Diet & Nutrition Plan for Men

**Start**

**Wake Up!**
- If Not Exercising in the Morning: 1 tablespoon (15ml) L-Carnitine Liquid
- If Exercising: 1 serving Amino Burn 15 minutes before your workout and 1 tablespoon (15ml) L-Carnitine Liquid after your workout.

**Tips on Effective Exercising:**
- Do a combination of resistance (weight training) and cardiovascular exercise for 45-60min.
- Set yourself fitness goals to keep motivated.
- Mix it up and have fun. Follow our Facebook and Instagram pages for new training exercise routines.

**Note:** Sip on Amino Burn throughout your day to increase energy levels and enhance fat loss.

### Breakfast
- Smoothie: 1 serving of Diet Pro with 200ml of cold water or low-fat milk.
- Toastie: 2 slices of Rye/low GI bread. Scramble 3 egg whites and 2 whole eggs with 1/2 a cup of grilled mushrooms / sliced rosa tomatoes and a teaspoon of chopped spring onions. Serve on top of your toast.
- Banana Protein Flapjacks: 1 serving of Diet Pro. 4 eggs and 2 small bananas. Mix together and cook using a non-stick pan.
- Avo Toast: Spread 1/2 an avocado on 2 slices of Rye/low GI toast. Serve with 4 tablespoons of low-fat cottage cheese. Add a dash of lemon juice with salt and black pepper.

**Supplement:**
- 2 CLA Softgels - Have with meal.
- 2-3 Thermo Cuts - Have before meal.

### Morning
- After bed: 2 scoops (1 serving) Diet Pro with 200ml of cold water or low-fat milk.
- Snack: 1 serving of Diet Pro with 200ml of cold water or low-fat milk.
- Snack: 1 heaped tablespoon of reduced sugar/sugar free peanut butter on 3-4 rice cakes with 1 banana or handful of mixed berries.
- Snack: Add 10 chopped almonds to 275ml of low-fat plain yoghurt and drizzle with honey.

### Lunch
- Tuna: 1 can of tuna mixed with 1 1/2 teaspoons of low fat mayonnaise on 2 slices of Rye/low GI rye bread. Add 1 sliced tomato/sliced cucumber or 2 slices of pineapple.
- Chicken: 2 small, grilled chicken breast with 2 wedges of feta cheese (2 matchbox sizes). 1 sweet potato or potato with a green leafy salad.
- Salad: Greek salad with 200g of smoked salmon. Serve with 3-4 low GI crackers/1 slice of low GI toast and low fat/ fat free cottage cheese.

**Supplement:**
- 2 CLA Softgels - Have with meal.
- 2-3 Thermo Cuts - Have before meal.

### Afternoon
- Afternoon Pro Tips
  - Try eat your last meal of the day 2 hours before bed.
  - Evening meals should consist mainly of vegetables and salads with a moderate amount of protein and very little starch/carbohydrates.
  - Focus on eating foods that are not processed. Fresh vegetables, low-GI starch options and lean protein are key to losing that stubborn fat FOR GOOD!
  - Stay away from tinned foods, baked breads and pastries, takeaways and fried meals.
  - Watch your portions! Each meal should not be bigger than the size of your open hand.
  - 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 (beneficial for your metabolism) it combats water retention and helps as an appetite suppressant.

### Dinner
- Bun-less Burger: 2 grilled Ostrich / lean mince beef patties on a bed of rocket and sliced rosa tomatoes. Add 1/2 an avocado (sliced) with 1 tsp of low fat mayonnaise.
- Hake: 250g grilled Hake with lemon and black pepper dressing. 100g steamed garlic vegetables with 3/4 cup of roast butternut. Serve with fresh lemon juice and 2 tbsp of fat free yoghurt dip.
- Chicken: 2 small, spiced chicken breast chopped up into a Greek salad with 1/2 an avocado (sliced).
- Steak: 200g grilled, lean steak with 1 1/2 cup of mixed vegetables or a green salad.

### Late
- Before bed: 2 scoops (1 serving) Diet Pro with 200ml water or low fat milk.
- When craving something sweet, you may drink rooibos tea with lemon juice and sweetener, as it may help fight late night cravings.

**Supplement:**
- 2 CLA Softgels - Have with food.