Diet & Nutrition Plan

Note: Thermoc Fuel and N.O Charge should not be taken at the same time. Consume 4-6 hours apart.

Tips on Effective Exercising:
- Train on an empty stomach (fasted cardio) in order to increase your metabolic rate. The BCAA 10:1 will prevent your body from catabolising your hard earned muscle and will enable your body to burn more stored body fat as an energy source. Thermo Fuel will increase energy and enhance the fat loss process. N.O Charge will increase muscle pumps, strength and overall performance. Drink +/- 1L of water whilst exercising.
- For optimal results, do a combination of resistance and cardio vascular exercise for 45-60min or 20 min cardio in the morning and resistance/strength training in the afternoon/evening.

Post Workout: For muscle recovery and increased performance: post workout: 1 serving CreatForce or Creat-B-Taine

Pro Tips
- Using Crea-B-Taine or CreatForce, do not consume more than 1 serving of Anabolic Supreme Whey per day.
- If you fail to prepare your meals in advance, you may find sticking to the eating program very difficult. Plan well.
- What the mind believes, the body will achieve. Make sure you are mentally ready to smash your goals for each new week.
- Maximum muscle growth is achieved through compound movements, with quality form and not spending too much time using cable machines.
- 65% Diet, 20% Sleep and 15% Training = Maximum Results.
- Avoid training on an empty stomach as this will cause muscle breakdown.
- Keep your workouts short and intense. Do not train longer than 60 minutes.
- Using additional NPL Pure Series Products with this diet can increase results.
- Focus on eating foods that are not processed. Fresh vegetables, low-GI starch options and lean protein are key to losing that stubborn fat.
- Stay away from tinned foods, baked breads and pastries, take-aways and fried meals.
- Be careful of sauces, condiments and salad dressings. They are often packed with hidden calories.
- Avoid all fruit juices and fizzy drinks. These contain huge amounts of sugar and unwanted calories. Try and cut sugar out of your diet - start with small changes.
- Water is key! It not only keeps you hydrated and is beneficial for your metabolism.

Lean Muscle Diet & Nutrition Plan

Breakfast
- If Not Exercising in the Morning:
  - 1 serving Amino Prem-R-Load OR Amino Pre-Load
  - Intra workout: 1 serving of BCAA 10:1

- If Exercising: Before training:
  - 1 serving of BCAA 10:1

Morning
- Scramble 6 egg whites with 2 whole eggs and 1/2 a cup of mushrooms or spring onions (20g). Cook 50g of oats with water in the microwave or over a stove. Add one teaspoon of natural sweetener (e.g. Xylitol) to your oats.
- Banana Protein Flapjacks: Blend 1 scoop (1/2 a serving) of Anabolic Supreme Whey or Platinum Whey, with 2 eggs and 1 small banana. Cook as you would using any flapjack recipe, using a non-stick pan. Drizzle a teaspoon of honey over your flapjacks when still warm.
- Avo Toast: Slice 1/2 an avocado on 1 slice of Rye or low GI toast. Add 2 table spoons of low fat cottage cheese and 2 poached or boiled eggs. Add a dash of lemon juice and a sprinkle of salt and black pepper.

Supplement:
- 2-4 Thermo Fuel
- Have 20 minutes before meal.

Lunch
- Tuna: 1 can of tuna mixed with 1 and 1/2 teaspoons of low fat mayonnaise on 2 slices of frye or low GI rye bread. Add 1 sliced tomato, sliced cucumber or 2 slices of pineapple.
- Chicken: 2 spiced, grilled chicken breast with 2 wedges of feta cheese (2 matchbox sizes). Add 1 sweet potato with a green leafy salad or 1 cup of green vegetables.
- Hake: 200g grilled hake, seasoned and drizzled with lemon juice. Serve with 2 slices of pineapple and 1 sweet potato or 1 cup of cooked brown rice.

Evening
- Snack: 4 rice cakes with 4 tablespoons of low fat cottage cheese, sliced tomato and a sprinkle of black pepper.
- 1 serving BCAA 10:1

Supplement:
- 2-4 Thermo Fuel
- Have 20 minutes before meal.

Dinner
- Bun-less Burger: 2 grilled ostrich or lean mince beef patties on a bed of rocket and sliced Rosa tomatoes. Add 1/2 an avocado (sliced) with 1 teaspoon of low fat mayonnaise.
- Hake: 250g grilled Hake with lemon and black pepper dressing. 100g steamed garlic, green vegetables with a 3/4 cup of roast butternut. Serve with a squeeze of lemon and 2 tablespoons of fat free yoghurt dip.
- Chicken: 2 spiced chicken breasts chopped up into a Greek salad with 1/2 an avocado (sliced).
- Snack: 200g grilled, lean steak with 1 and a 1/2 cups of green vegetables or a green salad.

After Dinner:
- Before bed: 2 scoops (1 serving) Anabolic Supreme Whey or Platinum Whey with 200ml water or low fat milk.
- You may drink rooibos tea with lemon juice and sweetener, as it help fight late night cravings.
- Before bed: 1 serving of Test Charge to be taken before bed. Test Charge will improve lean muscle gains and decrease body fat percentage. Increasing ones natural testosterone production has numerous health benefits.

Supplement:
- 1 teaspoon of L-Glutamine, to speed up muscle recovery. 1 serving of Gaba, for improved sleep and fat loss support.