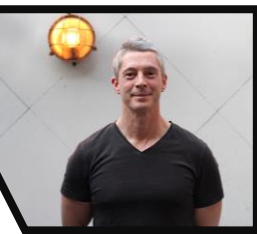


**DESIGNED BY
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*"LEADING
PERFORMANCE
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“REVIVE IN FIVE”

AMINOMAN'S FIVE DAY EATING & SUPPLEMENT GUIDE

AMINOMAN FIVE STAGE STRATEGY

**PART 1 OF THE BROCHURE IS DESIGNED
TO GIVE YOU THE STRUCTURE NEEDED
TO REACH YOUR OPTIMAL HEALTH AND
MORE IMPORTANTLY, STAY THERE.**

STAGE 1: PLAN – SET OUT YOUR VISION / EQUIP AND PREPARE

Before you do anything get some basic measurements sorted. Minimum would be some pictures and a tape measure to do waist, hips, thighs and upper arms.

Before you start, it's important to define why you are doing this, and what you want to achieve.

Write down the following:

- What you are unhappy about (in terms of appearance / physical health)
- What you want to achieve
- What you want to look like How you want to feel.

Put pictures of your 'vision' somewhere you'll be looking at them regularly

Tracking methods and equipment

Tracking your progress is vital in your fat loss journey. You'll need to use a combination of tracking methods for the best success. We consider the first three below essential, with the second two as optional.

Basic/essential:

- Photos (camera or camera phone)
- Body weight (home scale)
- Waist circumference (tape measure)

Optional extras:

Skin fold thickness (callipers)
Body fat percentage (body fat scale such as the Tanita brand; the ones with the handles you can hold are the best in my experience).

Photos: Take a couple of photos of yourself from different angles. Wear underwear or swimming gear. Use the same position, distance and lighting each time.

Body weight: weigh yourself every day and write it down on a piece of paper above the scales. We've found daily weighing to be essential to long-term weight management and effective without increasing obsessive tendencies. Apart from body weight, you'll need to do all other tracking measurements including photos once a week. Write down all the measurements each time in a spreadsheet or notebook.

It's also important to track other progressions such as fitness, strength, power or training achievements.

Each method has its flaws, but as long as you use several methods and take these measures consistently then the flaws will iron out. Look at the big picture. If the scale is showing better numbers, but your waist circumference isn't reducing, then something else might need to change. Vice-versa, if your weight is not going down much but you look and feel fitter and leaner, then you're probably making good progress.

REVIVE IN FIVE : PLAN OVERVIEW

You will train 1-3 times per day. If you are new to exercise we suggest once, if you are experienced or fit then choose 2-3 times per day.

The workouts are normally something strong, something aerobic and something light like walking or stretching.

You will eat 2-4 meals per day not including pre and post workout Aminos.

You will eat mainly proteins, vegetables and good fats.

You will be eating the Amino Man 'Magic Macros'™ which is 2 gram of protein per kg desired lean weight, 1 gram of carbohydrates (CHO) per kg and 1 gram of fat per kg each day – or less when fasting. See the table below to see examples of this type of eating plan.

THE SUPPLEMENTS INCLUDE

Focus Sustain a brain and energy supporting sachet. Best taken before the 1st workout of the day.

Metabolic Optimizing tablets, these help energy, inflammation and fat burning. Take before you train or earlier in the day. Use less if you feel overly stimulated.

Multi vitamin – take with the 1st meal of the day – a very high spec nutrition supporting blend.
MAC Aminos – best used before and during the workouts. If you train twice I suggest using it for the 2nd workout.

This supplies muscle building and metabolism / fat burning support.

R5's these are best used after you have trained or when stretching in the evening before bed, these help deep sleep and muscle recovery.

Fish oils – taken at night these help with recovery, inflammation and sleep.



QUICK START FAST PROGRESSION

Got 5 days to shape up? 2 weeks before holiday? Then this section is for you. We have a few options for you depending on your level of fitness and exercise experience. Also depending on when you can train.

FASTEST PROGRESSIONS OPTION 2 MEALS PER DAY.

AM Semi-fasted training. Before breakfast.

Wake; take coffee, water, tea and focus sustain sachet in 250ml water + 6 x metabolic optimizers.

These are the yellow tablets.

Train either walking briskly, or circuits / HIIT. Or body part weights based training.

EAT MEAL 1. Choose from the recipes in the back of the guide, examples can be omelette, salmon, avocado on rye or gluten free. Protein smoothie.

Take the multi vitamins x 3 with this first meal. Go about your daily business.

Try to do 10-30k steps each day.

WORKOUT 2. 20-90 minutes of aerobic / HIIT circuits or the weight session e.g. Chest and biceps if you didn't do that in the morning. Take the MAC Aminos before this session.

PREPARE AND EAT MEAL 2;

Choose from the recipes, good options include roasted chicken and Mediterranean vegetables.

