

Program: Female Fat Burning Diet - 1650

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.

Female Fat Burning Diet (approximately 1650 calories)

Meal #1

4 oz turkey breast or chicken, 3 egg whites, 1 yolk, 1/2 grapefruit or ½ cup omelet vegetables

Meal #2

Protein Drink: 2 scoops Ultimate Muscle Protein (or Muscle Provider), 12 oz water

Optional: add 4 strawberries or ¼ cup blueberries

Meal #3

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

Meal #4

Whole Food Option: 1 package tuna; 3 egg whites, 1 tomato

Protein Shake Option: 2 scoops Ultimate Muscle Protein (or Muscle Provider), water

Meal #5

6 oz lean meat (chicken, turkey, fish, 93% or leaner beef, etc.) 1 cup vegetables

Monday and Thursday: Substitute for your 5th meal: 1 cup oatmeal (precooked) or cooked 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 or call 800-781-3475.