



# Cutting Plan

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

SUPPLEMENTS LOWEST PRICES  
www.popeyescanada.com

SUPPLEMENTS LOWEST PRICES GUARANTEED





**POPEYE'S FOUNDATION OF HEALTH**

[www.popeyescanada.com](http://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