Tuna, bean, tomato and onion salad.

After this meal take the R5's Aminos about 9pm with the 3 x fish oil. Wind down and consider a Epsom salt bath or light stretch before bed.

STEADY START

New to all of this? Start like this; Take a week to get into the supplements, clean your diet up and start moving more, walking more, trying some exercise classes and having a dabble.

NOTE;

It's important to exercise hard once per day. If you can't manage 2 sessions each day don't worry. Just do the 1 good session. If you are only training once, before the session use the MAC Aminos + Focus sustain + metabolic optimizers. After the session or in the evening use the R5's with the omega 3 capsules. Take the multi vitamins with your 1st meal of the day.

STAGE 2: PRIME (1 WEEK +)

STAGE 2: PRIME (1 WEEK +)

This is where you plan your food and 'clean up' your diet in preparation for the main fat loss phase. Here are the steps you'll need to take during this phase. These will continue into the main programme. Note that even if you do *only* these things (and don't proceed into the intensive fat loss phase) you'll still get amazing results.

1. CUT OUT ALL STARCHY CARBS & SUGARS.

These include bread, pasta, rice, pizza, breakfast cereals, potato and sweet potato, soft drinks, fruit juices, cakes, pastries, chocolate and sweets, crisps and chips, and fried foods. (Cut down gradually over one week or more if this works best for you).

2. INCREASE YOUR INTAKE OF VEG THAT GROW ABOVE GROUND.

If in doubt, think green veg and salad vegetables. These veg are low in carbs and high in fibre and water, in contrast with starchy root vegetables such as parsnips, potatoes and carrots. Aim for six or more servings a day of these vegetables.

3. SKIP BREAKFAST & EAT YOUR FIRST MEAL BETWEEN 12 & 2PM.

This is a natural introduction to intermittent fasting and a good way to kick-start your fat loss.

4. START USING SOME COCONUT OIL OR MCT OIL IF YOU FEEL WEAK DURING THE MORNING.

You can also try a couple of hard boiled eggs rolled in chia seeds.

5. EAT MOST OF YOUR CALORIES AFTER YOU EXERCISE OR IN THE EVENING.

6. DRINK MORE WATER.

Aim for two to three litres a day, and use electrolytes when you're exercising.

7. EXERCISE – DO ANYTHING YOU CAN, JUST GET MOVING & DO SOMETHING EVERY DAY.

8. GO FOR 2:1:1.

Move towards a 2:1:1 macronutrient split in favour of protein. This means 2g of protein per kg body weight per day, and 1g of carbs and 1g of fat. For example, for an 80-kg person, this works out as 160g protein, 80g carbohydrates and 80g fat per day; or for a 100-kg person, 200g protein, 100g carbs and 100g fat per day.

STAGE 3: ACCELERATE (2-5 DAYS)

This phase kicks off your fat loss plan with a bang... it's for a maximum of five days.

The options are as follows.

1: If you're in our Strength For Life™ Facebook group, you can do a **24-60-hour fast** within the group and use the member for support.

2: If you're going it alone, the best option is **5 x 500-600 kcals**: five days eating just one meal a day of around 500 calories. Ideally this meal would be 75% of your weight as long as you are not clinically obese >35 BMI. For example a 100kg guy could eat 750 cals in this meal. A 80kg woman around 500-600 cals

YOU CAN HANDLE IT!

You'll be eating delicious meals from the aminoman strength for life cook book, like the following:

- Beef Steak with Asparagus & Salsa Verde
- Green Omelette with Shrimp
- Tandoori Chicken (serve with cauliflower rice)
- Poached Eggs on Mushrooms
- Sicilian Caesar Salad
- Smoked Trout Omelette
- Tuna, Red Onion & Borlotti Bean Salad
- Cod with Chorizo & Artichokes (serve with green veg or salad veg)

It's up to you when you have your one meal: breakfast, lunch or in the evening. Many people find it easiest to skip breakfast and lunch and have their meal in the evening.

Outside that meal, no snacks or grazing are permitted.

STAGE 4: SUSTAIN AND RELEASE (3 WEEKS +)

This stage is where you settle into sustained fat loss. Sustained release of fat loss. Sustain + release. Often this is where you need a nutrition coach to guide you through and help you find the sweet spot.

Goal, find a sustainable, effective approach to keeping an overall calorie deficit in order to use fat as a source of fuel.

This can be achieved by the following methods;

Carbohydrate cycling.

Ketogenic style cyclic diet with periodic refeeding.

Macro counting with deficit.....

Protein base level needs to be adequate to sustain lean mass and satiety.

Key elements need to include regular resistance based training. You need to create force and get stronger and more powerful in what you do.

Learn to use supplementation to support your goals.

Dig deeper into body systems which you can influence to bring you fast results, e.g. sleep, pre-workout (non-stim aminos) non-stim fat burning support.

