



MORNING TRAINING ROUTINE

TIME	SUPPLEMENTS	MEALS
6:00 am	1 x Scoop Thermo Fuel	Mix in 400mls water
6:30 am	10g (2 x tsp) Amino Lean	Mix in 500mls water (Consume During Exercise)
8:00 am	40g (1 x Rounded Scoop) Hydro Pro WPI	Add 50g rolled oats
11:30 am		Food 4 Fitness Meal (100g Protein + 100g Carbs + 100g Veggies)
3:00 pm		Food 4 Fitness Meal (100g Protein + 100g Carbs + 100g Veggies)
6:30 pm		Food 4 Fitness Meal (100g Protein + 100g Carbs + 100g Veggies)
8:30 pm	40g (2 x Scoops) Casein Custard	Add 150mls water + fresh strawberries
NOTE:	Drink 42mls of water per kg of body weight per day.	



MIDDAY TRAINING ROUTINE

TIME	SUPPLEMENTS	MEALS
6:00 am	40g (1 x Rounded Scoop) Hydro Pro WPI	Add 50g rolled oats & berries
10:00 am		Food 4 Fitness Meal (100g Protein + 100g Carbs + 100g Veggies)
12:30 pm	1 x Scoop Thermo Fuel	Mix in 400mls water
12:45 pm	10g (2 x tsp) Amino Lean	Mix in 500mls water (Consume During Exercise)
2:00 pm	40g (1 x Rounded Scoop) Hydro Pro WPI	300mls water
3:00 pm		Food 4 Fitness Meal (100g Protein + 100g Carbs + 100g Veggies)
6:30 pm		Food 4 Fitness Meal (100g Protein + 100g Carbs + 100g Veggies)
8:30 pm	40g (2 x Scoops) Casein Custard	Add 150mls water + 50g Almonds & berries (Optional)
NOTE:	Drink 42mls of water per kg of body weight per day.	



EVENING TRAINING ROUTINE

TIME	SUPPLEMENTS	MEALS
6:00 am	40g (1 x Rounded Scoop) Hydro Pro WPI	Add 50g rolled oats & berries
10:00 am		Food 4 Fitness Meal (100g Protein + 100g Carbs + 100g Veggies)
2:00 pm		Food 4 Fitness Meal (100g Protein + 100g Carbs + 100g Veggies)
5:30 pm	1 x Scoop Thermo Fuel	Mix in 400mls water
6:00 pm	10g (2 x tsp) Amino Lean	Mix in 500mls water (Consume During Exercise)
7:30 pm	40g (1 x Rounded Scoop) Hydro Pro WPI	Mix in 300mls water (berries optional)
9:00 pm		Food 4 Fitness Meal (100g Protein + 100g Carbs + 100g Veggies)
NOTE:	Drink 42mls of water per kg of body weight per day.	

