

## WHAT DO I EAT



Vegetables

Broccoli

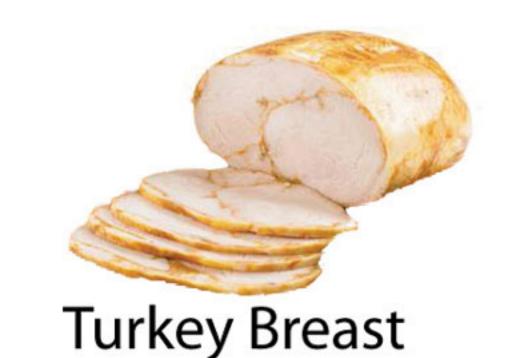


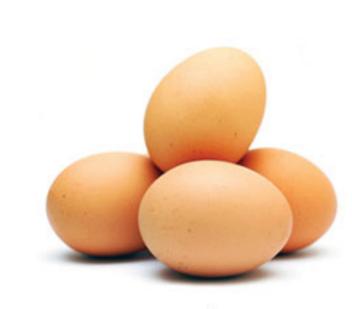
Chicken Breast

Potato

Cauliflower









**Egg Whites** 

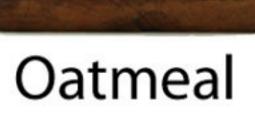
Carb Portion Measured by 1 Fist

PORTION SIZE

Protein Portion

Measured by 1 Palm







Vegetable Portion Measured by 1 Fist

Male - 3 / Females - 2

Asparagus

**Sweet Potato** 

Lettuce

Corn Tortillas

Green Pepper

# WHEN DO I EAT



8am-9am Meal Replacement Men: 4 Scoops Women: 2 Scoops



12pm-1pm



3pm-4pm Meal Replacement Men: 4 Scoops Women: 2 Scoops



6pm-7pm



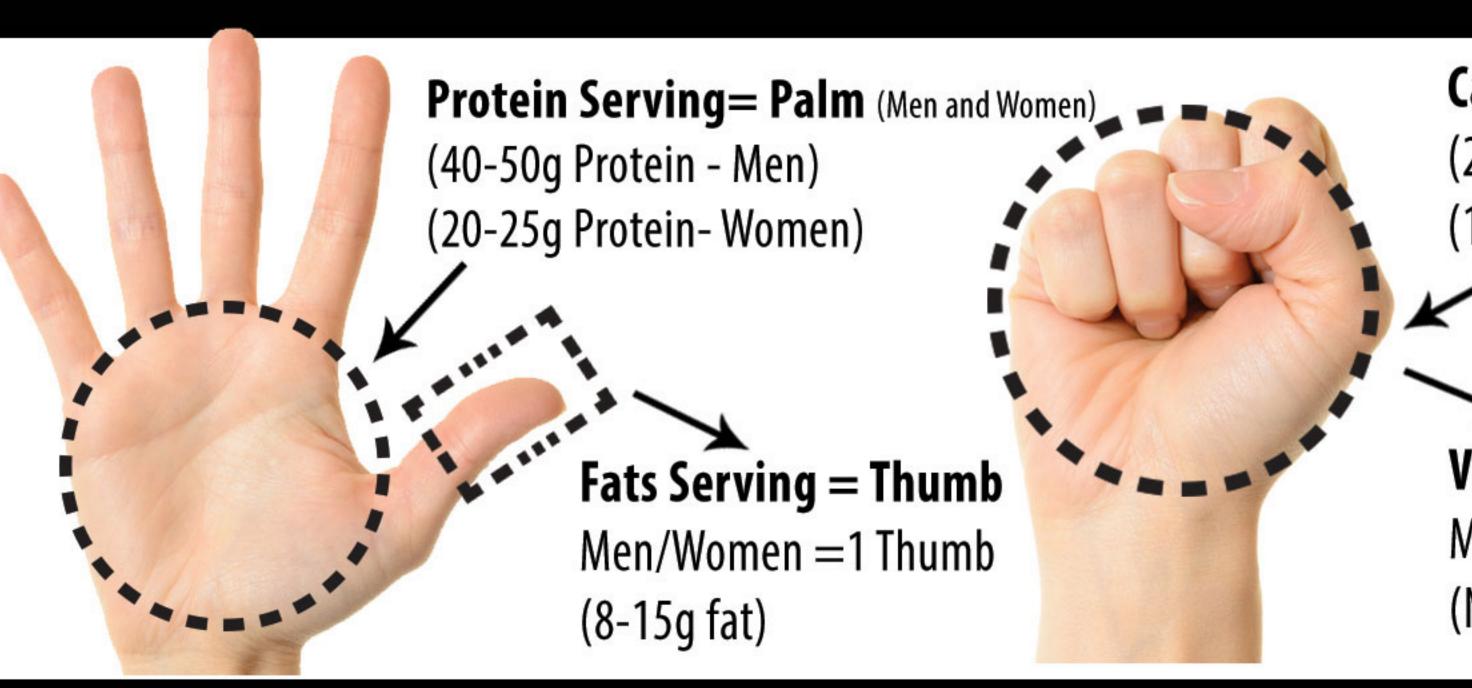
9pm-10pm Meal Replacement

Men: 4 Scoops Women: 2 Scoops



Use 1 Protein Cookie as a snack when needed