Learning the sustain and release phase means at any stage following holiday, Christmas or injury you can switch back into this phase and burn off any unwanted blubber.

Your weight on the scales may increase by about 1 to 2 kg as you add in the extra calories. Don't worry about this – but if it starts to creep up higher than this, then you'll need to rein things in again.

STAGE 5: MAINTAIN

After your fat loss programme, you'll need a sustainable maintenance plan to carry you forward. Our approach is simply to keep eating the same types of meals, but increase your calories by approximately 15–25%. For example, if your daily calorie intake was 2000 calories for fat loss, you could increase your intake by an extra 300 to 500 calories a day to maintain your fat loss.

MOST IMPORTANT: STICK TO THESE NEW HABITS – DON'T GO BACK TO EATING CRUNCHY NUT CORNFLAKES FOR BREAKFAST!

GUIDANCE ON MOVEMENT AND EXERCISE

In our experience, the best form of exercise for fat loss is high-intensity workouts such as circuits with weights. Next best is HIIT (high-intensity interval training). Then, less intensive intervals, and finally aerobic-based training such as cycling or jogging.

However, to start with, all forms of movement and exercise will help you to begin losing fat – as long as you build up in intensity and duration, *and* your diet is on point.

Take care not to over-train at first. Build up gradually and make sure you take rest days one to two days per week.

RESISTANCE TRAINING

Maximum leanness and health are rarely achieved without some form of resistance training. This can be weights, or bodyweight / calisthenics / yoga or intensive Pilates. Normally a mixture is best. Moving really heavy stuff helps.

RUNNING

Long runs can also be excellent – just not all the time. I've found that fighters can drop weight fast with longer runs once per week. Build up to 6, 8, 10, 12 miles or more, and keep them to once or maximum twice a week. Too much longer-distance running can waste muscle if you are not careful. Get in some sprints, too – these can be done more frequently.

MORE THAN ONCE A DAY?

Training more than once a day can really accelerate progress. We do this in the intensive phase of our Four-Week Fat Loss programme. However, this kind of training is very tiring when in a calorie deficit. So, you need to do it for shorter periods followed by some time when you're resting and training just once a day. If you are in a rush for a specific event – such as a film role or wedding – then you can use this tactic. Take two days off every 14 days, and ideally take one full day off per week.

AMINOMAN

FAT LOSS TIPS

EXAMPLE MEAL PLANS

MACRONUTRIENT BREAKDOWNS

PART 2 OF THE BROCHURE IS FULL OF HELPFUL TIPS TO INCREASE PERFORMANCE, IMPROVE FAT LOSS & INCREASE YOUR OVERALL HELP. THIS SECTION INCLUDES TEMPLATES AND EXAMPLES TO FOLLOW.

FIRST, THINGS, FIRST

TAKE ALL OF YOUR MEASUREMENTS AND FITNESS STATS

RECOMMENDED WAYS TO
MEASURE YOUR
PROGRESS

**CALIPER TESTING
CIRCUMFERENCES
BIO-IMPEDENCE
PHOTOS
FITNESS TEST, MAX POWER, STRENGTH
YOUR VISION; WRITE THIS UP IN DETAIL**

*WE RECOMMEND TO RECORD ALL STATS WEEKLY AND WEIGHT
DAILY TO GET THE BEST RESULTS AND KEEP ON TRACK WITH
YOUR PROGRESS*

GENERAL POINTS TO NOTE
AND CONSIDER

**ESTABLISH A DEFICIT
EAT ADEQUATE PROTEIN
MAINTAIN UNTIL GOALS ARE MET
ESTABLISH A MAINTENANCE PLAN
PLAN FOR SETBACKS
KEEP IT SIMPLE
YOU ARE ONLY EVER ONE MEAL OR WORKOUT
FROM GETTING BACK ON TRACK**

THE “SECRET” SOLUTION FOR FAT LOSS

LEAN BODY WEIGHT / Or desired lean weight

2.0-2.2g / kg PROTEIN

≈660Kcal for a 75Kg athlete

1.0g / kg CHO

≈300Kcal for a 75Kg athlete

1.0g / kg FAT

≈675Kcal for a 75Kg athlete

Add in exercise

IF THIS DOES NOT WORK THINK
ABOUT BLOCKING FACTORS
(STRESS, LACK OF SLEEP ETC)

- 80-89kg =
- 1.5 palms of protein per meal
- 3 palms of fibrous vegetables per meal
- 1 thumb of liquid fat or 2 thumbs of hard fat per meal
- This plan is equal to =
- 180g of protein each day so 45g at each meal
- No more than 85g of carbohydrates should be eaten each day on this plan so 21.25g per meal
- No more than 85g of fat should be eaten each day on this plan so 21.25g per meal

OVERVIEW OF MACROS

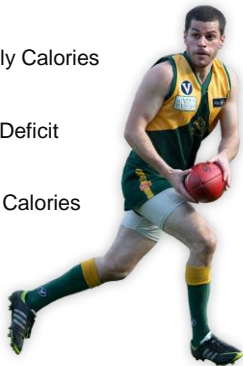
Amino Man 2:1:1 Magic Macros

WHAT DOES THIS MEAN?













