



MORNING TRAINING ROUTINE

TIME	SUPPLEMENTS	MEALS
6:00 am	5g (1 x tsp) Psyched 3.1	Mix in 250mls water
6:15 am	30g (1 x Scoop) P2P	Mix in 350mls water (Consume During Exercise)
7:30 am	40g (1 x Rounded Scoop) Hydro Pro WPI	Add 100g rolled oats + berries
10:30 am		Food 4 Fitness Meal (150g Protein + 200g Carbs + 50g Veggies)
1:30 pm		Food 4 Fitness Meal (150g Protein + 200g Carbs + 50g Veggies)
4:30 pm		Food 4 Fitness Meal (150g Protein + 200g Carbs + 50g Veggies)
7:30 pm		Food 4 Fitness Meal (150g Protein + 200g Carbs + 50g Veggies)
10:00 pm	40g (2 x Scoops) Casein Custard	Add 150mls water + almonds + 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 100g rolled oats + berries
10:00 am		Food 4 Fitness Meal (150g Protein + 200g Carbs + 50g Veggies)
12:00 pm	5g (1 x tsp) Psyched 3.1	Mix in 250mls water
12:15 pm	30g (1 x Scoop) P2P	Mix in 350mls water (Consume During Exercise)
1:15 pm	40g (1 x Rounded Scoop) Hydro Pro WPI	Mix in 250mls coconut water + berries
3:00 pm		Food 4 Fitness Meal (150g Protein + 200g Carbs + 50g Veggies)
6:30 pm		Food 4 Fitness Meal (150g Protein + 200g Carbs + 50g Veggies)
8:30 pm	40g (2 x Scoops) Casein Custard	Add 150mls + almonds + fresh strawberries
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 100g rolled oats + berries
9:30 am		Food 4 Fitness Meal (150g Protein + 200g Carbs + 50g Veggies)
12:30 pm		Food 4 Fitness Meal (150g Protein + 200g Carbs + 50g Veggies)
3:30 pm		Food 4 Fitness Meal (150g Protein + 200g Carbs + 50g Veggies)
5:30 pm	5g (1 x tsp) Psyched 3.1	Mix in 250mls water
5:45 pm	30g (1 x Scoop) P2P	Mix in 350mls water (Consume During Exercise)
7:00 pm	40g (1 x Rounded Scoop) Hydro Pro WPI	Mix in 300mls coconut water + berries
9:00 pm		Food 4 Fitness Meal (150g Protein + 200g Carbs + 50g Veggies)
NOTE:	Drink 42mls of water per kg of body weight per day.	

