

## **Program: Fat Burning Diet - 2800**

**Who it's for:** This program is designed for men who want to lose fat quickly while retaining lean muscle. Follow for 6-12 weeks for best results.

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

Essential: UMP and Super Pak

Next Steps: Lean Out and 7-Keto MuscLEAN

Stack: Creatine Select and Glutamine Select

Additive: Density

\*If 35 years or older add Quadracarn to the Essential list

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

#### **Level 1: Ultimate Muscle Protein (UMP), Super Pak and Lean Out**

- Ultimate Muscle Protein as listed below
- 1 Super Pak with breakfast or your largest meal of the day
- 2 Lean Out with each meal and shake listed below
- \*If 35 or older 3 Quadracarn 2x per day with an extra 3 prior to training on those days

#### **Level 2: Level 1 supplements (UMP, Super Pak, Lean Out and \*Quadracarn) plus 7 Keto MuscLean and Creatine Select**

- Take Level 1 supplements as listed above
- 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.
- 1 scoop of Creatine with 4 of your meals for 5 days as a loading phase. After loading continue to take 2 scoops per day. On training days take prior to training.

#### **Level 3: Includes all Level 1 and 2 supplements plus Glutamine Select and Density**

- Take all Level 1 and 2 supplements listed above
- Mix 2-4 scoops of Glutamine Select in water before, during or after any weight training or cardio.

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

### **Fat Burning Diet Plan (approximately 2800 calories)**

#### **Meal #1**

8 oz lean beef or turkey, 3 egg whites, 1 yolk, 1 grapefruit

#### **Meal #2**

Protein Drink: 2 scoops Ultimate Muscle Protein, 1 tbsp healthy fat (olive oil, flax oil, almond butter) or 1 tbsp heavy whipping cream

#### **Meal #3**

8 oz chicken or turkey breast (weighed prior to cooking), 2 cups vegetables

#### **Meal #4**

Protein Drink: 2-3 scoop Ultimate Muscle Protein, 1 tbsp healthy fat (olive oil, flax oil, almond butter) or 1 tbsp heavy whipping cream, add enough water to make a shake or pudding the consistency you desire.

Whole Food Option: 6 oz can tuna or 5 oz. chicken; 3 egg whites, 1 whole egg; 1 tomato

#### **Meal #5**

10 oz lean meat (chicken, turkey, fish, 93% or leaner beef, etc.), 4 cups salad (lettuce, tomato, carrot, cucumber, green peppers, etc.), 2 tbsp vinegar and oil dressing

#### **Meal #6**

4 oz chicken or turkey breast; 6 egg whites; 1 cup omelet vegetables

Shake or Pudding Option: 2 scoops Ultimate Muscle Protein, 1 tbsp healthy fat (olive oil, flax oil, almond butter) or 1 tbsp heavy whipping cream, add enough water to make a shake or pudding the consistency you desire.

**Monday and Thursday:** In place of meal 6: 1.5 cups oatmeal (precooked) or cooked rice, 10 oz sweet potato, medium banana, 1 cup vegetables, 1 tbsp butter, almond butter or oil at the end of the day.

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.