- Body Weight;
- 2g / PRO / kg
- 1g / CHO / kg
- 1g / FAT / kg
- 100kg person would be eating;
- 800 calories from protein
- 400 calories from carbohydrate
- 900 calories from fat
- Total 2100 cals
- 42% FAT
- 20% CHO
- 38% PRO

EXAMPLE PLAN

- 50kg person would be eating;
- 400 calories from protein
- 200 calories from carbohydrate
- 450 calories from fat
- Total 1050 cals
- Total Daily Calories
- Calories Deficit
- Exercise Calories



EXAMPLE IDEAS FOR FOOD GROUP MEALS

MEALS	VISUAL MEAL IDEAS		
Food	PROTEIN	CARBOHYDRATE /VEG	VEGETABLES
Breakfast			
Lunch			
Snack			
Dinner			



SOME PEOPLE LIKE PREC
SOME PEOPLE LIKE TO EYE BALL PLAT
FIND THE STYLE WH
MEASURE YOUR BODY COMPOSITION A
NECESS

Emphasize

1. High quality protein
2. Green leafy veg
3. Eat 3-4 meals like this

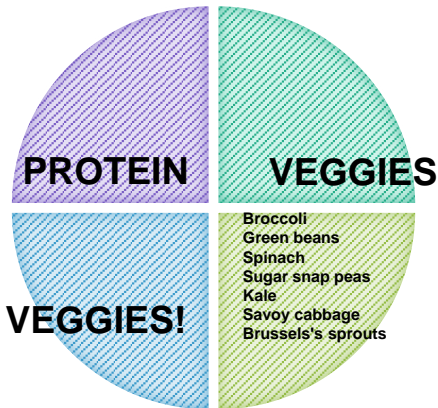
DESSERT

Plain Yoghurt,
Water

EXTRAS

Salad, Greens

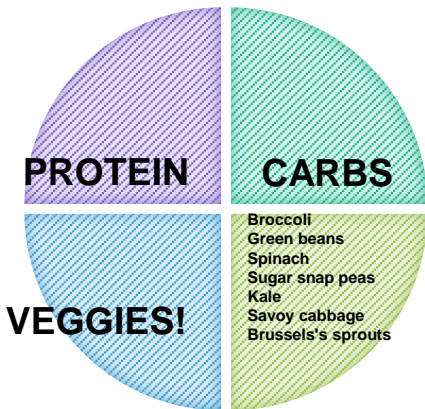
LEAN AND MEAN 1 HOUR TRAINING DAILY



MEASUREMENT AND WEIGHING
TECHNIQUES AND USE PALMS FOR PORTIONS
WHICH SUITS YOU
AND PERFORMANCE AND ADJUST AS NECESSARY



HARDER / LONGER TRAINING



Emphasize

1. Colourful veg, salad and fruit
2. Impact carbohydrates
3. Eat 3-4 meals like this

DESSERT

**Plain Yoghurt,
Water**

EXTRAS

Salad, Soup

SUGGESTED GRAMS OF MACRONUTRIENT PER MEAL

DESIRED WEIGHT (BW)	PROTEIN PALMS= BW x 2.2g/kg divided by 4 daily meals	CARB PALMS= BW x 1g/kg DIVIDED By 4 DAILY MEALS	FAT THUMB= BW x 1g/kg DIVIDED By 4 DAILY MEALS
50KG	25g per meal; 1 palm; 100g / 28.5g (based on chicken breast fillet)	12.5g per meal 3 palms; 300g / 14g (based on broccoli)	12.5g per meal; 1 thumb for liquids; 1 tablespoon / 15g (based on olive oil) 2 thumbs for hard fats; 2 tablespoons / 10g (based on almonds)
60KG	30g per meal; 1 palm; 200g / 34.24g (based on ham, not canned)	15g per meal; 3 palms; 300g / 15g (based on cauliflower)	15g per meal, 1 thumb for liquids; 1 tablespoon / 15g (based on coconut oil) 1 palm; 100g / 14g (based on avocado flesh)
70KG	35g per meal; 1 palm; 100g / 31.06g (based on lean beef steak)	17.5g per meal; 4 palms; 400g / 15.52g (based on asparagus)	17.5g per meal; 2 thumbs for liquids; 2 tablespoons / 22g (based on butter) 14 palm; 25g / 16.5g (based on Brazil nuts)
80KG	40g per meal; 1 1/2 palms; 150g / 39g (based on tuna, canned in water, drained solids)	20g per meal; 1 1/2 palms; 150g / 21.75g (based on peas)	20g per meal; 3 thumbs for liquids; 3 tablespoons / 22g (based on pesto sauce)
90KG	45g per meal; 2 1/4 palms; 225g / 45.70g (based on uncooked prawns)	22.5g per meal; 6 palms; 600g / 21.6g (based on raw spinach)	22.5g per meal 2/3 palm; 67g / 22g (based on cheddar cheese)
100KG	50g per meal; 3 palms; 300g / 54g (based on raw Pacific cod)	25g per meal; 1 palm; 100g / 23g (based on long-grain brown rice, cooked)	25g per meal; 2 thumbs for liquids; 2 tablespoons / 28g (based on walnut oil) 1/2 palm; 50g / 32.5g (based on walnuts)
110KG	55g per meal; 3 palms; 300g / 54.87g (based on fresh crab)	27.5g per meal; 12 (lots) palms; 120g / 28g (based on mixed salad leaves)	27.5g per meal; 2 thumbs for liquids; 2 tablespoons / 28g (based on sesame oil) 1/2 palm; 50g / 24.5g (based on dried pumpkin seeds)

