



12 WEEK RAPID FAT LOSS PLAN FOR WOMEN

Wake-up: 1 large glass of water (lukewarm) and 2-3 Phedra-Cut ULTRA XT capsules. Drink 3 litres throughout the day to flush your system.

Exercise: Aim to exercise first thing in the morning, for 1 hour, on an empty stomach as this increases your Resting Metabolic Rate (RMR) and thus stimulates all-day fat burning. For optimal results, train using a combination of moderate resistance and cardiovascular exercises. If it's not possible to train in the morning, your training session can be moved to anytime of the day.

Breakfast - Meal 1		
Option 1	Option 2	Option 3 (Smoothie)
½ cup of cooked oats/oat bran with 1 scoop Pure Protein IGF-9, 5 almonds and cinnamon to taste, 1 x green/yellow apple	Egg white omelette (1 whole egg + 3 egg whites) with red pepper strips and mushrooms 1 slice rye bread, toasted + 1 tsp lite margarine 1 x medium peach/ 2 small plums/ 1 medium orange	Blend 250ml fat-free milk with: 1 x frozen banana (not too ripe) 1 x tsp cocoa powder or vanilla essence 1 x scoop of 100% Whey or Pure Protein IGF-9 (Vanilla)

After Breakfast: 1 x Women's Daily Pack (Vital nutrients for optimal health), 2 x CLA Pure 1000 softgels.

Mid-Morning Meal 2: 1 serving of Diet Fuel Ultralean (Optional: 1 Diet Fuel bar - limit bar to 1 every 3 days).

30 Minutes before Lunch: 1 Phedra-Cut Slim Pack sachet in 500ml water.

Lunch - Meal 3		
Option 1	Option 2	Option 3
1 small grilled/steamed skinless chicken breast or 1 fish fillet (40g) 1 medium baked potato or sweet potato with 1 tsp lite margarine melted over 1 cup of steamed broccoli	½ can of tuna in water, mixed with ½ Tbs Lite mayo 1 slice of rye bread + 1tsp lite margarine 1 bowl of green leafy salad (drizzled with lemon juice and/or vinegar)	2 Tbs lean minced meat (beef/ostrich) fried with Spray 'n Cook + 3 canned tomatoes or 4 tsp Tomato puree, ½ cup cooked Brown/Basmati rice 1 cup of spinach & tomato or ½ cup Zucchini

After Lunch: 2 x CLA Pure 1000 softgels

30 Minutes before Meal 4: 2-3 capsules Phedra-Cut ULTRA XT (NO LATER THAN 4:00pm) or Phedra-Cut ULTRA SF.

Mid-Afternoon Meal 4: 1 serving of Diet Fuel Ultralean

30 Minutes before Dinner: 3 capsules Phedra-Cut ULTRA SF.

Dinner - Meal 5		
Option 1	Option 2	Option 3
100g grilled/roasted ostrich fillet or tuna steak 1 cup of cooked mixed vegetables 1 bowl of green leafy salad (drizzled with lemon juice and 1 tsp flaxseed/olive/canola oil)	1 large grilled/steamed skinless chicken breast or hake/haddock fillet (80g), ½ cup cooked green beans with tomato & onion + ½ cup cooked carrots (sweetened with sweetener), 1 bowl of green leafy salad (drizzled with lemon juice and 1 tsp flaxseed/olive/canola oil)	100g grilled/barbequed lean steak (fillet or sirloin) 1½ cup of steamed broccoli + cauliflower 1 bowl of green leafy salad (drizzled with lemon juice and 1 tsp flaxseed/olive/canola oil)

After Dinner: 2 x CLA Pure 1000 softgels with a cup of rooibos tea or decaffeinated coffee.

Dessert Meal 6: 1 serving of Protein Dessert (serve chilled). It speeds up muscle recovery and boosts metabolism to help burn fat while you sleep.