

BEGINNER NUTRITION

LEAN & MUSCULAR



*EAT PORTION SIZE BASED ON APPETITE **UNCOOKED WEIGHT

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	<ul style="list-style-type: none"> 4 - 6 egg white/1 yolk omelette 2 pieces wholemeal toast Coffee or tea 	<ul style="list-style-type: none"> 1 Scoop MAX'S SuperShred mixed with 1 cup oats and water Small tub low fat yoghurt Coffee or tea 	<ul style="list-style-type: none"> 4 - 6 egg white/1 yolk omelette 2 pieces wholemeal toast Coffee or tea Creatine X8 	<ul style="list-style-type: none"> 1 Scoop MAX'S SuperShred mixed with 1 cup oats and water Small tub low fat yoghurt Coffee or tea 	<ul style="list-style-type: none"> 4 - 6 egg white/1 yolk omelette 2 pieces wholemeal toast Coffee or tea Creatine X8 	<ul style="list-style-type: none"> 1 Scoops MAX'S SuperShred mixed with 1 cup oats and water Small tub low fat yoghurt Coffee or tea 	<ul style="list-style-type: none"> 4 - 6 egg white/1 yolk omelette 2 pieces wholemeal toast Coffee or tea Creatine X8
MID MORNING	<ul style="list-style-type: none"> MAX'S SuperShred shake 1 Apple 	<ul style="list-style-type: none"> MAX'S SuperShred shake 1 Apple 	<ul style="list-style-type: none"> MAX'S SuperShred shake 1 Apple 	<ul style="list-style-type: none"> MAX'S SuperShred shake 1 Apple 	<ul style="list-style-type: none"> MAX'S SuperShred shake 1 Apple 	<ul style="list-style-type: none"> MAX'S SuperShred shake 1 Apple 	<ul style="list-style-type: none"> MAX'S SuperShred shake 1 Apple
LUNCH	<ul style="list-style-type: none"> Medium tin tuna (185g) Garden salad 1 Cup steamed brown rice 	<ul style="list-style-type: none"> 200g Grilled chicken breast* 2 Cups steamed broccoli 100g Sweet potato** 	<ul style="list-style-type: none"> 200g Grilled lean steak* 2 Cups steamed string beans 100g Sweet potato 	<ul style="list-style-type: none"> 200g Grilled chicken breast* 2 Cups Steamed broccoli 100g Sweet potato** 	<ul style="list-style-type: none"> Medium tin tuna (185g) Garden salad 1 Cup steamed brown rice 	<ul style="list-style-type: none"> 200g Grilled chicken breast* Garden Salad 100g Sweet potato 	<ul style="list-style-type: none"> 200g lean meat & vegetable stir fry 1 Cup steamed brown rice
1 HOUR BEFORE TRAINING	<p>WEIGHT TRAINING DAY</p> <ul style="list-style-type: none"> Teaspoon MAX'S Creatine X8 	<p>CARDIO</p>	<p>WEIGHT TRAINING DAY</p> <ul style="list-style-type: none"> Teaspoon MAX'S Creatine X8 	<p>CARDIO</p>	<p>WEIGHT TRAINING DAY</p> <ul style="list-style-type: none"> Teaspoon MAX'S Creatine X8 	<p>CARDIO</p>	<p>NO TRAINING</p>
AFTER WORKOUT (MID AFTERNOON)	<ul style="list-style-type: none"> MAX'S SuperShred shake (Mix in below) 1 Serve Creatine X8 	<ul style="list-style-type: none"> MAX'S SuperShred shake (Mix in below) 1 Serve Creatine X8 	<ul style="list-style-type: none"> MAX'S SuperShred shake (Mix in below) 1 Serve Creatine X8 	<ul style="list-style-type: none"> MAX'S SuperShred shake (Mix in below) 1 Serve Creatine X8 	<ul style="list-style-type: none"> MAX'S SuperShred shake (Mix in below) 1 Serve Creatine X8 	<ul style="list-style-type: none"> MAX'S SuperShred shake (Mix in below) 1 Serve Creatine X8 	<ul style="list-style-type: none"> MAX'S SuperShred shake (Mix in below) 1 Serve Creatine X8
DINNER	<ul style="list-style-type: none"> 250g Lean steak* Large garden salad or 2 cups steamed vegetables 	<ul style="list-style-type: none"> 250g Grilled chicken breast* Large garden salad or 2 cups steamed vegetables 	<ul style="list-style-type: none"> 250g grilled fish* Large garden salad 	<ul style="list-style-type: none"> 250g Beef or chicken and vegetable stir fry* 	<ul style="list-style-type: none"> 250g Grilled chicken breast* Large garden salad 	<ul style="list-style-type: none"> 250g Beef or chicken & vegetable stir fry* 	<ul style="list-style-type: none"> 250g Grilled lean steak* Large salad or 2 cups steamed vegetables
EVENING	<ul style="list-style-type: none"> MAX'S NiteTime shake 	<ul style="list-style-type: none"> MAX'S NiteTime shake 	<ul style="list-style-type: none"> MAX'S NiteTime shake 	<ul style="list-style-type: none"> MAX'S NiteTime shake 	<ul style="list-style-type: none"> MAX'S NiteTime shake 	<ul style="list-style-type: none"> MAX'S NiteTime shake 	<ul style="list-style-type: none"> MAX'S NiteTime shake