

## **Cutting Plan**

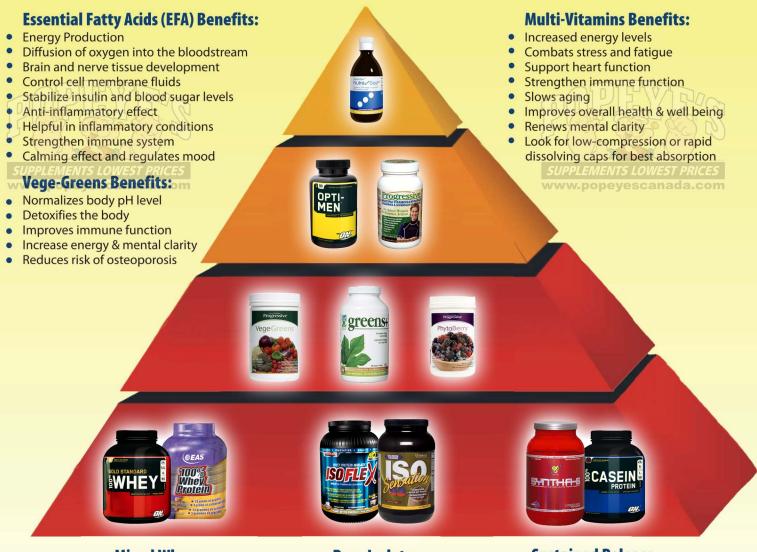
How to Design a Lean, Fat Busting Meal
Supplements to Assist You in Reaching Your Goals
Tips & Information

BIG BIG

SUPPLEMENTS LOWEST PRICES



## Meal Cutting Plan



**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