



Fat Loss Diet Plan

9:00 AM - BREAKFAST



Porridge oats, Shredded Wheat or Weetabix
1 sachet **Pro MR** (male) or **Pro Ms** (female)
2 x **Sida Cordifolia** or 2 x **Pro Lean SF**
Pro Vital AM capsules and tablet



12:00 NOON - MEAL

Lean Protein (chicken, turkey, fish, lean red meat, egg whites)
Complex Carbohydrate (rice, potato, pasta, wholemeal bread)
Include vegetables
Pro Lipid 3-5 capsules



2:00 PM

2 x **Sida Cordifolia** or 2 x **Pro Lean SF**



3:00 PM

1 Sachet **Pro MR** (male) or **Pro Ms** (female)
Piece of fruit
Pro CLA x 2 capsules



6:00 PM - MEAL

Lean Protein (chicken, turkey, fish, lean red meat, egg whites)
Complex Carbohydrate (rice, potato, pasta, wholemeal bread)
Include vegetables
Pro Lipid 3-5 capsules



8:30 PM

Pro Vital PM capsule and tablet



9:00 PM

1 Sachet **Pro MR** (male) or **Pro Ms** (female)
Pro CLA x 2 capsules



For further information on any CNP Professional products please contact our advice line on: 0161 320 1212

Disclaimer - All CNP products are nutritional food supplements and, as such, should be used as part of a sensible dietary protocol and training regime. Product use by it self is not intended to induce physiological change. These products are not intended to diagnose, treat, cure or prevent any medical condition. Consult your doctor or healthcare professional before using any dietary supplement.

CNP
PROFESSIONAL
.CO.UK

Tel: 0161 320 8145 Fax: 0161 336 2191
Advice Line: 0161 320 1212
E-Mail: info@cnpprofessional.co.uk
Website: www.cnpprofessional.co.uk

Tips To Help Lose Body Fat

Eat a balanced diet of quality protein, complex carbohydrates, vegetables and healthy fats.

Ensure your protein intake is high to prevent muscle tissue from being lost. Complex carbohydrates release energy slowly, but avoid simple sugars found in processed foods as they cause a release of instant energy, which can lead to increases in body fat. EFA's (Essential Fatty Acids) are healthy/good fats that cannot be manufactured by the body and must be provided by your diet. CLA (Conjugated Linoleic Acid) is a polyunsaturated fat that is believed may decrease the amount of fat stored after eating and help the body use existing fat for energy.

Consume 5-6 meals daily

Eating small and often, approximately every 3 hours, helps maintain an efficient metabolism.

Have an adequate supply of vitamins and minerals

Vitamins and minerals have been proven to play a significant role in maintaining a healthy immune system, aiding optimum health and recovery.

Aim to lose 1-3lbs per week

The aim is to retain muscle tissue and lose body fat, large decreases in weight can lead to muscle tissue being lost. Weigh yourself first thing in the morning before breakfast and repeat 1 week later to assess your true weight loss. If you have not lost 1-3lbs just cut back on the complex carbohydrates slightly.

Weight train 3-4 times a week

Weight training helps develop strength and muscle tone/conditioning.

Perform cardio 5-7 days a week

Cardio causes the body to use more calories and speed up metabolism.

Drink plenty of water on a daily basis

Water is essential for muscle function, energy production, waste removal, and temperature regulation.

You will need will power and determination

This is something that cannot be provided but has to be found within. Many people make excuses as to why they cannot get into shape or lose body fat. To reach your goals you have to set out a plan and stick to it. **WILL POWER AND DETERMINATION ARE ESSENTIAL.**

Daily Nutritional Requirements for Losing Body Fat

Protein and carbohydrate intake based on 1.5g per pound of bodyweight, and fats 10% of total daily calorie intake. All are approximate figures and have been rounded off to the nearest figure.

Body weight In Pounds	125	150	175	200	225	250	275	300
Protein g's per day	190	225	260	300	340	375	410	450
Carbohydrates g's per day	190	225	260	300	340	375	410	450
Fat g's per day	20	25	30	35	40	45	50	55
Calories	1620	2025	2350	2715	3080	3405	3730	4095

(calories to be spaced over 5-6 meals)

Sida Cordifolia to assist in the reduction of body fat and boost energy levels.

Pro Lean SF to assist in the reduction of body fat

Pro Peptide, Pro MR and Pro MS provide a convenient way to deliver high quality protein necessary whilst losing body fat

Pro Lipid is a unique blend of Essential Fatty Acids

Pro CLA is a high concentrate (80%) Conjugated Linoleic Acid

Pro Vital is a high strength multi vitamin, mineral, anti-oxidant and ZMA formula