

## **Program: Female Fat Burning Diet - 1350**

**Who it's for:** This program is designed for women who want to lose fat quickly while retaining lean muscle. Follow for 6-16 weeks for best results.

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

Essential: Ultimate Muscle Protein, Lean Out and Super Pak (or FitTabs Multivitamin)

Next Steps: 7 Keto MuscLEAN

Stack: Density and Muscularity

Additives: Energy Reserve

### **How to get Maximum Results from Your Supplement Program:**

#### **Level 1: Ultimate Muscle Protein, Lean Out, Super Pak and 7 Keto**

- Ultimate Muscle Protein as directed below
- 2 Lean Out with each meal and shake listed below
- 1 Super Pak with your first or largest meal of the day (if using FitTabs take 2 with Meals 1 and 5)
- The full dose of 7 Keto is 3 capsules twice a day. But you might have to work up to that amount if you are sensitive to caffeine.

#### **Level 2: Level 1 Supplements (UMP, Lean Out, Super Pak, 7 Keto MuscLean) plus Density and/or Muscularity**

- Take Level 1 supplements as listed above
- 2-3 Muscularity with each meal
- 2-3 Density with each meal

#### **Level 3: Includes all Level 1 and Level 2 Supplements plus Energy Reserve**

- Take Level 1 and 2 Supplements as listed above
- Add 1 Energy Reserve tablet to each meal and shake, plus 1-2 before each training and cardio session

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

#### **Fat Burning Diet (approximately 1350 calories)**

##### **Meal #1**

3 oz turkey breast or chicken, 3 egg whites, 1/2 grapefruit or 1/2 cup omelet vegetables  
3 EFA Gold capsules

##### **Meal #2**

2 scoops Muscle Provider or Ultimate Muscle Protein, 12-16 oz water.  
Optional: you may add 4 strawberries or 1/4 cup blueberries for a change of pace.

##### **Meal #3**

4 oz chicken or turkey breast (weighed prior to cooking), 2 cups salad with 2 tbsp vinegar and oil dressing

##### **Meal #3**

2 scoops Muscle Provider or Ultimate Muscle Protein, 12-16 oz water

##### **Meal #4**

5 oz lean meat (chicken, turkey, or fish), 1 cup green vegetables, 3 EFA Gold capsules

**Monday and Thursday:** Substitute for your 4th meal: 1 cup oatmeal or 1 cup cooked brown rice; 6 oz sweet potato, 4 oz banana, 1 cup vegetables, 1 tbsp butter

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