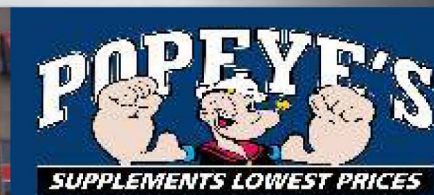




Cutting Plan

- **How to Design a Lean, Fat Busting Meal**
- **Supplements to Assist You in Reaching Your Goals**
 - **Tips & Information**

SUPPLEMENTS LOWEST PRICES GUARANTEED





Consult a physician before starting any weight-loss program. Results will vary; be sure to use in conjunction with an exercise program. This guide is not intended to diagnose, treat, cure or prevent any disease.

	Basic Meal Template Suggestions	Additional Meal "Variety" Suggestions	Foundation of Health Suggestions
Breakfast 7:00AM	<p>Egg White Omelette 27g Protein – 292 Calories</p> <ul style="list-style-type: none"> • 4 Egg Whites and 1 Whole Egg • 1 Slice Whole Grain Bread • ½ cup Diced Peppers & Onions • Cayenne and Pepper Spices 	<p>Fruit Smoothie Delight 37g Protein – 298 Calories</p> <ul style="list-style-type: none"> • ½ cup of Water • 1 cup No-Fat Natural Yogurt • 1 scoop of mixed Whey Protein • 1 cup Frozen Organic Berries 	<p>Not to be Counted as Calories in the Meal Guide</p> <ul style="list-style-type: none"> • 1 scoop Phytoberry • Essential Fat (Caps or Liquid) • Multi-Vitamin
Morning Snack 9:30 AM	<p>Peaches & Cheese 26g Protein - 201 Calories</p> <ul style="list-style-type: none"> • 250g No Fat Cottage Cheese • 1 cup Sliced Peaches 	<p>No-Fat Yogurt & Berries 9g Protein - 221 Calories</p> <ul style="list-style-type: none"> • 250g (1 cup) No Fat Yogurt • 1 cup Raw Strawberries 	<p>Training Days Post Workout Shake</p> <ul style="list-style-type: none"> • 1 scoop Isolate Whey • 5g (1 tsp) Glutamine
Lunch 12:30 PM	<p>Sweet Spinach Salad 33g Protein - 230 Calories</p> <ul style="list-style-type: none"> • 3 cups Raw Spinach • 3 oz Chicken (Diced Breast) • ½ cup Fresh Raspberries • 1 tbsp Raspberry Vinaigrette • Low Sodium Based Spices 	<p>Stuffed Pita Pocket 32g Protein - 320 Calories</p> <ul style="list-style-type: none"> • 1 Whole Grain Pita Wrap • 3 oz Turkey (White Meat) • ½ cup Romaine Lettuce • ½ cup Diced Tomato • 2 tbsp No-Fat Mayo; Spice 	<p>Not to be Counted as Calories in the Meal Guide</p> <ul style="list-style-type: none"> • Multi-Vitamin
Afternoon Snack 3:00 PM	<p>Dine & Dash 23g Protein - 220 Calories</p> <ul style="list-style-type: none"> • 1 scoop Whey Protein (Water) • Apple; Unpeeled 	<p>Crunch & Munch 21g Protein - 372 Calories</p> <ul style="list-style-type: none"> • EAS Myoplex Lite Bar • Almonds; Handful (Unsalted) 	<p>Not to be Counted as Calories in the Meal Guide</p> <ul style="list-style-type: none"> • 1 scoop Vege-Greens
Dinner 6:00 PM	<p>Got Sole? 33g Protein - 433 Calories</p> <ul style="list-style-type: none"> • 4.5 oz Flounder or Sole; Baked • 1 tbsp Lemon Juice • 1 clove of Garlic; add spice • 1 cup Asparagus (Steamed) • ½ cup Wild Rice 	<p>Stir-Tastic! 40g Protein - 391 Calories</p> <ul style="list-style-type: none"> • 4 oz Chicken or Pork (White) • 1 cup Mushrooms & Peppers • 1 cup Broccoli • 1 cup Pea Pods • 1 Sweet Potato Sliced 	<p>Not to be Counted as Calories in the Meal Guide</p> <ul style="list-style-type: none"> • Essential Fat (Caps or Liquid) • Multi-Vitamin
Snack 8:30 PM	<p>Shake the Bed! 35g Protein - 146 Calories</p> <ul style="list-style-type: none"> • 1 or 2 scoops of Sustained Release Protein 	<p>Bedtime is Cheesy... 25g Protein - 137 Calories</p> <ul style="list-style-type: none"> • 250g No Fat Cottage Cheese • 1 or 2 tsp Cinnamon 	<p>To be Taken Before Going to Bed</p> <ul style="list-style-type: none"> • 10g (2 tsp) Glutamine



Get there a little bit faster... Fat Burning Metabolism Boosters!

