FITNESS MANIACS
THE ULTIMATE 12 WEEK BODY TRANSFORMATION CHALLENGE

PRO NUTRITION

EATING PLAN for Weight Loss and Toning

	Day One	Day Two	Day Three	Day Four	Day Five
07h00 Breakfast	125ml Bran Flakes 125ml Fat Free Yoghurt	125ml Cooked Oats & 2 Egg Whites; Scrambled or Boiled	125ml Cooked Oats 1 Boiled Egg	125ml Bran Flakes 125ml Fat Free Yoghurt	125ml Bran Flakes with 2 Egg Whites; Scrambled or Boiled
09h30 Mid-Morning	Fruit – Apple with **Pro Nutrition Extreme Lean**	2 Rice Cakes with 40g Fat Free Cottage Cheese	Fruit – 3 slices of pineapple with **Pro Nutrition Extreme Lean**	Fruit – 6 strawberries **Pro Nutrition Extreme Lean**	2 Rice Cakes with 40g Fat Free Cottage Cheese
12h30 Lunch	125ml Brown Rice with a Grilled Chicken Breast	125ml Pasta with ½ a tin of Tuna	125ml Brown Rice with Grilled Fish	Baked Potato–40g Fat Free Cottage Cheese with a Chicken Breast	125ml Brown Rice and Mixed Veg with Grilled Chicken Stir Fry
15h00 Mid-Afternoon	Fruit – Orange and a handful of lean biltong	3 slices of Pineapple **Pro Nutrition Extreme Lean**	Fruit – 3 slices of pineapple **Pro Nutrition Extreme Lean**	Fruit – 250mls water melon and a handful of lean biltong	Fruit – Orange **Pro Nutrition Extreme Lean**
18h00 Supper	125ml Mixed Vegetables with Grilled Fish *side salad optional	125ml Mixed Vegetables with Grilled Steak *side salad optional	125ml Mixed Vegetables with Grilled Chicken *side salad optional	125ml Mixed Vegetables with Grilled Fish *side salad optional	Salad with ½ a tin of Tuna
20h00 If required	**Pro Nutrition Extreme Lean**	**Pro Nutrition Extreme Lean**	**Pro Nutrition Extreme Lean**	**Pro Nutrition Extreme Lean**	**Pro Nutrition Extreme Lean**

Notes:

- Drink two glasses of water with each meal – 12 Glasses per day
- All portions are to be small/medium about the size of your fist
- No Carbohydrates after 1pm.
- Green vegetables are the best choice. A small amount of Fat Free Cottage Cheese can be used.
- **Pro Nutrition Extreme Lean** MRP is not compulsory but to be had if required – recommended at least once a day to start
- Keep cycling the days – once you have completed Day Five then start with Day One again.
- 125grams = 250mls 62.5grams = 125mls 125 grams = 1 Cup 250mls = 1 Cup
- **Pro Nutrition Extreme Lean** MRP can be purchased through Fitness Maniacs.