**Wake Up**

- **If Not Exercising in the Morning:** Make sure you eat breakfast within one hour upon waking or consume the following: 2 scoops of Elite Gainer or Hyper Gain.
- **If Exercising in the Morning or Afternoon:** Consume 2 scoops of Elite Gainer or Hyper Gain 45 minutes before training. Alternatively, have half of Meal 1 before training.
- **10 minutes before training:** 1 serving of N.O. Charge or Pre Ignite

**Intra-workout:** 1 serving of BCAA 10:1:1 and 1 serving of NPL Pure Series Maltoolactin or Dextrose, mixed together in your shaker.

**Tips on Effective Exercising:**
- **N.O. Charge** will increase muscle pump, mental focus and overall workout performance.
- The BCAA's in the Maltoolactin or Dextrose will prevent your body from catabolizing your hard earned muscle and in addition, will increase strength and maximize muscle gains.

**Post Workout:** For muscle recovery and increased performance post workout. 1 serving of CreaForce OR Creatine Fuel.

- If exercising in the afternoon or evening, follow the same meal and supplementation recommendations, as mentioned above.
- Note: Individuals sensitive to stimulants, should not consume their Pre Workout or Thermo Fuel, 4 hours prior to bed time.

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**Pro Tips**

- If using Crea-B-Taine or CreaForce, 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 tinted 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.

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**Morning**

**Breakfast**

- **Smoothie:** Blend serving of Anabolic Supreme Whey or Platinum Whey with 1 banana or 1/2 cup of mixed berries. Add 100g Oats and 250ml of cold water. Blend well and enjoy!
- Scramble 8 egg whites with 2 whole eggs and 1/2 a cup of mushrooms or spring onions (20g). Cook 100g 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 serving of Anabolic Supreme Whey or Platinum Whey, with 4 eggs and 1 banana. Cook as you would using any flapjack recipe, using a non-stick pan. Serve with a tablespoon of honey or your favourite topping.
- Avo Toast: Slice 1 avocado on 2 slices of Rye or low GI toast. Add 4 tablespoons 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.

**Mid Morning**

- **Snack:** 250g of lean biltong with 1 banana and 1 handful of mixed nuts or half an avocado, drizzled with lemon juice.
- **Snack:** Greek salad with 200g of smoked salmon 1 Greek salad with 250g of smoked salmon or 2 cans of tuna in brine. Serve with 4-6 low GI crackers or 2 slices of low GI toast and cottage cheese (fat free or low fat)
- **Snack:** 3 scoops of Anabolic Supreme Whey or Platinum Whey with 250ml cold water, 1 banana & 1 green apple.
- **Snack:** Half a serving of Hyper Gain or Elite Gainer with 1 banana.

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**Afternoon**

**Lunch**

- **Tuna:** 2 cans of tuna mixed with 1 and a 1/2 teaspoons of low fat mayonnaise on 3 slices of Rye or low GI bread. Add 1 sliced tomato, sliced cucumber or 2 slices of pineapple.
- **Chicken:** 3 spiced, grilled chicken breasts with 2 wedges of feta cheese (2 matchbox sized). Add 2 sweet potato wedges with a green leafy salad or 1 cup of green vegetables
- **Hake:** 250g grilled hake, seasoned and drizzled with lemon juice. Serve with 2 slices of pineapple and 2 sweet potatoes or 1 and a half cups of brown rice.

**Mid Afternoon**

- **Snack:** 6 rice cakes with 1 tub of low fat cottage cheese, sliced tomato and a sprinkle of black pepper. 1 handful of mixed nuts or half an avocado, drizzled with lemon juice. 1 Serving BCAA 10:1:1
- **Snack:** 3 scoops of Anabolic Supreme Whey or Platinum Whey with 250ml cold water. Have this with 1 banana and 1 green apple. 1 Serving BCAA 10:1:1
- **Snack:** 250g of lean biltong with 1 banana and 1 green apple. Have with a handful of roast pumpkin seeds or a handful of mixed nuts or half an avocado, drizzled with lemon juice. 1 Serving BCAA 10:1:1

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**Dinner**

- **Bun-less Burger:** 2 grilled ostrich or lean mince beef patties on a bed of rocket and sliced feta tomatoes. Add 1/2 an avocado (sliced) with 1 teaspoon of low fat mayonnaise and 150g of sweet potato fries or wedges.
- **Hake:** 250g grilled hake with lemon and black pepper dressing. 100g steamed, 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) add 1 cup of wild or brown rice (chilled or warm).
- **Steak:** 250g - 300g grilled lean steak with 1 and a 1/2 cups of green vegetables or a green salad with 150g baked sweet potato.
- **Dessert:** Half a cup of pineapple or papaya or strawberries.

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**After Dinner**

**Before bed:** 3 scoops of Anabolic Supreme Whey or Platinum Whey with 200ml water or low fat milk. Have this with 1 handful of mixed nuts or roasted pumpkin seeds and 175ml of plain yoghurt.

**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.