

\*EAT PORTION SIZE BASED ON APPETITE \*\*UNCOOKED WEIGHT

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	<ul style="list-style-type: none"> <li>100g rolled oats with milk</li> <li>4 - 6 egg omelette</li> <li>2 pieces wholemeal toast</li> <li>Coffee or tea</li> <li>Teaspoon MAX'S Creatine X8</li> </ul>	<ul style="list-style-type: none"> <li>4 poached eggs</li> <li>4 pieces wholemeal toast</li> <li>2 tubs yoghurt</li> <li>Fruit juice</li> <li>Coffee or tea</li> <li>Teaspoon MAX'S Creatine X8</li> </ul>	<ul style="list-style-type: none"> <li>100g serve of natural muesli with milk mixed with 2 scoops MAX'S SuperSize</li> <li>2 - 4 pieces wholemeal toast with peanut butter</li> <li>1 tub yoghurt</li> <li>Coffee or tea</li> </ul>	<ul style="list-style-type: none"> <li>100g rolled oats with milk</li> <li>4 - 6 egg omelette</li> <li>2 pieces wholemeal toast</li> <li>Coffee or tea</li> <li>Teaspoon MAX'S Creatine X8</li> </ul>	<ul style="list-style-type: none"> <li>100g serve of natural muesli with milk mixed with 2 scoops MAX'S SuperSize</li> <li>2 - 4 pieces wholemeal toast with peanut butter</li> <li>1 tub yoghurt</li> <li>Coffee or tea</li> </ul>	<ul style="list-style-type: none"> <li>4 poached eggs</li> <li>4 pieces wholemeal toast</li> <li>2 tubs yoghurt</li> <li>Fruit juice</li> <li>Coffee or tea</li> <li>Teaspoon MAX'S Creatine X8</li> </ul>	<ul style="list-style-type: none"> <li>100g rolled oats with milk</li> <li>4 - 6 egg omelette</li> <li>2 pieces wholemeal toast</li> <li>Coffee or tea</li> </ul>
<b>MID MORNING</b>	<ul style="list-style-type: none"> <li>MAX'S SuperSize shake</li> <li>1 Serve BCAA's</li> <li>1 Serve NAGG</li> <li>1 Apple</li> </ul>	<ul style="list-style-type: none"> <li>MAX'S SuperSize shake</li> <li>1 Serve BCAA's</li> <li>1 Serve NAGG</li> <li>1 Apple</li> </ul>	<ul style="list-style-type: none"> <li>MAX'S SuperSize shake</li> <li>1 Serve BCAA's</li> <li>1 Serve NAGG</li> <li>1 Apple</li> </ul>	<ul style="list-style-type: none"> <li>MAX'S SuperSize shake</li> <li>1 Serve BCAA's</li> <li>1 Serve NAGG</li> <li>1 Apple</li> </ul>	<ul style="list-style-type: none"> <li>MAX'S SuperSize shake</li> <li>1 Serve BCAA's</li> <li>1 Serve NAGG</li> <li>1 Apple</li> </ul>	<ul style="list-style-type: none"> <li>MAX'S SuperSize shake</li> <li>1 Serve BCAA's</li> <li>1 Serve NAGG</li> <li>1 Apple</li> </ul>	<ul style="list-style-type: none"> <li>MAX'S SuperSize shake</li> <li>1 Serve BCAA's</li> <li>1 Serve NAGG</li> <li>1 Apple</li> </ul>
