

Nutrition Plan: **2200 CALORIES**

This plan is for more advanced people who have been to the gym a bit longer and looking to build muscle and cut fat

Breakfast : 8 egg whites (use 3 yolks) cook in 5 g butter or coconut oil - make omelette with bacon , mushrooms onions etc , or scramble, poach or fry

Snack : 25 g of nuts (cashews , almonds) or 100 g greek yogurt with 1 scoop protein and 10 g natural peanut butter

Lunch : 200 g of chicken with 200 g dark green veg, 15 g coconut oil / olive oil

Pre workout : 2 scoops of whey protein with 15 of nut butter (cashew or almond)

Intra workout : 20 gt EAAS, 5 G OF CREATINE, 50 G CYCLIC DEXTRIN

Dinner : 200 g of red meat (steak / lean mince) 300 g of sweet potato or 100 g jasmine rice

Snack : 100 g of cottage cheese, 80 g of oats

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KEY SUPPLEMENTS:

- Whey protein
- Omega - buy eskimo oil in tablets or oil version from health shop
- Multi vitamin – 3 times daily
- Vitamin D3 – 4000 iu per day
- probiotic
- EAAS
- Cyclic dextrin (carb powder fro training)

NOTES:

- ***Dark green veg - spinach , kale , broccoli , have more of these on your plate than other veg***
- Drink **THREE LITRES** of water per day
- Use any other veg you like along with any spices and homemade sauces in moderation
- If cravings are bad drink 1 can of coke zero or 2 squares of organic dark chocolate
- Use your imagination with food