

**Quick Start Guide**

* Send before picture to [neilmajor1981@gmail.com](mailto:neilmajor1981@gmail.com)
* Log onto private **Facebook group** and print shopping list **in “files”**
* Watch **“Set your goal” “Why diets fail” “Macronutrients” “Small & often” “Time management” “The banned list”** video’s and make notes in your notepad.
* Plan & prepare your meals/times for the follow day (you may need a bag and food containers).

**Macronutrient cycle plan**

Each day protein will be a constant at every meal to ensure we keep your lean muscle tissue and metabolic rate primed for rapid fat loss. However, other macro’s will be cycled to tap into stored body fat for energy and triple your results! If you are not familiar with macronutrient cycling it is basically a more advanced version of a carbohydrate cycle plan. Without going into the science of it all to much, it will maximize certain natural hormones in the body, which will promote fat burning.

**P = PROTEIN**

**C = CARBOHYDRATES**

**F = FATS**

**V = VEG/SALAD**

**WO= WORKOUT**

**Day 1 “Protein & carb load”**

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| --- | --- | --- | --- | --- | --- |
| **DAY 1:**  **WO: 630am** | **MEAL1: 730am**  **P/C** | **MEAL 2:**  **1030am**  **P** | **MEAL 3:**  **130pm P/C/V** | **MEAL 4:**  **430pm**  **P** | **MEAL 5:**  **730pm P/F/V** |

**Example:**

***Breakfast:***

1.½ cup oats & 1-2 scoops of whey protein (2 for males) mix with boiling water let cool and eat.

2. ½ bowl of oatabix bites & 1-2 scoops of whey protein (2 for males) mix with 150-200ml water (thick)

3. 1 slice rye bread & 3 egg whites/1 whole egg & cinnamon

4. 1-2 scoops whey protein with blended banana x1

5. 1-2 scoops whey with blended oats served as protein shake

***Mid morning:***

1.1-2 scoops whey protein

2. ½ protein bar

3. Chicken breast pieces

4. Quinoa bar

5. 1-2 scoops whey & ¼ bowl of natural yogurt

***Lunch:***

1.Chicken breast, Quinoa, Broccoli

2. Chicken breast, brown rice, cooked spinach

3. Tuna with sweet potato & asparagus

4. Tofu, quinoa, & veg scramble

5. Cottage cheese & ryvita

***Mid afternoon:***

1.1-2 scoops whey protein

2. ½ protein bar

3. Chicken breast pieces

4. Quinoa bar

5. 1-2 scoops whey & ¼ bowl of natural yogurt

***Evening:***

1.Salmon, Asparagus, Spinach, ¼ Avocado.

2. Lean steak, Salad & 5-6 Olives.

3. Chicken breast, Stir fry veg made with table spoon of coconut oil.

4. Tofu, Stir fry made with Extra virgin oil.

5. Tuna & Egg white salad with avocado.

**Day 2 “Carb depletion day”**

\*Eat in the same way as day 1 but have exactly half all carbohydrates portions \*

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| **DAY 2:**  **WO: 630am** | **MEAL1: 730am**  **P/C** | **MEAL 2:**  **1030am**  **P** | **MEAL 3:**  **130pm P/C/V** | **MEAL 4:**  **430pm**  **P** | **MEAL 5:**  **730pm P/F/V** |

**Examples:**

***Breakfast:***

1. ¼ cup oats & 1-2 scoops of whey protein (2 for males) mix with boiling water let cool and eat.

2. ¼ bowl of oatabix bites & 1-2 scoops of whey protein (2 for males) mix with 150-200ml water (thick)

3. ½ slice rye bread & 3 egg whites/1 whole egg & cinnamon

4. 1-2 scoops whey protein with blended ½ banana

5. 1-2 scoops whey with blended oats served as protein shake

***Mid morning:***

1.1-2 scoops whey protein

2. ½ protein bar

3. Chicken breast pieces

4. Quinoa bar

5. 1-2 scoops whey & ¼ bowl of natural yogurt

***Lunch:***

1.Chicken breast, Quinoa, Broccoli

2. Chicken breast, brown rice, cooked spinach

3. Tuna with sweet potato & asparagus

4. Tofu, quinoa, & veg scramble

5. Cottage cheese & ryvita

***Mid afternoon:***

1.1-2 scoops whey protein

2. ½ protein bar

3. Chicken breast pieces

4. Quinoa bar

5. 1-2 scoops whey & ¼ bowl of natural yogurt

***Evening:***

1.Salmon, Asparagus, Spinach, ¼ Avocado.

