

FAST TRACK NUTRITION PLAN: MONDAY-FRIDAY

Before Breakfast	500-750mls ICE COLD Water with Lemon or Lime wedges
Breakfast	<i>Blend:</i> 250mls Almond or Rice Milk (Green Milk is ok but not desirable) 30grams Protein Powder 1 Cup Frozen Mixed Berries <i>Supplements: 6x Fish Oil Capsules</i>
Mid Morning	Medium Sized Fruit Beef Salad (Spinach, Lettuce, ½ Avocado, Capsicum, Almonds, 150-200gs Meat)
Afternoon	Stir-fry (½ Cup Brown Rice, Beans, Capsicum, Broccoli, Cauliflower, 150-200gs Meat)
Dinner	Frozen Dessert: Same as breakfast but frozen in a small container* <i>Supplements: 2x Biozinc/ZMA, 6x Fish Oil Capsules</i>
Fluid	2.5-3litres throughout the day - NO Diet Soft Drinks - Any Tea (Green, Black, Oolong), no milk - Water

*Freezing this is optional, a normal shake can be had instead

FAST TRACKER NUTRITION: SATURDAY & SUNDAY

Before Breakfast	500-750mls ICE COLD Water with Lemon or Lime wedges
Breakfast	<i>Omelette:</i> 2-3x Eggs Spinach, Capsicum, Garlic ½ Avocado
Mid Morning	Large Serving Meat (Chicken, Fish) 1x Head of broccoli/cauliflower Any other green vegetables
Afternoon	Stir-fry (½ Cup Brown Rice, Beans, Capsicum, Broccoli, Cauliflour, 150-200gs Meat)
Dinner	<u>Cheat Meal*</u>
Fluid	2.5-3litres throughout the day - NO Diet Soft Drinks - Any Tea (Green, Black, Oolong), no milk - Water

*Your cheat meal is a dinner & dessert and nothing else. You still must adhere to the fluid guidelines.