SUGGESTED GRAMS OF MACRONUTRIENT PER MEAL

55kg =

¾ - 1 palm of protein per meal, 2 palms of fibrous vegetables per meal, ¾ thumb of liquid fat or 2 thumbs of hard fat per meal.

This plan is equal to =

100-120g of protein each day so 25-30g at each meal, No more than 55g of carbohydrates should be eaten each day on this plan so 12-15g per meal, No more than 55g of fat should be eaten each day on this plan so 12-15g per meal

70kg =

1 palm of protein per meal, 2 palms of fibrous vegetables per meal, 1 thumb of liquid fat or 2 thumbs of hard fat per meal.

This plan is equal to =

*120g of protein each day so 30g at each meal
No more than 70g of carbohydrates should be eaten each day on this plan so 17.5g per meal
No more than 70g of fat should be eaten each day on this plan so 17.5g per meal*

85kg =

1.5 palms of protein per meal, 3 palms of fibrous vegetables per meal, 1 thumb of liquid fat or 2 thumbs of hard fat per meal.

This plan is equal to =

*180g of protein each day so 45g at each meal
No more than 85g of carbohydrates should be eaten each day on this plan so 21.25g per meal
No more than 85g of fat should be eaten each day on this plan so 21.25g per meal*

100kg =

2 palms of protein per meal, 4 palms of fibrous vegetables per meal, 1 thumb of liquid fat or 2 thumbs of hard fat per meal.

This plan is equal to =

*240g of protein each day so 60g at each meal
No more than 100g of carbohydrates should be eaten each day on this plan so 25g per meal
No more than 100g of fat should be eaten each day on this plan so 25g per meal*

AMINOMAN

EXAMPLE FOOD DIARY

OVERVIEW MACROS

80-89kg =

1.5 palms of protein per meal

3 palms of fibrous vegetables per meal

1 thumb of liquid fat or 2 thumbs of hard fat per meal

This plan is equal to =

180g of protein each day so 45g at each meal

No more than 85g of carbohydrates should be eaten
each day on this plan so 21.25g per meal

No more than 85g of fat should be eaten each day on
this plan so 21.25g per meal

MACRO NUTRIENT EXAMPLE PLANS

MEALS	LIGHT TRAINING – TARGET = 1 g.kg carbs, 2 g.kg protein, 1 g.kg fats	PRO	CARB	FAT
Breakfast 9 am	<p>Scrambled eggs with spinach and sardines 3 whole eggs + 2 egg whites, with 2 fresh chillis, 1 tin of sardines, 1 family bag of spinach. Beat the eggs and egg whites to make the egg mixture. Fry the chilli in 1 teaspoon of coconut oil, and stir the egg mixture until softly cooked through. Serve with wilted spinach and add the fish on top, heating if you prefer them that way. Green tea and/or coffee.</p>	56	6	29
Snack 11 am	<p>Focus / Pre Training Supplements – Metabolic Amino Complex</p>			
Lunch 1 pm	<p>Ham sandwiches 150g lean organic ham, 2 tablespoons sauerkraut, cherry tomatoes (15), 2 slices of wholegrain bread, 1 tablespoon of mustard (or to taste).</p>	42	26	9
Snack 4 pm	<p>Quest or combat crunch protein bar</p>	20	16	7
Dinner 7:30 pm	<p>Thai chicken curry with zero carb noodles 1.5 chicken breasts (chopped), 1/2 onion (chopped), 2 cloves garlic (chopped), thumb of ginger (peeled and chopped), 1 chilli (diced), handful of coriander, 10 cashew nuts, 1 tablespoon of shrimp paste, fish sauce and tamarind sauce and 200ml low-fat coconut milk. Soften the onion and garlic in 2 teaspoons of coconut oil over a low heat. Add the ginger, chilli, coriander and chicken. Simmer until chicken is cooked through. Add the remaining ingredients and simmer over a low heat for 20 minutes. Serve with zero calorie 'miracle noodles' cooked as per packet instructions. Alternatively, use a spiralised courgette (courgetti) stirring in with 5 minutes remaining to heat through.</p>	67	23	30
TOTAL		185	71	75

