



Lean Muscle Diet Plan

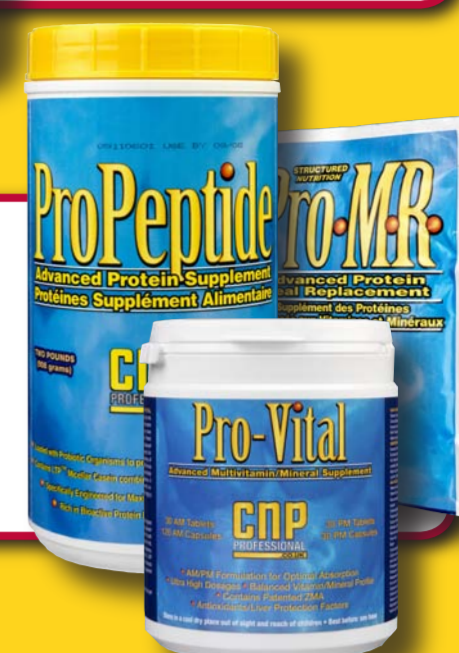
8:30 AM

4 capsules **Pro-Creatine E2**



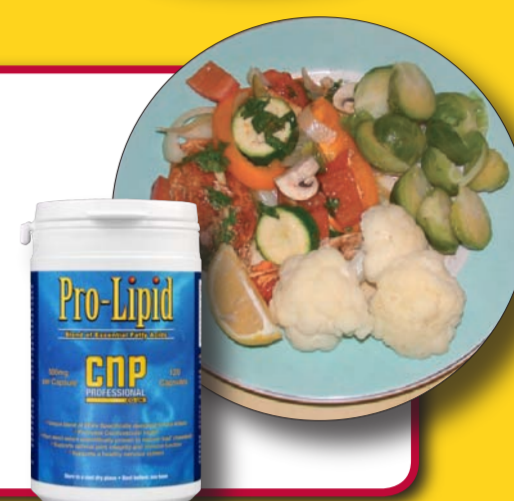
9:00 AM - BREAKFAST

Porridge oats - piece of fruit
2 scoops **Pro-Peptide** or 1 sachet **Pro-MR**
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)
Healthy Fats (tablespoon of extra virgin olive oil - pour over meal)
Include vegetables
Pro-Lipid 3-5 capsules



3:00 PM - MEAL

Lean Protein (chicken, turkey, fish, lean red meat, egg whites)
Complex Carbohydrate (rice, potato, pasta, wholemeal bread)
Healthy Fats (tablespoon of extra virgin olive oil - pour over meal)
Include vegetables



4:15 PM

1 serving **Pro-GF** containing NOx
(45 mins before training)



Protein Slam IMMEDIATELY BEFORE WORKOUT



5:00 - 6:00 PM - TRAIN 1 HOUR

Pro-Recover IMMEDIATELY AFTER WORKOUT



7:00 PM - MEAL

Lean Protein (chicken, turkey, fish, lean red meat, egg whites)
Complex Carbohydrate (rice, potato, pasta, wholemeal bread)
Healthy Fats (tablespoon of extra virgin olive oil - pour over meal)
Include vegetables



9:30 PM

Pro-Vital PM capsule and tablet



10:00 PM

2 scoops **Pro-Peptide** or 1 sachet **Pro-MR**
Pro-Lipid 3-5 capsules



Hard training athletes would benefit from an extra Protein Slam per day for the additional CarnoSyn™ beta alanine.

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.

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The following are **CNP** supplements you can take instead of the meals listed overleaf

- 1) 2 scoops **Pro-Peptide** with 3 scoops of **Pro-Fuel** mixed with water
- 2) 1 sachet **Pro-MR** with 2 scoops of **Pro-Fuel** mixed with water
- 3) 4-5 scoops of **Pro-Mass** mixed with water or 2-3 scoops of **Pro-Mass** mixed with skimmed milk

Should you feel hungry and fancy a snack between meals, **Pro-Flapjack** or **Pro-Bar XS** are a perfect solution

Optional

Pro-Glutamine upto 20g's (approx 4 teaspoons) a day spaced evenly, best consumed on an empty stomach.

Pro-CLA 4-6 capsules spaced evenly throughout the day.



Daily nutritional requirements for gaining muscle mass

Protein based on 1.5g per pound of bodyweight, carbohydrates 2-3g per pound of bodyweight and fats 20% of total daily calorie intake. All are approximate figures and have been rounded off to the nearest figure.

Bodyweight in pounds	125	150	175	200	225	250	275	300
Protein g's per day	180	225	260	300	340	375	410	450
Carbohydrates g's per day*	250 375	300 450	350 525	400 600	450 675	500 750	550 825	600 900
Fats g's per day	60	70	85	100	110	125	135	150
Calories	2500	3000	3500	4000	4500	5000	5500	6000

Space daily total evenly over 6-8 meals.

* Figures for carbohydrates on the top row are based on 2g per pound of bodyweight and bottom row are based on 3g per pound of bodyweight