

WEEKS 1-4 DIETARY BASE

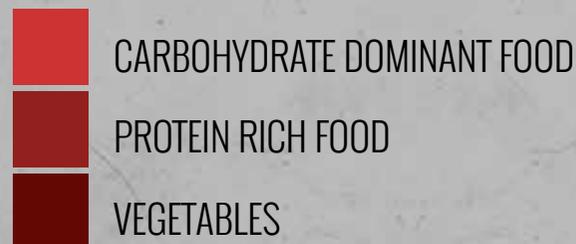
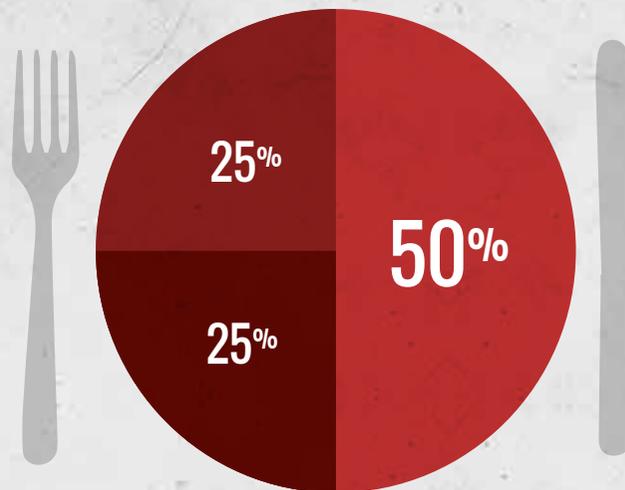
PLAN PRINCIPLES

WEEKS 1 TO 4 FOCUS ON GETTING YOUR BASE DIET RIGHT. YOU SHOULD BE AIMING TO SPREAD YOUR CALORIES ACROSS THE DAY OVER SMALL REGULAR MEALS, EATING EVERY 2 TO 3 HOURS.

For your plated meals see the diagram to the left. Your protein rich food choice (e.g. beans, fish, meat) should be fist sized represented by the red portion in the diagram, your carbohydrate rich food choice should also be a fist sized portion represented by the blue portion of the diagram and your vegetables should be a 2 x fist size portion represented by the green portion of the diagram.

Don't snack outside of the plan and ensure you don't add calories through milky drinks such as Latte's. Instead choose an americano and add a small amount of milk.

MEAL OVERVIEW



WHAT YOU'LL NEED



20 SERVINGS OF
PROMAX LEAN

1 TUB



24 PROMAX
LEAN BARS

2 BOXES OF 12

LEAN DEFINITION MEAL PLAN



WEEKS 1-4 DIETARY BASE

	BREAKFAST	MID-MORNING	LUNCH	MID-AFTERNOON	EVENING MEAL
MON	Porridge oats (not instant) made with semi-skimmed milk, with a handful of chopped fruit or berries to accompany or sprinkled on top.	PROMAX LEAN	Breast of chicken (1 breast), sliced tomato, green salad with houmous on wholegrain bread.	PROMAX LEAN BAR	Salmon Fillet, green vegetables, carrots, wild/basmati rice
TUE	Full fat greek yoghurt (120g) with 1 banana and a handful of blueberries	PROMAX LEAN BAR	Tuna, Mushroom, Parsley and lemon stuffed wholegrain pitta bread (wholegrain)	Sushi 6 Pack	Chicken breast (100g), tomato based sauce, 1/2 jacket potato and vegetables
WED	Scrambled egg (2 eggs) on 1 piece of wholegrain toast	PROMAX LEAN	Feta cheese salad with light balsamic vinegar. 1 piece of fruit.	PROMAX LEAN BAR	Oven cooked seabass/cod fillet with green vegetables and wild rice or quinoa
THU	Porridge oats (not instant) made with semi-skimmed milk or water, with a handful of chopped fruit or berries to accompany or sprinkled on top.	PROMAX LEAN BAR	Sardines (drained) with brown/wild rice (fist sized portion) and salad (pre-prepared and transported in a sealed sandwich box	2 carrots and half a cucumber chopped into sticks with 2 tablespoons houmous and 1 piece of fruit	Spicy Seasoned chicken breast (100-120g) with mixed vegetables and couscous
FRI	Wholegrain cereal with semi-skimmed milk and 1 piece of fruit.	PROMAX LEAN	Fresh prawns (fist sized portion) with green salad including spinach, avocado and carrots & rice. Follow with a small handful of red berries or an orange	PROMAX LEAN BAR	Mixed beans & vegetables in a Spag bolognaise sauce with 80g wholegrain spaghetti.
SAT	Porridge oats (not instant) made with semi-skimmed milk or water, with a handful of chopped fruit or berries to accompany or sprinkled on top.	PROMAX LEAN	Breast of turkey (1 breast) and green salad with avocado on wholegrain bread	PROMAX LEAN BAR	120g Sirloin steak with mushrooms, sweet potato and mixed vegetables
SUN	2 x Poached eggs on 1 slice wholegrain bread	PROMAX LEAN	Choose your own meal: approx nutritional value: 300 kcal, 30g carb, 20g protein, 5g fat.	Choose your own snack: approx nutritional value: 230kcal, 10g protein, 40g carb, 3g fat	Roast with 150g white breast meat, vegetables and a sweet jacket potato