MACRO NUTRIENT EXAMPLE PLANS

MEALS	LIGHT TRAINING – TARGET = 1 g.kg carbs, 2 g.kg protein, 1 g.kg fats	PRO	CARB	FAT
Breakfast 9 am	1 slice whole grain toast with 1 tablespoon of almond butter. Berry protein shake: handful of blueberries, raspberries and blackberries (total 100g), juice of half a lemon, 2 x 25 g scoops of strawberry protein powder and 300 ml of water (or to desired consistency).	45	25	14
Snack 11 am	Focus / Pre Training Supplements – Metabolic Amino Complex			
Lunch 1 pm	250g fillet steak with salsa verde, grilled asparagus and 1 medium baked potato. Pan fry the steak for 3 minutes each side and let stand for 3 minutes. Grill the asparagus after steaming for 3 minutes until gently brown. Bake the potato for 45 minutes on 180C (gas mark 4) or until soft in the centre. For the salsa verde (makes 4 servings) chop a small handful of flat parsley and basil, add 1 tbsp of capers, 3–4 chopped anchovy fillets, a single chopped clove of garlic, and 1 tbsp of lemon juice or red wine vinegar. Beat in approx. 4 tbsp olive oil to make a thick, slushy sauce.	61	36	25
Snack 4 pm	Coronation chicken 1 cooked chicken breast (diced), 1 tablespoon of mayonnaise, 1 teaspoon of curry powder, 1 teaspoon of turmeric, 1 tablespoon of raisins, handful of pumpkin seeds, 1 diced spring onion. Combine in a bowl, season.	45	16	27
Dinner 7:30 pm	Ham and watercress soup (serves 2) Use 100g fresh watercress, rinsed and drained, 750ml chicken stock, 200g ham (chopped), half an onion (chopped), 2 bay leaves, salt and freshly ground pepper. Add the watercress and stock to a large pan, bring to the boil and skim off any scum that forms. Add the chopped onion and bay leaves and reduce down for 20 minutes. Remove from the heat and cool, then blend the soup into a smooth liquid. Return the mixture to the heat and add the chopped ham, season and serve.	24	6	4
TOTAL		175	83	70

MACRO NUTRIENT EXAMPLE PLANS

MEALS	LIGHT TRAINING – TARGET = 1 g.kg carbs, 2 g.kg protein, 1 g.kg fats	PRO	CARB	FAT
Breakfast 9 am	Bacon and eggs 3 rashers of lean back bacon plus 3 large fried eggs (drained). Wilt 200 g bag of spinach down in a pan and season. Green tea and/or coffee.	45	4	27
Snack 11 am	Focus / Pre Training Supplements – Metabolic Amino Complex			
Lunch 1 pm	Tuna and bean salad - 1 tin Albacore Tuna (in olive oil), drained; 1 small red onion (chopped); 8 cherry tomatoes (halved); 100g Borlotti beans, 1 tablespoon cider vinegar, Freshly ground black pepper, freshly ground sea salt. Combine all the ingredients together and serve with a generous sprinkling of ground black pepper. Optional dressing: 2 finely chopped red chillies, ½ thumb of ginger, 1 teaspoon of mustard and honey, 1 tablespoon olive oil and 2 tablespoons red vinegar. Put in sealable jar and shake.	39	23	20
Snack 4 pm	Berry protein shake 1 handful of blueberries, raspberries and blackberries (total 100g), juice of half a lemon, 2 x 25 g scoops of strawberry protein powder and 300 ml of water (approx.)	39	16	5
Dinner 7:30 pm	Bolognese (makes 2 servings) 5 garlic cloves, 1 onion, 1 large leek, 1 large carrot, 4 celery sticks (all finely chopped). 1 tbsp coconut oil, 300g lean steak mince, 2 tsp. fresh oregano and paprika, 1 large pinch salt & pepper, 1 Glass red wine, 2 tablespoons of tomato puree, 350ml passata, 1 pint chicken stock. Soften the garlic, onion, carrots and celery in the coconut oil in a pan over a medium heat. In a separate pan, cook the meat over a medium heat until brown then add the oregano and paprika, salt and pepper. Drain the fat from the meat and add the vegetables to the mix. Add the liquid ingredients and simmer and reduce until a thick consistency is achieved. Serve half the Bolognese with 1 large spiralised courgette and keep the leftovers for tomorrow.	53	37	23
TOTAL		176	80	75

