

Multi Slim

MEN'S NUTRITIONAL PLAN

BREAKFAST:

OPTION 1

- » 45 grams of cereal (4 heaped tablespoons or 3 Weetbix)
- » 300mls low-fat milk/ lite soy milk/ oat milk mixed with ½ scoop of BCN Whey Fusion protein powder
- » 1 teaspoon of psyllium husks

1-2 XLR8 Thermogenic capsule
1 BCN Multi-Boost tablet

(363 Cals; 49.5C, 30P, 5F)

OPTION 2

Omelette

- » 1 whole egg
- » 3 egg whites
- » 50g smoked salmon
- » 50g chopped onion
- » 50g chopped tomato
- » 1 slice of multigrain or wholemeal toast

1-2 XLR8 Thermogenic capsule
1 BCN Multi-Boost tablet

(301 Cals; 21C, 34P, 9F)

MID-MORNING:

OPTION 1

- » 2 scoops of InterACTIVE Nutrition ISOWhey Breezer (any flavour) mixed in 400-500mls of cold, filtered water

(90 Cals; 1C, 20P, 0F)

OPTION 2

- » 1 scoop of BCN Whey Fusion protein powder

mixed in 200mls of low-fat milk/ lite soy milk/ oat milk and 100mls of cold, filtered water

(211 Cals; 18C, 31P, 3F)

LUNCH:

OPTION 1

- » 100g lean beef
- » 30mls of simmer sauce
- » 20g pasta (weight before cooking)

1-2 XLR8 Thermogenic capsule
1 BCN GI Factor capsule

(351 Cals; 22.5C, 42.5P, 10.5F)

OPTION 2

Curried egg sandwich

- » 2 whole eggs
- » 3 egg whites
- » 1 teaspoon of curry powder
- » 2 teaspoons of fat-free mayonnaise
- » 2 slices of multigrain or wholemeal bread

1-2 XLR8 Thermogenic capsule
1 BCN GI Factor capsule

(368 Cals; 32.5C, 33P, 12F)

MID-AFTERNOON:

OPTION 1

- » 2 scoops of InterACTIVE Nutrition ISOWhey Breezer (any flavour) mixed in 400-500mls of cold, filtered water

(90 Cals; 1C, 20P, 0F)

OPTION 2

- » 1 scoop of BCN Whey

Fusion protein powder mixed in 200mls of low-fat milk/ lite soy milk/ oat milk and 100mls of cold, filtered water

(211 Cals; 18C, 31P, 3F)

DINNER:

OPTION 1

- » 200g low-fat fish
- » 100g squash
- » 100g cabbage
- » 100g corn
- » 3 crushed almonds
- » 1 squeezed lemon

1 BCN GI Factor capsule
3 Omega-3 fish oil capsules

(360 Cals; 27.5C, 46.5P, 8F)

OPTION 2

- » 150g steak (cooked weight)
- » 100g carrots
- » 100g peas
- » 50g corn
- » 30mls sauce

1 BCN GI Factor capsule
3 Omega-3 fish oil capsules

(457 Cals; 27.5C, 55P, 14.5F)

TOTAL CALORIES (Cals)

1372 - 1610 (approx.)

TOTAL CARBS (C)

75g - 145.5g

TOTAL PROTEIN (P)

171.5g - 211.5g

TOTAL FAT (F)

23.5g - 41.5g