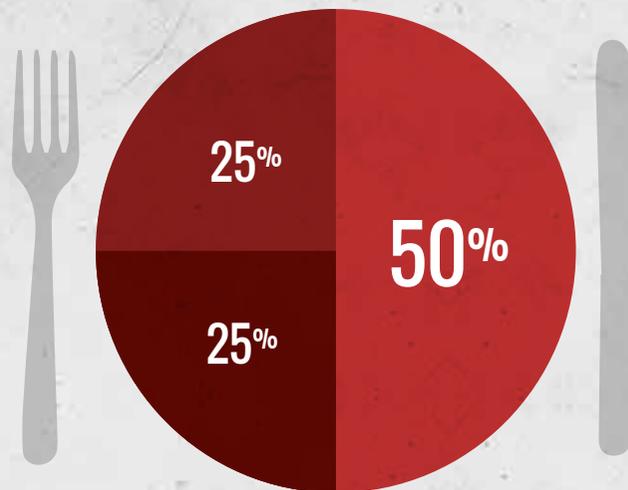
WEEKS 5-8 ACCELERATION PHASE

PLAN PRINCIPLES

YOU SHOULD BE GETTING USED TO YOUR TRAINING REGIME NOW AND BE SETTLED INTO A SUPPORTIVE EATING PATTERN.

Sticking to any 'plan' can be mentally tough so give yourself 1 day a week from weeks 5 to 8 off plan where you eat what you like. To support your results add 3 CLA 1000 capsules to your daily regime taking 1 with each main meal.

MEAL OVERVIEW



-  CARBOHYDRATE DOMINANT FOOD
-  PROTEIN RICH FOOD
-  VEGETABLES

WHAT YOU'LL NEED



20 SERVINGS OF
PROMAX LEAN

1 TUB



24 PROMAX
LEAN BARS

2 BOXES OF 12



84 X CLA
1000 CAPSULES

1 POT OF CLA 1000

6 CLA CAPS LEFT OVER

LEAN DEFINITION MEAL PLAN



WEEKS 5-8 ACCELERATION PHASE

Add 3 x CLA 1000 capsules taking 1 with breakfast, lunch and your evening meal. Give yourself 1 day a week off plan eating what you like.

