

Beverly International Gain Maximum Muscle and Strength while Staying Lean – Female

Who's it for: Any female with the goal of attaining the maximum amount of muscle and strength while staying lean.

Schedule:

Weeks 1-4 4-Week Gaining Phase Diet
Week 5 1-Week Hardening Phase Diet
Weeks 6-8 3-Week Gaining
Week 9 1-Week Hardening
Week 10-11 2-Week Gaining
Week 12 1-Week Hardening

Supplements: (click on the supplements below for more information)

Essential: Ultimate Muscle Protein and/or Muscle Provider, Mass Maker, Creatine Select and Multizymes

Next Steps: Mass aminos and Ultra 40

Stack: Muscle Synergy, Up-Lift and Glutamine Select

Additive: Quadracarn

Everyday Health Supplements: Super Pak

How to get Maximum Results from the Gaining Phase Supplements:

Level 1: Ultimate Muscle Protein (UMP) and/or Muscle Provider (MP), Mass Maker, Creatine Select and Multiple Enzyme Complex (MZ)

- Mass Maker as a pre and post training shake (see diet)
- 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.
- 1 multiple enzyme tablet with each meal and shake

Level 2: Level 1 supplements (UMP/MP, Mass Maker, Creatine Select and MZ) plus Mass Aminos and Ultra 40

- Take Level 1 supplements as listed above
- 3 Mass Aminos with each meal and shake
- 3 Ultra 40 tablets with each meal and shake

Level 3: Includes all Level 1 and Level 2 supplements plus Up-Lift, Quadracarn, Muscle Synergy and Glutamine Select

- 3 Quadracarn 2x per day everyday, and on training days add an extra 3 prior to training
- Mix 2 scoops Up-Lift in water and drink 20 minutes prior to training
- 1 scoop Muscle Synergy Powder (8 tablets) 2x per day, make sure one serving is before training on those days
- Mix 2-3 scoops of Glutamine Select in water and sip during training

Sample "Gaining Phase" Diet Plan

Training Days Only

30 Minutes before training: 3 scoops Mass Maker mixed in 8 oz water

Immediately after training: 3 scoops Mass Maker mixed in 8 oz water (Eat your next meal about 60 minutes after your Mass Maker shake. You may also add 1 scoop Muscle Provider to your post training shake.

Meal #1

2 whole eggs, 5 oz lean beef or 1/2 cup cottage cheese, 1/2 cup oatmeal

Option B: 3 egg whites, 1 whole egg omelet with 1 or 2 oz cheese, 1 slice whole-grain toast with almond butter

Meal #2

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

Optional: 1 serving low carb fruit.

Option B: 1 can tuna (water packed), 1/2 cup cottage cheese, 1 snack-size cup pineapple (unsweetened)

Meal #3

6 oz chicken breast (or other lean protein source), 1/2 cup cooked brown rice (or other complex carbohydrate source)

Optional: 1 or 2 servings of low carb fruit or vegetables.

Option B: 4 oz roast beef, 1oz Swiss cheese, 2 slices rye bread, 1 apple, 2 cups salad

Meal #4

1 can tuna or 4 oz turkey breast, 1/2 cup cottage cheese, 1/2 cup pineapple (unsweetened) or 1/2 cantaloupe

Option B: Protein Drink with 2 scoops Muscle Provider or Ultimate Muscle Protein, 1 tablespoon healthy fat source (olive oil, flax oil, almond butter) or heavy cream

Meal #5:

6-8 oz steak, pork loin, chicken, turkey or fish, 4-6 oz baked potato or sweet potato, 1-2 cups low carb vegetables or salad.

Meal #6:

Protein pudding – mix two scoops Ultimate Muscle Protein in a bowl with just enough water to make a pudding texture.

Add 1tbsp of almond butter, walnuts, or heavy cream.

Option B: 6 egg whites, 3 oz chicken breast, 1 serving low carbohydrate vegetable or fruit

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