

Program: Intermediate Gain Muscle and Lose Fat Female - 1400

Who it's for: This program is designed primarily for women that want to gain quality muscle while still losing fat.

Duration: This method of supplementation and eating can be followed year round. To track progress, follow for a minimum of 4-6 weeks before re-assessment.

Supplements: (click on the supplement below for more information)

Essential: Ultimate Muscle Protein and/or Muscle Provider and FitTabs Multivitamin

Next Steps: Glutamine Select

Stack: Lean Out and Density

Additive: Bev ZMA

How to get Maximum Results from Your Supplement Program:

Level 1: Ultimate Muscle Protein (UMP) and/or Muscle Provider (MP) plus FitTabs

- Use UMP and/or MP as directed in the nutrition plan
- 2 FitTabs with meals 1 and 5
- 3 EFA Gold with meals 1 and 5

Level 2: Level 1 supplements (UMP/MP and FitTabs plus Glutamine Select and Lean Out

- Use Level 1 supplements as listed above
- Mix 2-3 scoops of Glutamine Select in water and sip during cardio and/or weight training
- 2 Lean Out with each meal and shake

Level 3: Includes all Level 1 and Level 2 supplements plus Density and ZMA

- 1 Density tablet for each 15lb of bodyweight dividing evenly amongst the 5 meals
- 2 ZMA on an empty stomach at bedtime.

Note: In the meal plans below all meats are weighed prior to cooking

Female Gain Muscle and Lose Fat (approximately 1400 calories)

Meal #1

3 egg whites, 1 whole egg, 3 oz turkey or chicken breast, 1/2 cup oatmeal - before cooking

Meal #2 (Choose one option)

Protein Drink with 1 scoop Ultimate Muscle Protein, add enough water (and ice) to make a shake or pudding the consistency you desire.

Whole food option: 3.25 oz can tuna, one small orange

Meal #3

5 oz lean meat (chicken or other lean protein source), 1/2 cup cooked brown rice or 4 oz sweet potato
1 cup vegetables (broccoli, etc.)

Meal #4

2 scoops Muscle Provider or UMP in 16 oz water

Meal #5

5 oz salmon or very lean meat (chicken breast, fish, turkey breast, lean beef - sirloin, filet, etc), 2 cup low carb vegetables

If you have any questions regarding this nutrition plan or supplement program email BI direct at info@beverlyinternational.net or call 800-781-3475.