VICIOUSLY THICK PROGRAM

WHAT DO I EAT

Protein

Lean Beef

Chicken Breast

Fish

Turkey Breast

Egg Whites

Carbs

Rice

Potato

Wheat Toast

Whole Wheat Pasta

Oatmeal

Vegetables

Broccoli

Cauliflower

Asparagus

Lettuce

Green Pepper

PORTION SIZE

Protein Portion
Measured by 1 Palm

Carb Portion
Measured by 2 Fists

Vegetable Portion
Measured by 1 Fist

WHEN DO I EAT

8am-9am

12pm-1pm

3pm-4pm

6pm-7pm

9pm-10pm

Use a low sugar protein bar as a snack if needed

12 WEEK SUPPLEMENTATION OUTLOOK

Weeks 1 - 4

Meso Factor 500
GlutagenX
Creaload
Testojet

Weeks 4 - 8

Meso Factor 500
GlutagenX
Creaload
Testojet
Epishred

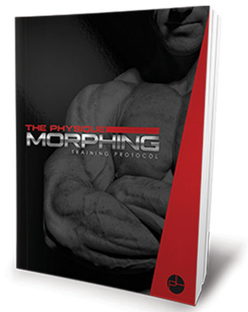
Weeks 8 - 12

Meso Factor 500
GlutagenX
Creaload
Testojet
Epishred

NON-NEGOTIABLE RULES

1. You Must Eat Every 3 Hours
2. Do Not Miss A Meal
3. Perform 3 (30 min) High Intensity Training Sessions Per Week and 3 (30 min) moderate intensity cardio sessions per week.
4. You Must Drink 1 Gal. of Water/Day
5. You Must Avoid Sugars and Alcohol

FREE E-BOOK



Download the Physique Morphing Training Protocol at **www.thepureline.com**