MACRO NUTRIENT EXAMPLE PLANS

MEALS	LIGHT TRAINING – TARGET = 1 g.kg carbs, 2 g.kg protein, 1 g.kg fats	PRO	CARB	FAT
Breakfast 9 am	Natural yogurt with berries, nuts and seeds 150 grams (1 small pot) of low-fat natural yogurt, with 1 scoop of vanilla whey protein powder, half a cup of blueberries and 1 handful nuts and seeds mix.	37	24	25
Snack 11 am	Focus / Pre Training Supplements – Metabolic Amino Complex			
Lunch 1 pm	Turkey fajitas 2 Turkey breasts (sliced), 2 teaspoons coconut oil for frying, 1 tsp cumin seeds, 1 tsp chilli powder, 1 tsp paprika, 4 garlic cloves (crushed), 1 onion (chopped), 1 tsp onion powder, 1 tablespoon oregano, 1 large or 2 small yellow peppers (chopped), 4–6 baby gem or romaine lettuce leaves to wrap. Serve with 1 serving of guacamole, lemon juice and garnish. Fry the turkey on a high heat in the oil with the cumin seeds, chilli, paprika and garlic for around 10-15 minutes until cooked. Add the onions, onion powder, oregano and peppers until lightly cooked. Remove from the heat and sprinkle with the coriander leaves. Spoon the mixture into the lettuce leaves, and wrap up with guac & lemon.	61	27	20
Snack 4 pm	Smoked salmon and guacamole - Serve a large scoop of guacamole (about 1/5 of the mixture) on 2 oat biscuits or rye crispbreads with 80 grams (one small pack) smoked salmon.	23	14	22
Dinner 7:30 pm	Bolognese into chilli con carne Get the leftover bolognese out of the fridge, add some stock, fresh and powdered chilli and cumin powder, 20 grams of 85% dark chocolate and smoked paprika. Cook through for 15 minutes. Serve with guacamole and cauliflower rice. Cauliflower rice: Chop cauliflower into 1-2 inch florets, removing most of stalk. Blitz in processor until couscous consistent. Microwave for 3 minutes or cook down in a pan with a teaspoon of coconut oil for 5–6 minutes.	56	40	32
TOTAL		177	105	99

MACRO NUTRIENT EXAMPLE PLANS

MEALS	LIGHT TRAINING – TARGET = 1 g.kg carbs, 2 g.kg protein, 1 g.kg fats	PRO	CARB	FAT
Breakfast 9 am	Mega smoothie: 2 scoops of vanilla whey protein powder, 1 tbsp oats, 1 tsp cinnamon, ½ teaspoon vanilla extract, 2 carrots, ½ thumb of peeled ginger, 1 teaspoon of honey and 1 teaspoon of chia seeds. Blend with 300ml water.	46	27	5
Snack 11 am	Focus / Pre Training Supplements – Metabolic Amino Complex			
Lunch 1 pm	Salmon salad - 2 salmon fillets (grilled), large mixed green leafy salad – store bought, rocket, watercress, mixed leaves, ½ avocado (chopped), 12 cherry tomatoes, 2 radish chopped, 1 packet bean sprouts. Dressing (makes 4 servings): 1 tablespoon tahini, 1 tablespoon apple cider vinegar, 2 tablespoons extra virgin olive oil, pinch of salt and pepper. Put all ingredients in a jar and shake well.	50	14	38
Snack 4 pm	Protein cookies (makes 4 cookies – 2 cookies is one serving) 50 grams hazelnuts (ground), 1 scoop chocolate protein powder, ½ tsp baking soda, pinch of salt, 1 tbsp of xylitol or Truvia, 25 grams of 85% cocoa dark chocolate, 40ml unsweetened almond milk. Mix the dry ingredients (except chocolate and almond milk). Gently melt the chocolate into the almond milk in a bowl immersed in a pan of hot water, stirring until melted and mixed. Mix the wet ingredients into the dry. Form into 4 cookies, bake for 10 minutes at 180°C (gas mark 4).	25	20	22
Dinner 7:30 pm	Prawn Tom Yum soup (serves 2) : 2 garlic cloves (chopped), 2 fresh chillies (chopped), 1 thumb of galangal or ginger (peeled and chopped), 1 tbsp tom yum soup paste, 600ml chicken stock, 1 Sprig fresh lemon grass, salt and pepper, 1/2 x 400g can low-fat coconut milk, 400g raw king prawns, coriander to serve. Cook the garlic, chili, ginger and Tom yum paste in a pan over a medium heat for 3 minutes. Add everything but the prawns and garnishes and boil on a medium heat for 2 minutes. Add the prawns, remove from the heat and leave until the prawns are opaque (around 2-3 minutes). Serve with the chili and coriander.	60	12	21
TOTAL		181	73	86

