

SHAPE UP FOR SUMMER 8 WEEK CHALLENGE

High Intensity Training Food Plan - Mens

7.00am	1000mg L-Carnitine (take before food on empty stomach) 1/3 cup oats made with 1 Cup of water 1 scoop protein powder with water ¼ cup pineapple/fruit
9.30am	1000mg L-Carnitine (take before food on empty stomach) 4 x Vitawheats / 2 Corn Thins 2tsp Nutella or peanut butter
12.00pm	1000mg L-Carnitine (take before food on empty stomach) 200g fish/steak/chicken 1 cup Vegetables / Salad 50g Pumpkin / Kumara / Couscous / Basmati Rice
3.30pm	185g tuna/chicken ¼ cup raw Vegetables
6.30pm	250g fish/chicken/steak 1 cup vegetable salad 20g nuts
9.00pm	1 scoop protein powder with water

APPROVED VEGETABLES:

Asparagus	Celery	Okra
Aubergine	Green Beans	Onions
Broccoli	Garlic	Parsley
Brussel Sprouts	Green Leafy Vegetables	Capsicums all colours
Cabbage	Artichokes	Parsley
Carrots	Kale	Spinach
Cauliflower	Leeks	Spring Onions
Lettuce	Tomatoes	Watercress
Mushrooms	Pumpkin	