<b>LUNCH</b>	<ul style="list-style-type: none"> <li>Medium tin tuna (185g)</li> <li>Garden salad</li> <li>1 Cup steamed brown rice</li> <li>50g Almonds</li> </ul>	<ul style="list-style-type: none"> <li>300g Grilled chicken breast*</li> <li>2 Cups steamed broccoli</li> <li>100g Sweet potato**</li> <li>1 Piece of fruit</li> </ul>	<ul style="list-style-type: none"> <li>300g Grilled lean steak*</li> <li>2 Cups steamed string beans</li> <li>100g Sweet potato</li> <li>50g Almonds</li> </ul>	<ul style="list-style-type: none"> <li>300g Grilled chicken breast*</li> <li>2 Cups Steamed broccoli</li> <li>100g Sweet potato**</li> <li>MAX'S MuscleMeal Bar</li> </ul>	<ul style="list-style-type: none"> <li>Medium tin tuna (185g)</li> <li>Garden salad</li> <li>1 Cup steamed brown rice</li> <li>50g Almonds</li> </ul>	<ul style="list-style-type: none"> <li>300g Grilled chicken breast*</li> <li>2 Cups steamed broccoli</li> <li>100g Sweet potato**</li> <li>MAX'S MuscleMeal Bar</li> </ul>	<ul style="list-style-type: none"> <li>300g Grilled lean steak*</li> <li>2 Cups steamed string beans</li> <li>100g Sweet potato</li> <li>50g Almonds</li> </ul>
<b>1 HOUR BEFORE TRAINING</b>	<b>WEIGHT TRAINING DAY</b>	<b>WEIGHT TRAINING DAY</b>	<b>CARDIO</b>	<b>WEIGHT TRAINING DAY</b>	<b>CARDIO</b>	<b>WEIGHT TRAINING DAY</b>	<b>NO TRAINING</b>
<b>15 MIN BEFORE TRAINING</b>	<ul style="list-style-type: none"> <li>Teaspoon MAX'S Creatine X8</li> </ul>	<ul style="list-style-type: none"> <li>Teaspoon MAX'S Creatine X8</li> </ul>		<ul style="list-style-type: none"> <li>Teaspoon MAX'S Creatine X8</li> </ul>		<ul style="list-style-type: none"> <li>Teaspoon MAX'S Creatine X8</li> </ul>	
<b>DURING WORKOUT</b>	<ul style="list-style-type: none"> <li>1 Serve MAX'S Betapump</li> </ul>	<ul style="list-style-type: none"> <li>1 Serve MAX'S Betapump</li> </ul>		<ul style="list-style-type: none"> <li>1 Serve MAX'S Betapump</li> </ul>		<ul style="list-style-type: none"> <li>1 Serve MAX'S Betapump</li> </ul>	
<b>AFTER WORKOUT (MID AFTERNOON)</b>	<ul style="list-style-type: none"> <li>1 Serve MAX'S Intraboost</li> </ul>	<ul style="list-style-type: none"> <li>1 Serve MAX'S Intraboost</li> </ul>	<ul style="list-style-type: none"> <li>1 Serve MAX'S Intraboost</li> </ul>	<ul style="list-style-type: none"> <li>1 Serve MAX'S Intraboost</li> </ul>	<ul style="list-style-type: none"> <li>1 Serve MAX'S Intraboost</li> </ul>	<ul style="list-style-type: none"> <li>1 Serve MAX'S Intraboost</li> </ul>	
<b>DINNER</b>	<ul style="list-style-type: none"> <li>MAX'S SuperSize shake (Mix in below)</li> <li>1 Serve BCAA's</li> <li>1 Serve Glutmaine +</li> <li>1 Serve Creatine X8</li> </ul>	<ul style="list-style-type: none"> <li>MAX'S SuperSize shake (Mix in below)</li> <li>1 Serve BCAA's</li> <li>1 Serve Glutmaine +</li> <li>1 Serve Creatine X8</li> </ul>	<ul style="list-style-type: none"> <li>MAX'S SuperSize shake (Mix in below)</li> <li>1 Serve BCAA's</li> <li>1 Serve Glutmaine +</li> <li>1 Serve Creatine X8</li> </ul>	<ul style="list-style-type: none"> <li>MAX'S SuperSize shake (Mix in below)</li> <li>1 Serve BCAA's</li> <li>1 Serve Glutmaine +</li> <li>1 Serve Creatine X8</li> </ul>	<ul style="list-style-type: none"> <li>MAX'S SuperSize shake (Mix in below)</li> <li>1 Serve BCAA's</li> <li>1 Serve Glutmaine +</li> <li>1 Serve Creatine X8</li> </ul>	<ul style="list-style-type: none"> <li>MAX'S SuperSize shake (Mix in below)</li> <li>1 Serve BCAA's</li> <li>1 Serve Glutmaine +</li> <li>1 Serve Creatine X8</li> </ul>	<ul style="list-style-type: none"> <li>MAX'S SuperSize shake (Mix in below)</li> <li>Teaspoon MAX'S Creatine X8</li> </ul>
