

### General healthy diet guide

Daily diet to consist of 1600 calories for women, more may be required depending on speed of metabolism. For men 2000-2500 calories is the average.

% Breakdown approx as follows

50-55% Carbohydrates

25-30% Protein

10-20% Fats

Each meal consists of approx 300-400 calories.

Nutritional Breakdown per meal approx,

15-25g Protein,

30-40g Complex Carbohydrates,

5-15g Fats

Breakfast choose from

1. 3 toast (Granary/brown) with low sugar jam (spread lightly) with 1 scoop Pro Peptide
2. 45g oats in water with a small banana or apple & 1 scoop Pro Peptide
3. 2 shredded wheat with 1 small Banana & 1 scoop Pro Peptide
4. 45g Special K with a small banana or apple & 1 scoop Pro Peptide

(Always blend the Pro Peptide with water and use this to replace milk to go with cereal or as a drink.)

Various meals which to choose from will provide approximately the ideal amounts required.

1. 70g(uncooked weight) of chicken or turkey & 150g cooked baked potato or 50g Brown rice & green veg
2. 150-200g cottage cheese with 2-3 pieces brown bread or 150g cooked baked potato and veg.
3. 1 scoop Pro Peptide with 1 small Banana & 2 pots of 125g (250g total) yoghurt which have been fortified with Pro Biotics (available in all supermarkets), have this meal only once in any given day.
4. 130g (uncooked weight) of any type of White Fish & 150g cooked baked spud or 50g brown rice & veg
5. 100g (uncooked weight) Lean Steak with 150g baked spud & veg. Have this meal 2-3 times in any given week and no more.
6. ½ Sachet of Pro M.R. couple of pieces of fruit.
7. Tin of pilchards, sardines or mackerel on 3 pieces of toast (brown wholemeal preferably)
8. Pro-Mass drink (4 scoops in water)
9. 1 sachet Pro Ms and a couple pieces of fruit (women only)

To further enhance fat loss the use of Sida Cordifolia can be used.

After a workout session (whether aerobics or weights) have one serving (80g-2scoops) of Pro Recover,

remember this is a meal. This product has been specifically designed to promote recovery after exercise/training work outs.

Have 1 tablespoon of Extra Virgin Olive Oil, with each meal. These are good fats required to maintain a healthy balanced nutritional profile.

If you want to make up your own meal make sure it comprises of approximately around the same nutritional breakdown as above.

Have 4 meals per day (for men have 5-6 meals) from the choices above spaced evenly throughout the day; say every 4 hours (every 2-3 hours for men) e.g.- meal 1 at 8.00am meal 2 at 12.00, meal 3 at 16.00 and meal 4 at 20.00. Also have 1 or 2 meals of what you fancy in any given week, but this treat meal is to replace a meal not in addition to your daily meals.

Aerobics first thing in the morning before breakfast on a treadmill fast pace walking or stationary bike for 20-30 minutes, for 5-7 days a week. If it is not possible to do aerobics first thing in morning then when you can but this must be done, for overall health benefits, burn body fat and to keep your metabolic rate fired up. (Note for those who do aerobics with weight training, always do aerobics after weight training session and not before!)

Also recommend using Pro Glutamine this enhances your intestinal health, use 1 teaspoon 1st thing in morning prior to aerobics and 1 teaspoon in-between one of your other meals. Avoid if possible taking it with a meal, as this may impair L-Glutamine absorption. Mix the glutamine in a small amount of water and drink.

If your weight stops dropping and you want to lose more then increase your aerobic sessions either by doing 2 sessions a day or increase the length of session e.g. say from 30mins -45mins.

Remember your overall calorie consumption is what contributes to putting on body fat. One major problem is that people try and eat too much in one meal, which the body will not waste, it will take what it requires but any excess will be stored as energy/fuel (body fat) for later use. Also people who eat only one or two meals a day do not lose weight after a short period as their metabolism will adapt to the small amount being consumed and slow down. This is why the above has been broken down into small meals and spaced evenly throughout the day, so your body can utilise the amount consumed at any given meal and keep your metabolism from slowing down.

Do not be fooled by this LOW FAT RUBBISH, fat does not make you fat its eating too much calories. Calories are units of energy whether it's from Protein-4 cal per gram, Carbohydrates-4 cal per gram, fats-9 cal per gram and alcohol-7 cal per gram.

Pro Vital would be very good to use, this covers all the essential micronutrients-vitamins/minerals plus antioxidants the body requires daily. Pro CLA (conjugated linoleic acid) is also an excellent supplement found to have fantastic benefits in weight management control and is highly recommended in controlling

body fat levels. Due to the way a lot of food is harvested and produced the amounts of CLA/Vitamins and Minerals that naturally occur are less than they used to be and the need to supplement has never been greater to ensure optimal health, especially to fight off colds, infections and help in the control of body fat.

Follow the above and you should achieve your desired goal.