

Program: Intermediate Gain Muscle and Lose Fat - 3450

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 5 times daily with meals; after that take 1 scoop daily before training and 1 scoop either in am or pm.

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 Glutamine Select

- Take Level 1 and Level 2 supplements as listed above
- Muscle Synergy – take a total of 3 scoops daily; 1scoop in the morning (mixed in 4 oz cold water) and 2 scoops before training; or a total of 24 tablets daily (12 tablets twice daily).
- Glutamine Select – 2 scoops mixed in 8-16 oz water and sipped during training

Intermediate Gain Muscle and Lose Fat Nutrition Plan (approximately 3450 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 and salad with 2 tbsp vinegar and oil dressing

Meal #6

Protein Shake or Pudding: 2 scoops Ultimate Muscle Protein, add enough water to make shake or pudding the consistency you desire.

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