	BREAKFAST	MID-MORNING	LUNCH	MID-AFTERNOON	EVENING MEAL	EVENING MEAL	PRE-BED SNACK
MON	Porridge oats (not instant) made with semi-skimmed milk, with a handful of chopped fruit or berries to accompany or sprinkled on top.	PROMAX LEAN	Breast of chicken (1 breast), sliced tomato, green salad with houmous on wholegrain bread.	PROMAX LEAN BAR	Salmon Fillet, green vegetables, carrots, wild/basmati rice	Oven cooked seabass/cod fillet with green vegetables and a fist sized portion of quinoa	120g natural/greek Yoghurt & blueberries
TUE	Full fat greek yoghurt (120g) with 1 banana and a handful of blueberries	PROMAX LEAN BAR	Tuna, Mushroom, Parsley and lemon stuffed wholegrain pitta bread (wholegrain)	Sushi 6 Pack	Chicken breast (100g), tomato based sauce, 1/2 jacket potato and vegetables	Chicken breast (100g), tomato based sauce, 1/2 a jacket potato and vegetables	Glass of Semi-skimmed milk + banana
WED	Scrambled egg (2 eggs) on 1 piece of wholegrain toast	PROMAX LEAN	Feta cheese salad with light balsamic vinegar. 1 piece of fruit.	PROMAX LEAN BAR	Oven cooked seabass/cod fillet with green vegetables and wild rice or quinoa	Salmon Fillet, green vegetables, carrots, wild/basmati rice	Low fat cottage cheese & pineapple
THU	Porridge oats (not instant) made with semi-skimmed milk or water, with a handful of chopped fruit or berries to accompany or sprinkled on top.	PROMAX LEAN BAR	Sardines (drained) with brown/wild rice (fist sized portion) and salad (pre-prepared and transported in a sealed sandwich box	2 carrots and half a cucumber chopped into sticks with 2 tablespoons houmous and 1 piece of fruit	Spicy Seasoned chicken breast (100-120g) with mixed vegetables and couscous	Chicken Fajitas using 100g chicken breast, 2 wholemeal wraps & vegetables	120g natural/greek Yoghurt & raspberries
FRI	Wholegrain cereal with semi-skimmed milk and 1 piece of fruit.	PROMAX LEAN	Fresh prawns (fist sized portion) with green salad including spinach, avocado and carrots & rice. Follow with a small handful of red berries or an orange.	PROMAX LEAN BAR	Mixed beans & vegetables in a Spag bolognaise sauce with 80g wholegrain spaghetti.	Mixed beans & vegetables in a Spag bolognaise sauce with 100g wholegrain spaghetti.	Low fat cottage cheese & pineapple
SAT	Porridge oats (not instant) made with semi-skimmed milk or water, with a handful of chopped fruit or berries to accompany or sprinkled on top.	PROMAX LEAN	Breast of turkey (1 breast) and green salad with avocado on wholegrain bread	PROMAX LEAN BAR	120g Sirloin steak with mushrooms, sweet potato and mixed vegetables	150g Sirloin steak with mushrooms, sweet potato and mixed vegetables	Glass of Semi-skimmed milk + banana
SUN	2 x Poached eggs on 1 slice wholegrain bread	PROMAX LEAN	Choose your own meal: approx nutritional value: 300 kcal, 30g carb, 20g protein, 5g fat.	Choose your own snack: approx nutritional value: 230kcal, 10g protein, 40g carb, 3g fat	Roast with 150g white breast meat, vegetables and a sweet jacket potato	Roast with 100g white breast meat, vegetables and half a sweet jacket potato	Greek yoghurt (120g) with banana chopped into it & a teaspoon of honey

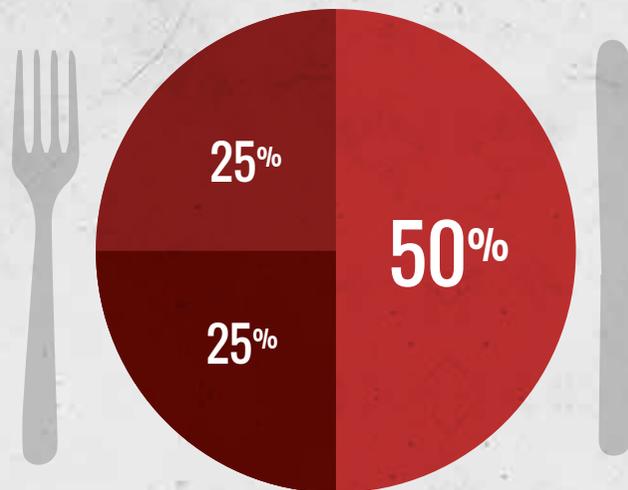
WEEKS 9-12 FINAL DEFINITION PHASE

PLAN PRINCIPLES

YOU'RE NOW ENTERING THE REFINEMENT STAGE. HERE YOU SHOULD MODIFY CARBOHYDRATE INTAKE IN YOUR EVENING MEAL ONLY & ONLY ON NON-TRAINING DAYS.

