Diet & Nutrition Plan for Women

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.

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.
https://www.facebook.com/nplprolifestyle
https://www.instagram.com/npl_prolifestyle
Note: Sip on Amino Burn throughout your day to increase energy levels and enhance fat loss.

Pro Tips
1. Try eat your last meal of the day 2 hours before bed.
2. Evening meals should consist mainly of vegetables and salads with a moderate amount of protein and very little starch/carbohydrates.
3. 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!
4. Stay away from tinned foods, baked breads and pastries, take aways and fried meals.
5. Watch your portions! Each meal should not be bigger than the size of your open hand.
6. Be careful of sauces, condiments and salad dressings. They are often packed with hidden calories.
7. 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.
8. Water is key! It not only keeps you hydrated (beneficial for your metabolism) it combats water retention and helps as an appetite suppressant.

#BeMore
Choosing a healthier lifestyle doesn’t have to be boring.
Follow our facebook page nplprolifestyle and Instagram page npl_prolifestyle for healthy, delicious meals and recipes.

Start

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Breakfast
Smoothie: 1 serving of Diet Pro with 200ml of cold water or low fat milk.
Toaste: 1 slice of Rye/low GI bread. Scramble 2 egg whites and 1 whole egg 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: 1/2 serving of Diet Pro. 2 eggs and 1 small banana. Mix together and cook using a non-stick pan.
Avo Toast: Spread 1/2 an avocado on a slice of Rye/low GI toast. Serve with 2 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
Snack: 80g of lean biltong with 1 green apple.
Snack: 1 serving of Diet Pro with 200ml of cold water or low fat milk.
Snack: 1 tablespoon of reduced sugar/sugar free peanut butter on 2 rice cakes with 1 banana or small portion of mixed berries.
Snack: Add 5 chopped almonds to 275ml of low fat plain yoghurt and drizzle with honey.

Lunch
Tuna: 1 can of tuna mixed with 1 teaspoon of low fat mayonnaise on a slice of Rye/low GI rye bread. Add 1 sliced tomato/sliced cucumber or 2 slices of pineapple.
Chicken: 1 large spiced, grilled chicken breast with 1 wedge of feta cheese (matchbox size). 1 small sweet potato or potato with a green leafy salad.
Salmon Salad: Greek salad with 150g of smoked salmon. Serve with 2 low GI crackers/1 slice of low GI toast and low fat/low fat free cottage cheese.
Supplement:
2 CLA Softgels – Have with meal.
2-3 Thermo Cuts – Have before meal.

Afternoon
Snack: 1 serving of Diet Pro with 200ml of cold water or low fat milk.
Snack: 2 Rice cakes or 1 slice of Rye/low GI bread with 2 tablespoons of low fat cottage cheese, sliced tomato and a sprinkle of black pepper.
Snack: 80g of lean biltong with 1 green apple.
Snack: 2 Rice cakes

Dinner
Bun-less Burger: 1 grilled Ostrich / lean mince beef patty on a bed of rocket and sliced rosa tomatoes. Add 1/2 an avocado (sliced) with 1 tsp of low fat mayonnaise.
Hake: 200g grilled Hake with lemon and black pepper dressing. 100g steamed garlic vegetables with half a cup of roast butternut. Serve with fresh lemon juice and 2 tbsp of fat free yoghurt dip.
Chicken: 1 large, spiced chicken breast chopped up into a Greek salad with 1/2 an avocado (sliced).
Steak: 150g grilled, lean steak with 1 cup of mixed vegetables or a green salad.

If hungry:
Before bed: 1 scoop (1/2 a 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.
1 tablespoon (15ml) L-Carnitine Liquid.