

Program: Intermediate Gain Muscle and Lose Fat - 2850

Who's it for: This program is primarily designed for men who want to build muscle while losing stored fat.

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

Supplements (click on supplement below for more information)

Essential: Ultimate Muscle Protein
* 35 years or older add Quadracarn to the Essential list

Next Steps: Creatine Select

Stack: Mass and Ultra 40

Additives: Muscle Synergy and Glutamine Select plus BCAAs

Everyday Health Supplements: Super Pak and EFA Gold

How to Get Maximum Results from Your Supplement Program:

Level 1: Ultimate Muscle Protein, Quadracarn (if 35 or older), and Creatine Select

- Ultimate Muscle Protein at meals 2 and 4 as listed below
- Quadracarn – 3 tablets three times daily (morning, pre workout, and evening)
- Creatine Select – 5 Day Loading Phase: take 1 scoop 4 times daily with meals; after that take 1 scoop daily before training

Level 2: Level 1 supplements (Ultimate Muscle Protein, Quadracarn (if 35 or older), and Creatine Select) plus Mass and Ultra 40

- Take Level 1 supplements as listed above
- 4 Mass Aminos and 4 Ultra 40 with each meal and shake listed below

Level 3: Includes all Level 1 and Level 2 supplements plus Muscle Synergy and/or Glutamine Select

- Take Level 1 and Level 2 supplements as listed above
- Muscle Synergy – 1 scoop in 4 oz cold water twice daily (morning and pre workout), or 8 tablets twice daily (morning and pre workout)
- Glutamine Select – 2 scoops mixed in 8-16 oz water and sipped during training

Intermediate Gain Muscle and Lose Fat Nutrition Plan (approximately 2850 calories)

Meal #1

2 whole eggs + 4 egg whites, 5 oz lean meat, 1/2 cup oatmeal - before cooking

Meal #2

Protein Drink: 2 Scoops Ultimate Muscle Protein, 2 tbsp healthy fat (almond butter, flax oil, olive oil) or 2 tbsp heavy whipping cream, add enough water to make a shake or pudding the consistency you desire.

Whole food option: 8 oz lean beef, 1 apple or other fruit from "Gain Muscle Lose Fat Food List".

Meal #3

8 oz lean meat, 6 oz sweet potato or 2/3 cup cooked brown rice, 2 cups vegetables (broccoli, etc.) and/or salad with 2 tbsp vinegar and oil dressing

Meal #4

(same as meal #2)

Meal #5

10 oz lean meat, 2 cups vegetables, Salad with 2 tbsp vinegar and oil dressing

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