

Program: Fat Burning Diet - 3000

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.

Fat Burning Diet Plan (approximately 3000 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, 2 tbsp healthy fat (olive oil, flax oil, almond butter) or 4 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 scoops Ultimate Muscle Protein, 2 tbsp healthy fat (olive oil, flax oil, almond butter) or 2 tbsp heavy whipping cream, 4 strawberries, add enough water to make a shake or pudding the consistency you desire.

Whole Food Option: 9 oz can tuna or 8 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

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

Monday in place of meal 6 **and Thursday as a 7th meal:** 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 or call 800-781-3475.