# PORTION SIZE EXPLAINED



Carb Serving = Fist (Men and Women) (25-30g Carbohydrate - Men) (15-20g Carbohydrate - Women)

Vegetable Serving = Fist Men/Women - 1 Fist Sized Portion (No Net Carb Content)

# 8 WEEK SUPPLEMENTATION OUTLOOK



\*PCT and T Drive are recommended at the Conclusion of Testojet or Epishred

#### Weeks 1-4

WFactor Proplete Creaload Glutagen X **Body Armor** Testojet BDS

#### Weeks 4 - 8

WFactor Proplete Creaload Glutagen X Testojet BDS Epishred BDS Primo-Var

# LEAN, SHREDDED &

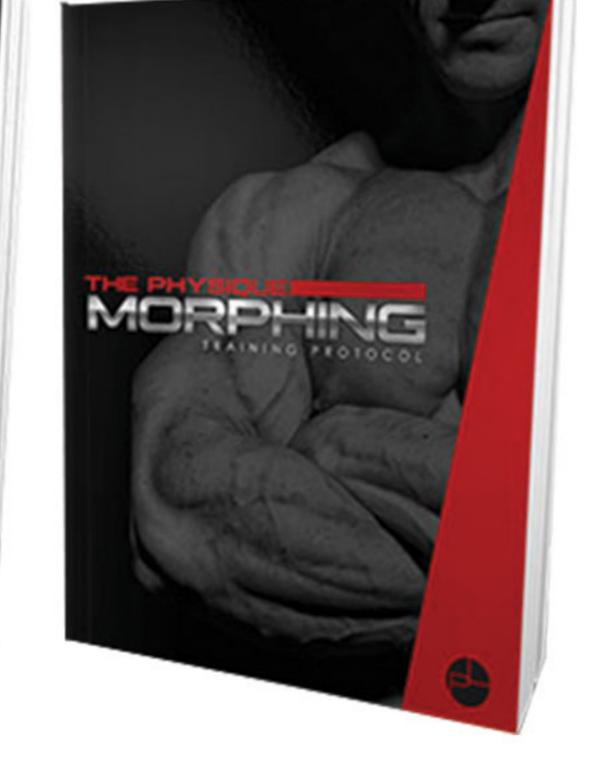
#### NON-NEGOTIABLE RULES

- 1. You Must Eat Every 3 Hours
- 2. Do Not Miss A Meal
- 3. Perform 3 (20-30 min) High Intensity Cardio Sessions Per Week
- 4. You Must Drink 1 Gal. of Water/Day
- 5. You Must Avoid Sugars and Alcohol

#### FREE INFO GUIDES (INCLUDED)







E-Books Available at www.thepureline.com