



Men's Lean Body Nutrition Program

Early morning before food or drink: 1 teaspoon of HGH Formulation mixed with half a glass of water.

Pre cardio supplements: 3 x lipo Fusion Xtreme, 1 teaspoon of ALC, 1 teaspoon of 7 keto Formulation

Morning cardio:

30 minutes of high intensity cardio power walks combined with 100metre sprints.

Meal 1: 7.00am

8 egg whites + 1 yolk scrambled or Omelet

1 tomato

1/2 cup of quick oats dry weight (make with water in microwave add a little nutrasweet to sweeten)

1 cup of coffee

1 teaspoon of YES PEOS (Parent Essential Oils)

Meal 2: 10.00am

1 can of tuna in olive oil (can be flavored 185gms)

2 medium baked potatoes

Green salad

Meal 3: 1.00pm

300gms of Chicken breast

2 medium potatoes

green salad with lettuce

1 teaspoon of YES PEOS (Parent Essential Oils)

Meal 4: 4.00pm

1 can of tuna 185gm

Green salad / vegetables

Meal 5: 6.30pm

300gms of Chicken breast or fish

Stir-fry vegetables with broccoli, cauli flower, squash, cabbage, tomato, etc.

Add a little olive oil and no added salt tomato paste.

1 teaspoon of YES PEOS (Parent Essential Oils)

Before bed: 1 teaspoon of HGH Formulation mixed with water

Water: Drink a minimum of 3-4 liters of pure water per day

Pre workout supplements:

30 minutes before – 2 teaspoons of Red Fuzion

3 x Brute Force II reloaded (take 2 morning and 1 afternoon on non training days)

3 x Lipo Fusion Xtreme fat burners

In Workout drink mix: Mix 2 teaspoons of Leukadron, 2 teaspoons of After Shock, 1 teaspoon of ALC with 750-1 litre of water and take in drink bottle to drink while you are training.



The more fibrous vegetables you can eat the better as these foods are very thermogenic. Broccoli, cabbage, lettuce, cauliflower, green beans, tomatoes. Generally you do not have to count carbs in vegetables only the starchy carbs.

A note about Carbohydrates

This nutrition plan is suitable for any male who is looking to drop a few kilos and add a little lean muscle mass. The most important rule is to keep your starchy carbohydrates e.g oats, bread, potatoes, rice etc earlier in the day and always eat protein when you consume the starchy carbs as it slows down the sugar release into the blood stream.

Carbs are not your enemy; however you do have to be aware that every gram of carbs holds 4 times its weight in water. If you consume too much the excess water will spill over and cause subcutaneous water retention.

Warning on body fat around the mid section!

Gaining excess bulk in the off season in the hope to trim it down to produce a leaner more ripped physique is a thing of the past. There are a couple of reasons why this practice does not work, one of those being excessive fat accumulation creates additional production of the enzyme aromatase. This nasty enzyme is produced in abdominal fat tissue and its main effect is to convert testosterone into the female hormone estrogen! Not the ideal situation to be in if your goal is to have a lean athletic physique and any reasonable level of sex drive.

There is a vicious circle that goes on with estrogen, as high levels actually promote additional fat storage around the mid section and pec regions. Hence why some guys will end up with bitch tits.

The fatter you become around the waist, the more aromatase is produced and so forth. You can see its self defeating by carrying excess body fat around your abdomen.

So my word of advice is to try and stay as lean as you can around the abs to maximize your natural hormonal output.

Either way some guys will produce more aromatase than others but this can be helped by supplementing with two natural products, Diindolymethane (DIM) and Chrysin. By taking these two supplements in combination will act as both an anti-aromatase and also free up some bound testosterone.

DIM also has the added benefit of balancing good and bad estrogen levels.

Both of these ingredients are available in the product Bullet Proof Xtreme.

Taking it to the next level

For those who are going to step onstage I will provide a pre contest plan to give you a guide on what you should be doing leading up to an event.

Sticking to the plan

Starting is usually the easy part it's sticking to the plan that usually throws most people.

There are a few tricks to ensure you stay on track with your diet and these are as follows:

1. Avoid shopping when you are hungry, ensure you have eaten a healthy meal before hitting the supermarket just in case that candy aisle lures you in!
2. Always keep a drink bottle full of water by your side. Most of the time thirst is mistaken as being hungry. If you are feeling hungry just drink another large glass of water and watch your hunger disappear.
3. Be consistent and stick with the same meals at the same time every day. Your body responds to



consistency so it's important to stick with the plan.

4. Avoid sugar at all costs. It will play havoc with your insulin levels and make you crave carbs like never before. This includes fruit juices as fructose is actually one of the worse sugars you can consume.

5. If you are still hungry in the evening, eat another protein meal. It is extremely difficult for your body to convert protein into body fat and protein will satisfy your appetite much more than carbs will.

6. Set yourself personal goals. E.g I want to lose 2 kilos by the end of the month. Take photos – this is the best way to document your progress in living color and photos don't lie. Get someone to take photos of you from the front, side and back in the same location with the same lighting. Record these on your computer in dated folders every 2 weeks.

7. Supplement your diet.

Unfortunately food is not what it was 20 years ago, mineral levels in the soil have been depleted and most vegetables are merely good sources of fibre and nothing else. There are some good phytonutrients in Broccoli and Cauliflower but the overall vitamin content is pretty much zero.

This is why I would recommend supplementing with a good quality multi vitamin and mineral to ensure you are getting everything you need. I would also recommend a good EFA product that contains the correct ratios of natural oils. YES supplements produce an exceptional product that is based on science and delivers all the oils in organic form in the perfect ratios.

Do not take excessive fish oil capsules because you will end up throwing out the balance of EFAs in your body. It is critical that you take a product that is balanced and organic.

Pre contest Plans:

If you are looking to compete in either a bodybuilding, figure, fitness event you will need to move on to a more advanced and comprehensive program.

Personal Nutrition and Training Plans are available at additional costs. Please contact me for further details if you need assistance for your next competition.

- Steve Jones

CEO /Founder

Powerzone Nutrition

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