Promax Diet (1 serving)
LUNCH	Bread (4 slices) Tuna steak in brine, 1 tin (150g) Mayonnaise CLA-1000 (1 - 2 capsules) Thermobol (1 capsule)	Bread (4 slices) 1 skinless chicken breast fillet (130g pre-cooked weight) Sliced avocado (60g) Sliced red onion Sliced tomatoes CLA-1000 (1 - 2 capsules) Thermobol (1 capsule)	Baked potato (400g) Cheddar cheese, Reduced fat (50g) Baby avocado, Sliced and melted (60g) CLA-1000 (1 - 2 capsules) Thermobol (1 capsule)
MID-AFTERNOON/ PRE-TRAINING SNACK	Promax Diet (1 serving) Thermobol (1 capsule)	Promax Diet (1 serving) Thermobol (1 capsule)	Small banana Promax Diet (1 serving) Thermobol (1 capsule)
DINNER	Spaghetti Bolognese Fruit salad (185g) CLA-1000 (1 - 2 capsules)	Cottage pie CLA-1000 (1 - 2 capsules)	Beef stir-fry - sirloin steak (200g pre-cooked weight) Frozen stir-fry vegetables (250g) CLA-1000 (1 - 2 capsules)
BEDTIME SNACK	Low-fat yoghurt (e.g Muller Light Strawberry) (200g)	Low-fat yoghurt (e.g Muller Light Strawberry) (200g)	Low-fat yoghurt (e.g Muller Light Strawberry) (200g)
DAILY TOTALS	<b>Calories: 2211</b> <b>Protein: 183g</b> <b>Carbohydrate: 210g</b> <b>Fat: 77g</b>	<b>Calories: 2153</b> <b>Protein: 190g</b> <b>Carbohydrate: 168g</b> <b>Fat: 81g</b>	<b>Calories: 2004</b> <b>Protein: 177g</b> <b>Carbohydrate: 220g</b> <b>Fat: 50g</b>

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