

The Nutrition Plan for removing up to 6kg FAT in 6wks

Breakfast

Choice of Porridge/omlett/weet-bix(on water)

(*Tip:use chinese Bowl= about 1 cup =250 ml as your measuring 'cup')

Supplements: 1 multivitamin/1to 2 teaspoonflax oil

(in orange or apple juice 100ml) 2 tablespoons of plain 'no fat' Julna yoghurt

1 thermo tab + 1 water rid

$\frac{1}{2}$ teaspoon Musashi Red the dispersion

Jasmine/oolong/green tea made on filtered water(no limit)

Morning tea

1 or 2 Rice Cakes/ topped with avocardo/light philly/tomato/

tuna/ham/Ground Pepper on top

1 small apple/pear/6 to 8 strawberry's/piece of rockmellon

Jasmine tea made on filtered water

Or

Protein drink made on filtered water + small apple/piece of

Fruit/strawberry's etc 'as above

Lunch



Chinese bowl = 1 cup

Tuna & *Chinese bowl of basmati rice /or sweet potato steamed

*Grilled Chicken Breast/boiled organic mince/steamed fish can be added to your bowl of Basmati rice/sweet potato

Jasmine/oolong/green tea

(Tip: grill all meats on 'George foreman' Fight Fat' griller)

Supplements :Hydroxi 1tab with every carbohydrate meal

(30 min before)

Afternoon tea

1 or 2 Rice Cakes/ topped with avocado/light philly/tomato/

tuna/ham/Ground Pepper/1 small apple/pear/

6 to 8 strawberry's/piece of rock Mellon

Jasmine tea made on filtered water

Supplements

1 thermo tab

+ 1 multi

Or

Protein drink made on filtered water + small apple/piece of

Fruit/strawberry's etc 'as above

Tip: if energy is Low have another small Chinese bowl of basmati rice/ or sweet Potato

'make sure this is about 4 pm 'if necessary'

Dinner

Protein drinks on filtered water + apple/pear/strawberries

piece of rock Mellon

or steamed fish (nile perch)/+ small green salad/or small

steamed colored veges ie cauliflower/broccoli

Tip: you can have a Protein drink and a piece of fish/chicken/tuna/etc ...try to drop

carbs down to almost zero at night and DO NOT fill stomach ...protein usually satisfies

hunger pangs/drink water/Jasmine tea etc

Supplements: $\frac{3}{4}$ teaspoon Musashi red/1 multivitamin

+ 1 hydroxi tab (30 min before meal)

*Authorized 'snacks'Musashi muscle bar/fat loss bar -have $\frac{1}{2}$ as snack keep in car if you have nothing else/take food 'cold bag' with you to work/with water/apples/oranges/rock Mellon etc best off taking 'prepared meals with you to work' use lemon juice as 'flavour' on food/Apple Cider vinegar or balsamic/or a 'touch' of kukamans soy sauce /ground pepper on meats etc/red chili if you can handle it

Supplement recommendations and timing

To be adv	Retail price	purpose	Whats in it ?
Protein Drink 2.5 kg 56 serves	Lasts one month @ two serves per day \$2.23 per serve	Maintain Muscle 'firm & Tone'	High protein Low Carbs
Water rid 80 caps	Lasts up to 2 month @ 1 cap per day	To flush out excess fluid 'traped' in tissue	Green Tea Extract (standardized to 40%) Juniper Berry (6:1 extract) Hydrangea Root Ascorbic Acid Celery Seed Dandelion Root
Thermo 60 tabs	Lasts up to 1 months @ 2 tabs per day	Stimulant like coffee (natural) *NB:do not take if you have High Blood pressure	Synephrine (from the herb Citrus Aurantium or Bitter Orang Caffeine (from Guarana) White Willow Bark Green Tea Extract
Hydroxi 60 tabs	Lasts up to 1 month @ 2 tabs per day	Blocks Carbs being converted to fat for up to 12 hours + L Carnitine helps burn fat as fuel	Garcinia Cambogia (50% HCA) L-Carnitine Complex Grape Fruit Extract Citric Acid Chromium Picolinate (Chromium 2mcg)
Musashi red 150 grams (powder)	Lasts up to 1 month @ 2 x ½ teaspoons per day	Transports fats in blood stream and cleanses the Liver ...like a detergent for fats in the blood	The main three fat transporting amino acids *L-Methionine *Inositol *Choline
		Save	
Total cost of supplement package	(discount) Recommended Retail	= Graham's Package	Note Prices and the supplement prescription depends on the Clients stage of training

Supplement Starter Pack is supplied by Healy's .

The reason for this is the Navigation through the 'supplement minefield' and

Over-commercialization of 'products' on the market can be a 'real nightmare'.

Everybody is an 'expert' and all with conflicting 'opinions' on what works and why.

Part of our 'Professional Advice' based on 'real experience' is the basis for our recommended product list 'NOT' what a 'sales rep says' but what really works based on our trail testing over the years and 'before and after' photographic evidence accordingly.

We also have top 'technical advice' from our reliable sources that looks well 'beyond' the Sales Hype of the retail 'supplement store'.

Also, the products 'specified' by Healy's are tried and tested over the last 10 years deviation from the Recommendations may not produce the desired results.

Yours faithfully, Graham Healy

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