

SHRED FAT
STAY PUMPED

SHRED TEA

YOUR MEAL GUIDE

This Meal Guide is designed to maximize fat burn
& maintain muscle mass whilst on the **Shred Teatox**
from www.shredtea.com

This meal guide content is not suitable for direct, personal or professional medical diagnosis. None of the written should be performed or otherwise used without clearance from your physician or healthcare provider. The information contained within is not intended to provide specific physical or mental advice, or any other advise what-so-ever for any individual or company and should not be relied upon in that regard. We are not medical professionals, and nothing in this plan should be misconstrued to mean otherwise.

We recommend you continue following this **Meal Guide** after the **Shred Teatox** & continue your body's thermogenic state with the help of the powerful herbs in each cup of **Daily Burn**.

HOW THIS MEAL GUIDE REALLY WORKS

YOUR MEAL GUIDE

This **Meal Guide** is different from many meal guides as it's designed to give you enough energy to maintain muscle mass while promoting a healthy fat burning state. When combined with the **Daily Burn & Bedtime Cleanse** your body will be energized to transform!

STEP ONE

calculate your
protein requirements
to maintain muscle
mass

STEP TWO

work out your
personal food list

STEP THREE

create your daily
meal plan according
to your requirements
with the Shred Teatox

STEP ONE

**HOW MUCH
PROTEIN DO
I ACTUALLY
NEED?**

ARE YOU HAVING TOO MUCH PROTEIN?

5 MINUTE READ:

One of **Shredtea's** referred to resources discussing the myths surrounding protein intake: <http://bayesianbodybuilding.com/the-myth-of-1g1b-optimal-protein-intake-for-bodybuilders/>

In summary: more protein is not necessarily better.

IN ADDITION:

This 2011 paper on optimal protein intakes for athletes concluded that 1.8 g protein/kg bodyweight (or 0.8 g protein/lb bodyweight) maximizes muscle protein synthesis (while higher amounts are good for dieting athletes interested in preserving lean mass).

<http://www.ncbi.nlm.nih.gov/pubmed/22150425>

Shredtea recommends 1.8g of protein /kg (0.8 g protein/lb) of bodyweight Work out how much protein you need: G/kg/lb:

STEP TWO

**WHAT YOU
CAN EAT**

FOR THE BEST RESULTS

After months of testing and research **Shredtea** recommends eating a slightly modified Mediterranean based diet rich in healthy fats & lower in carbohydrates. Shredders, like you, have experienced rapid fat loss in while on the **Shred Teatox** program when used in conjunction with a healthier choice lifestyle.

For the best results follow the suggestions in this **Meal Guide** as closely as possible.

ENJOY

PROTEIN

FISH

Preferably eating anything that is caught wild like catfish, cod, flounder, halibut, mackerel, salmon, snapper, trout & tuna.

SHELLFISH

Shellfish. Clams, oysters, lobster, crab, scallops, mussels, & squid.

WHOLE EGGS

Boiled, poached & scrambled

MEAT

Beef, Veal, Goat, Lamb, Pork & Ham (no added sugars) & other wild game.

POULTRY

Chicken, Duck, Quail, Pheasant.

AVOID & REPLACE

SUGARS

SWEETS, JUICE & DRINKS

MUST have ZERO sugar! This includes all fizzy drinks and juices, chocolate bars etc.

PROTEIN SHAKES

Avoid Protein Shakes! (you'll get plenty from your food!)

ARTIFICIAL SWEETENERS

Avoid Artificial Sweeteners! Use natural Sweeteners including Stevia.

ENJOY

CARBOHYDRATES

VEGETABLES

Limit carbohydrate intake to fresh vegetables (not including starchy vegetables like potatoes)

FATS

GOOD FATS

You can have more good fats in this diet including: Olive Oil, Macadamias, walnuts & almonds. Avocado, Coconut Oil & Coconut Butter

AVOID & REPLACE

CARBOHYDRATES

WHITE CARBS

Avoid high carb foods including;

- Bread
- Pasta
- Grains

FRUIT

FRUCTOSE

Avoid high sugar fruits that contain fructose.

DRINKS

SUGARY DRINKS

Avoid sugary drinks including;

- Soft drink
- Juice
- Alcohols

BUT, WHY CAN'T I EAT THOSE?

There have been a number of studies of late suggesting that fat is caused by raised insulin levels in the body triggered by sugars and carbohydrates.

Have a quick watch of Prof. Robert H. Lustig, MD
(approx 15 mins)

<https://www.youtube.com/watch?v=m8dWNbEsc0w&list=UUyxv-Kecjm1eH83nmDmVlvA&index=4&feature=plcp>

*If you don't have time, here's the clip in a few sentences:

“The biochemical cause of weight gain is insulin.”

“Insulin is an energy storing hormone - it takes what ever you're not burning and stores it as fat”

“The major cause of insulin resistance is fructose (sugar)”

More insulin, more fat secretion

The best treatment is a very low carb diet

The clip in 6 words:

“Eat less carbs and eliminate sugar”

WHAT ABOUT SWEET THINGS?

Replace sugar with *Stevia*.

STEP THREE

**YOUR DAILY
MEAL GUIDE**

YOUR MEAL GUIDE

We recommend eating small portioned meals more often during the day **3 small meals** & **2 small snacks** to make up your daily requirement!

We've put together an example on the next page.

MEAL	EXAMPLE
1 CUP OF DAILY BURN	<p>ENJOY</p> <p>1 cup of #DailyShred to kickstart your fat burning for the day!</p>
BREAKFAST	<p>PROTEIN</p> <p>3 x Eggs, 1 x Avocado, 200g Spinach & Olive Oil.</p>
SMALL SNACK 1	<p>NUTS</p> <p>Hand full of Almonds or Macadamia nuts</p>
1 CUP OF DAILY BURN	<p>ENJOY</p> <p>1 cup of #dailyshred tea to give your metabolism a boost!</p>
LUNCH	<p>PROTEIN & CARBS</p> <p>Choice of fish cooked in olive or coconut oil with green leafy salad</p>
SNACK 2	<p>CARBS</p> <p>Cup of vegetables (steamed and served with olive oil)</p>
DINNER	<p>PROTEIN & CARBS</p> <p>Steak with vegetables cooked with olive or coconut oil</p>
1 CUP OF BEDTIME CLEANSE	<p>ENJOY</p> <p>Drink 10 minutes after dinner for the best results</p>

UNDERSTANDING YOUR FOOD:

To understand the portions of food you require, you must read the nutritional information of the foods you purchase (as every brand is different) and work out the portions you require.

For example 100g of steak = 25g of protein 100g of Salmon = 20g of protein 1 egg = 6g
Consider a person requiring 115g of protein; 200g salmon = 40g protein 200g steak
= 50g protein 4 eggs = 24g protein Total = 114 g protein

Create your own meal plan;

- Follow the food list
- Do the math & get the right portions
- Get Shredded!

Good Luck

Keep Shredding.

Shredtea

SHREDTEA

CLOSE