<b>DINNER</b>	<ul style="list-style-type: none"> <li>200 - 300g Lean steak*</li> <li>Large salad or 2 cups steamed vegetables</li> <li>150 - 200g Sweet potato**</li> <li>MAX'S Muscle Meal cookie</li> </ul>	<ul style="list-style-type: none"> <li>Spaghetti with bolognese med - large bowl (meat sauce)</li> <li>Garden salad</li> <li>Fruit salad with 100g natural yogurt</li> </ul>	<ul style="list-style-type: none"> <li>200 - 300g grilled fish*</li> <li>Large salad</li> <li>150 - 200g Sweet potato**</li> <li>Strawberries and blueberries with 100g natural yogurt</li> </ul>	<ul style="list-style-type: none"> <li>200 - 300g Beef or chicken and vegetable stir fry*</li> <li>3 Cups Rice noodles or brown rice</li> <li>MAX'S Muscle Meal cookie</li> </ul>	<ul style="list-style-type: none"> <li>200 - 300g Grilled chicken breast*</li> <li>Large salad or 2 cups steamed vegetables</li> <li>150 - 200g Sweet potato**</li> <li>Fruit salad with 100g natural yogurt</li> </ul>	<ul style="list-style-type: none"> <li>200 - 300g Beef or chicken &amp; vegetable stir fry*</li> <li>3 Cups Rice noodles or brown rice</li> <li>MAX'S Muscle Meal cookie</li> </ul>	<ul style="list-style-type: none"> <li>200 - 300g Grilled chicken breast*</li> <li>Large salad or 2 cups steamed vegetables</li> <li>150 - 200g Sweet potato**</li> <li>Fruit salad with 100g natural yogurt</li> </ul>
<b>EVENING</b>	<ul style="list-style-type: none"> <li>MAX'S NiteTime shake</li> <li>2 pieces wholemeal toast with peanut butter</li> <li>1 Serve MAX'S NAAG</li> </ul>	<ul style="list-style-type: none"> <li>MAX'S NiteTime shake</li> <li>50g mixed nuts</li> <li>1 Serve MAX'S NAAG</li> <li>1 Serve MAX'S BCAAs</li> </ul>	<ul style="list-style-type: none"> <li>MAX'S NiteTime shake</li> <li>1 Piece of fruit</li> <li>1 Serve MAX'S NAAG</li> <li>1 Serve MAX'S BCAAs</li> </ul>	<ul style="list-style-type: none"> <li>MAX'S NiteTime shake</li> <li>50g mixed nuts</li> <li>1 Serve MAX'S NAAG</li> <li>1 Serve MAX'S BCAAs</li> </ul>	<ul style="list-style-type: none"> <li>MAX'S NiteTime shake</li> <li>2 pieces wholemeal toast with peanut butter</li> <li>1 Serve MAX'S NAAG</li> </ul>	<ul style="list-style-type: none"> <li>MAX'S NiteTime shake</li> <li>1 Piece of fruit</li> <li>1 Serve MAX'S NAAG</li> <li>1 Serve MAX'S BCAAs</li> </ul>	<ul style="list-style-type: none"> <li>MAX'S NiteTime shake</li> <li>2 pieces wholemeal toast with peanut butter</li> <li>1 Serve MAX'S NAAG</li> </ul>