Compensate in your evening meal by increasing your veggies slightly. In addition complete 2 workouts per week in fasted state first thing in the morning (prior to breakfast). Still eat breakfast but consume immediately afterwards.

MEAL OVERVIEW



-  CARBOHYDRATE DOMINANT FOOD
-  PROTEIN RICH FOOD
-  VEGETABLES

WHAT YOU'LL NEED



20 SERVINGS OF
PROMAX LEAN

1 TUB



24 PROMAX
LEAN BARS

2 BOXES OF 12



84 X CLA
1000 CAPSULES

1 POT OF CLA 1000

12 CLA CAPS LEFT OVER
(ACCUMULATIVE)

WEEKS 9-12 FINAL DEFINITION PHASE

Continue with 3 x CLA 1000 capsules taking 1 with breakfast, lunch and your evening meal. On non-training days take the starchy carbohydrate out of your evening meal & increase vegetables by a 3rd (starchy carbs in evening meal highlighted in blue in the plan). Complete 2 workouts a week fasted first thing in the morning.

	BREAKFAST	MID-MORNING	LUNCH	MID-AFTERNOON	EVENING MEAL	EVENING MEAL	PRE-BED SNACK
MON	Porridge oats (not instant) made with semi-skimmed milk, with a handful of chopped fruit or berries to accompany or sprinkled on top.	PROMAX LEAN	Breast of chicken (1 breast), sliced tomato, green salad with houmous on wholegrain bread.	PROMAX LEAN BAR	Salmon Fillet, green vegetables, carrots, wild/basmati rice	Oven cooked seabass/cod fillet with green vegetables and a fist sized portion of quinoa	120g natural/greek Yoghurt & blueberries
TUE	Full fat greek yoghurt (120g) with 1 banana and a handful of blueberries	PROMAX LEAN BAR	Tuna, Mushroom, Parsley and lemon stuffed wholegrain pitta bread (wholegrain)	Sushi 6 Pack	Chicken breast (100g), tomato based sauce, 1/2 jacket potato and vegetables	Chicken breast (100g), tomato based, 1/2 jacket potato sauce and vegetables	Glass of Semi-skimmed milk + banana
WED	Scrambled egg (2 eggs) on 1 piece of wholegrain toast	PROMAX LEAN	Feta cheese salad with light balsamic vinegar. 1 piece of fruit.	PROMAX LEAN BAR	Oven cooked seabass/cod fillet with green vegetables and wild rice or quinoa	Salmon Fillet, green vegetables, carrots, wild/basmati rice	Low fat cottage cheese & pineapple
THU	Porridge oats (not instant) made with semi-skimmed milk or water, with a handful of chopped fruit or berries to accompany or sprinkled on top.	PROMAX LEAN BAR	Sardines (drained) with brown/wild rice (fist sized portion) and salad (pre-prepared and transported in a sealed sandwich box	2 carrots and half a cucumber chopped into sticks with 2 tablespoons houmous and 1 piece of fruit	Spicy Seasoned chicken breast (100-120g) with mixed vegetables and couscous	Chicken Fajitas using 100g chicken breast, 2 wholemeal wraps & vegetables	120g natural/greek Yoghurt & raspberries
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SAT	Porridge oats (not instant) made with semi-skimmed milk or water, with a handful of chopped fruit or berries to accompany or sprinkled on top.	PROMAX LEAN	Breast of turkey (1 breast) and green salad with avocado on wholegrain bread	PROMAX LEAN BAR	120g Sirloin steak with mushrooms, sweet potato and mixed vegetables	150g Sirloin steak with mushrooms, sweet potato and mixed vegetables	Glass of Semi-skimmed milk + banana
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