2. Lean steak, Salad & 5-6 Olives.

3. Chicken breast, Stir fry veg made with table spoon of coconut oil.

4. Tofu, Stir fry made with Extra virgin oil.

5. Tuna & Egg white salad with avocado.

**Day 3 “Fat loading day”**

This will still keep your energy high as carbs are being depleted allow more stored fat to be burnt as fuel.

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| **DAY 3:**  **WO: 630am** | **MEAL1: 730am**  **P/C** | **MEAL 2:**  **1030am**  **P/F** | **MEAL 3:**  **130pm P/F/V** | **MEAL 4:**  **430pm**  **P/F** | **MEAL 5:**  **730pm P/F/V** |

**Example:**

***Breakfast:***

1.½ cup oats & 1-2 scoops of whey protein (2 for males) mix with boiling water let cool and eat.

2. ½ bowl of oatabix bites & 1-2 scoops of whey protein (2 for males) mix with 150-200ml water (thick)

3. 1 slice rye bread & 3 egg whites/1 whole egg & cinnamon

4. 1-2 scoops whey protein with blended banana x1

5. 1-2 scoops whey with blended oats served as protein shake

***Mid morning:***

1.Whey protein & 1 tablespoon of whole earth peanut butter.

2. Whey protein & 5 Almonds.

3. Whey protein & 1 tablespoon of flax seed oil

***Lunch:***

1.Chicken breast & ½ avacardo salad

2. Chicken breast, cooked spinach & almonds

3. Tuna salad with salsa & avacardo

4. Tofu, & veg scramble with tablespoon of extra virgin olive oil

5.Tuna salad, with extra virgin olive oil (tablespoon)

***Mid afternoon:***

1.Whey protein & 1 tablespoon of whole earth peanut butter.

2. Whey protein & 5 Almonds.

3. Whey protein & 1 tablespoon of flax seed oil

***Evening:***

1.Salmon, Asparagus, Spinach, ¼ Avocado.

2. Lean steak, Salad & 5-6 Olives.

3. Chicken breast, Stir fry veg made with table spoon of coconut oil.

4. Tofu, Stir fry made with Extra virgin oil.

5. Tuna & Egg white salad with avocado.

**Day 4 “Further Carb depletion day”**

\*Eat in the same way as day 2 with exactly half all carbohydrates portions as to day 1 but also **exclude completely carbs in meal 3** \*

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| **DAY 4:**  **WO: 630am** | **MEAL1: 730am**  **P/C** | **MEAL 2:**  **1030am**  **P** | **MEAL 3:**  **130pm P/V** | **MEAL 4:**  **430pm**  **P** | **MEAL 5:**  **730pm P/F/V** |

**Examples:**

***Breakfast:***

1. ¼ cup oats & 1-2 scoops of whey protein (2 for males) mix with boiling water let cool and eat.

2. ¼ bowl of oatabix bites & 1-2 scoops of whey protein (2 for males) mix with 150-200ml water (thick)

3. ½ slice rye bread & 3 egg whites/1 whole egg & cinnamon

4. 1-2 scoops whey protein with blended ½ banana

5. 1-2 scoops whey with blended oats served as protein shake

***Mid morning:***

1.1-2 scoops whey protein

2. ½ protein bar

3. Chicken breast pieces

4. Quinoa bar

5. 1-2 scoops whey & ¼ bowl of natural yogurt

***Lunch:***

1.Chicken breast, Broccoli

2. Chicken breast, cooked spinach

3. Tuna with salad

4. Tofu, & veg scramble

5. Cottage cheese pot

***Mid afternoon:***

1.1-2 scoops whey protein

2. ½ protein bar

3. Chicken breast pieces

4. Quinoa bar

5. 1-2 scoops whey & ¼ bowl of natural yogurt

***Evening:***

1.Salmon, Asparagus, Spinach, ¼ Avocado.

2. Lean steak, Salad & 5-6 Olives.

3. Chicken breast, Stir fry veg made with table spoon of coconut oil.

4. Tofu, Stir fry made with Extra virgin oil.

5. Tuna & Egg white salad with avocado.

**Day 5 “Further Carb depletion day”**

\*Same as day 4\*

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| **DAY 5:**  **WO: 630am** | **MEAL1: 730am**  **P/C** | **MEAL 2:**  **1030am**  **P** | **MEAL 3:**  **130pm P/V** | **MEAL 4:**  **430pm**  **P** | **MEAL 5:**  **730pm P/F/V** |

Once you reach the end of day 5 return to the beginning of the cycle from day 1 ☺

I’ve tried to leave as much science out of this quick start guide as possible and instead made it easier to follow. There will however be a video uploaded to explain exactly how this cycle will help you burn more body fat ☺