"Burning" fat requires two basics be in place: **healthy eating and regular exercise**. Without establishing this in your lifestyle, you have little to no chance of succeeding with your goal of losing weight. In order to "burn" fat, you must expend more calories than you consume, but at the same time not lose muscle mass since this is what is "eating" the majority of the calories you burn during the day.

How does a fat burner help with this process? Traditionally, most fat burners are associated with increased energy. However, increasing energy is only one way a fat burner can assist in getting rid of excess "storage" such as belly fat and love handles! Other options include blood sugar regulation, muscle "protection" also known as anti-catabolics and actual "fat" that fights the bad fat around the mid-section (CLA).

NON - STIMULANT

MULTI-STAGE BURNER

PURE ENERGY



Individual Fat Burning Products:

EGCG (Green Tea Extract)

- Boosts metabolic rate
- Helps suppress unhealthy intestinal flora
- 3 caps = 9 cups of green tea

CLA (Conjugated Linoleic Acid)

- Fatty acid extracted from safflower
- Targets midsection fat stores
- Studies show users lose weight despite not following a strict diet plan



Chromium Picolinate

- Insulin stabilizer
- Improves uptake of glucose into the bloodstream

HMB

- Metabolite of Leucine
- Slows down the bodies use of muscle stores as a fuel source, burning additional fat consumption during exercise

Tips & Suggestions:

- Plan to eat 3 meals & 3 snacks/day
- Carry healthy snacks with you to ensure you fuel your body with the right "type" of food
- Make water or green tea your drink of choice throughout the day
- Plan 1 day per week to be a "Free" day; be consistent, not perfect!
- Avoid excessive salt
- If you are performing cardio training, schedule it for 20 minutes first thing in the morning 3x weekly
- Add some resistance training to your program because ...
- 1 extra lb of muscle burns an additional 50 calories/day



Fast Forward



POPEYE'S FOUNDATION OF HEALTH

www.popeyescanada.com

Meal Cutting Plan

Essential Fatty Acids (EFA) Benefits:

- Energy Production
- Diffusion of oxygen into the bloodstream
- Brain and nerve tissue development
- Control cell membrane fluids
- Stabilize insulin and blood sugar levels
- Anti-inflammatory effect
- Helpful in inflammatory conditions
- Strengthen immune system
- Calming effect and regulates mood

Multi-Vitamins Benefits:

- Increased energy levels
- Combats stress and fatigue
- Support heart function
- Strengthen immune function
- Slows aging
- Improves overall health & well being
- Renews mental clarity
- Look for low-compression or rapid dissolving caps for best absorption

Vege-Greens Benefits:

- Normalizes body pH level
- Detoxifies the body
- Improves immune function
- Increase energy & mental clarity
- Reduces risk of osteoporosis



Mixed Whey

Combining Whey protein concentrate & faster acting isolate, use this as a great protein substitute with meals

Pure Isolate

The goal here is simple - absorb as many amino acids as quickly as possible after you finish training

Sustained Release

Slow is down! Combine 7 different protein sources. EFA's and fibre to release amino's for up to 7 hours!

Sample Guidelines for Maintaining Muscle While Cutting Fat

- Consume a protein source with every meal!
- When preparing meals, worry more about portion size (no larger than your fist)
- Fats are not the enemy! Raw oils (Udo's, Flax) provide incredibly clean calories and can replace the fuel lost by removing simple carbs from meals and snacks
- Fibre & Fats both slow gastric emptying, meaning you stay "full" longer, reducing cravings
- Utilizing single amino acids (Glutamine, BCAA's and HMB) reduce the amount of fuel your body metabolizes from muscle tissue; these are best taken prior to working out and before bed
- Zinc, Magnesium and Vitamin B6 (ZMA) maximize recovery and natural hormone secretion during rest