

Multi Slim

WOMEN'S NUTRITIONAL PLAN

BREAKFAST:

OPTION 1

- » 30 grams of cereal (3 heaped tablespoons or 2 Weetbix)
- » 200mls low-fat milk/ lite soy milk/ oat milk
- » 2 teaspoons (10g) of LSA
- » 1 teaspoon of psyllium husks

1 XLR8 Thermogenic capsule
1 BCN Multi-Boost tablet
(261 Cals; 32.5C, 14P, 8.5F)

OPTION 2

- » 1 slice of multigrain or wholemeal toast with 1 teaspoon of butter
- » 1 whole egg
- » 2 egg whites

1 XLR8 Thermogenic capsule
1 BCN Multi-Boost tablet
(226 Cals; 21C, 11.5P, 10.5F)

MID-MORNING:

OPTION 1

- » 1 scoop 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 Tone & Firm protein powder mixed in 100mls of low-fat milk/ lite soy milk/ oat milk and 100-200mls of cold, filtered water
(157 Cals; 8C, 25.5P, 2.5F)

LUNCH:

OPTION 1

- » 100g (cooked weight) of chicken breast, sliced 30mls of simmer sauce
- » 1/3 cup of cooked basmati rice
- » 100g broccoli
- » 50g carrots

1 XLR8 Thermogenic capsule
1 BCN GI Factor capsule
(300 Cals; 22.5C, 35P, 7.5F)

OPTION 2

Tuna sandwich

- » 100g drained tuna
- » 2 slices of multigrain or wholemeal bread
- » 2 teaspoons of lite cream cheese

1 XLR8 Thermogenic capsule
1 BCN GI Factor capsule
(291 Cals; 32C, 35P, 3F)

MID-AFTERNOON:

OPTION 1

- » 1 scoop 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 Tone & Firm protein powder mixed in 100mls of low-fat milk/ lite soy milk/ oat milk and 100-200mls of cold, filtered water
(157 Cals; 8C, 25.5P, 2.5F)

DINNER:

OPTION 1

- » 75g (cooked weight) beef
- » 30mls of sauce (any)
- » 100g carrots
- » 100g peas
- » 50g corn

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

(314 Cals; 27.5C, 31P, 9F)

OPTION 2

Chicken Salad

- » 100g chicken breast (cut into strips)
- » 100g of sliced cherry tomatoes
- » 100g Lebanese cucumber
- » 2 cups of lettuce
- » 2 rings of red capsicum
- » 2 rings of red onion alfalfa sprouts
- » 10 almonds balsamic vinegar

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

(318 Cals; 19.5C, 30P, 13.5F)

TOTAL CALORIES (Cals)
1011 – 1193 (approx.)

TOTAL CARBS (C)
65g – 108g

TOTAL PROTEIN (P)
116.5g – 131g

TOTAL FAT (F)
20.5g – 36.5g