MACRO NUTRIENT EXAMPLE PLANS

MEALS	LIGHT TRAINING – TARGET = 1 g.kg carbs, 2 g.kg protein, 1 g.kg fats	PRO	CARB	FAT
Breakfast 9 am	Omelette made with 2 whole eggs and 3 additional egg whites, with finely diced mushroom, tomatoes and 100g organic lean ham. Green tea and/or coffee.	51	6	15
Snack 11 am	Focus / Pre Training Supplements – Metabolic Amino Complex			
Lunch 1 pm	<p>Soup and toastie</p> <p>2 slices of wholegrain bread, 300g organic lean ham, 1 teaspoon of mustard and 1 teaspoon low fat mayonnaise, ½ tomato sliced. Serve with half a carton of shop bought tomato soup.</p> <p>Butter the outside of the bread. Smear the mustard and mayo on the inside, cram in ham and tomato, put in toastie maker. Just toast and butter the bread regularly and make sandwich if you don't have a toastie maker.</p>	78	41	21
Snack 4 pm	Left over tomato soup with 2 tablespoons of cottage cheese and 1 tablespoon of pumpkin seeds.	14	19	13
Dinner 7:30 pm	<p>Mackerel salad: 2 smoked mackerel fillets, ½ cucumber, 1 yellow pepper, 1 tablespoon of pine nuts, 1 tablespoon low-fat mayonnaise, ½ tablespoon horseradish sauce, 1 teaspoon cayenne pepper. You can also use any other fish if you find mackerel too 'fishy' or white meats if you really don't like fish.</p> <p><i>Instructions:</i> Flake the mackerel or other protein source and mix with mayonnaise and horseradish. Chop and mix the pepper, cucumber and pine nuts. Serve the mackerel on top of the other ingredients and sprinkle with cayenne. Dressing: mix in a bottle olive oil, cider vinegar, Dijon mustard, honey, minced garlic, rosemary, bay leaves. Add to a jar and shake thoroughly.</p>	34	21	37
TOTAL		177	87	86

MACRO NUTRIENT EXAMPLE PLANS

MEALS	LIGHT TRAINING – TARGET = 1 g.kg carbs, 2 g.kg protein, 1 g.kg fats	PRO	CARB	FAT
Breakfast 9 am	Bacon and eggs 2 rashers of lean back bacon plus 2 large fried eggs (drained). Wilt 200 g bag of spinach down in a pan and season. Green tea and/or coffee.	33	4	18
Snack 11 am	Focus / Pre Training Supplements – Metabolic Amino Complex			
Lunch 1 pm	Roast chicken (chicken provides 2–3 servings) 1 organic chicken, 1 medium white potato (peeled and quartered), 2 large carrots, 4 celery sticks, 1 red onion, 1 garlic bulb (broken into cloves), 1 lemon (halved) Preheat oven to 220°C (gas mark 6). Wash and roughly chop veg. Throw in the baking tray with the potatoes and garlic and give a coating of olive oil, salt and pepper. Place the chicken on top of the veg and stick the lemon inside the cavity. Give the chicken a coating of olive oil. Roast for 20 minutes then turn down to 200 (gas 5) and roast for another hour. For the gravy, remove chicken and veg and add red wine and corn flour to juices and reduce over medium heat.	81	48	24
Snack 4 pm	Leftover over chicken. Mixed with piri piri or hot sauce and served on 1 slice of whole grain bread/toast.	39	9	10
Dinner 7:30 pm	Venison sausages with broccoli 4 good-quality venison sausages, 250g of broccoli, Dijon mustard. <i>Instructions:</i> Grill the sausages, and steam the broccoli. Serve with generous amounts of mustard.	45	20	15
TOTAL		197	81	67

WEEKEND EXAMPLE PLANNER

SATURDAY

Focus + MAC + Metabolic
Optimizer tablets
Weights 10-12 midday.

Hydration drink
Swimming 1.30-2.30pm

3pm Lunch; Tapas. High
protein options. Multi vitamins
x 3

6pm Walking / stretching. Mini
body weight or abdominal circuit.

8 pm Dinner; Bolognese served with broccoli. R5's + Fish oils after supper



SUNDAY

Focus + MAC + Metabolic Optimizer tablets
Pads and Thai Boxing 10-12 midday. Hydration
drink
Running 1.30-2.30pm

3pm Lunch; Big Soup. High protein options.
Multi vitamins x 3

6pm Walking / stretching. Mini body weight or abdominal circuit.

8 pm Dinner; Fish served with roasted vegetables. R5's + Fish oils after supper



Please Note: The advice in this guide is not meant to diagnose, treat or cure any disease. The advice is not meant to replace the advice from your Dr or healthcare practitioner. Perform and Function Ltd take no responsibility for any injury, illness or otherwise incurred as part of following this programme. Check with your GP or Dr before following this or any diet or training programme.

“ REVIVE IN FIVE ”

AMINOMAN'S FIVE DAY EATING & SUPPLEMENT GUIDE