

# GUIDELINES FOR FAT LOSS



Carrying extra body fat may significantly disadvantage anyone, regardless of their sport or athletic endeavours. An overweight individual will have a decreased power-to-weight ratio, decreased endurance, strength, speed and agility; all factors which influence exercise and sporting performance. Increased levels of body fat may even have a negative psychological effect in some individuals. Exercise or dieting alone is ineffective over the long run therefore a combination of both is ideal to achieve the required outcome. Dieting alone often results in lean body tissue loss whereas when combined with exercise in addition to loss of fat mass other benefits will include enhanced strength, cardiorespiratory endurance, speed, power and flexibility. The key is a combination of dieting and exercise and achieving a negative energy balance. General guidelines suggest caloric intake should not drop below 1000-1200 calories for women and 1200- 1400 for men and a target loss of 0.5kg-1.0kg per week (1.5-2.0 lb) is adequate and achievable for most individuals. The fat didn't get there overnight so it's not going to come off overnight either. Substantial amounts of body mass cannot be lost without losing marked amounts of LBM, particularly with caloric restriction. A caloric deficit of 3500kcal equates to fat loss of 0.45kg (1lb) therefore an average fat loss of 0.5-1.0kg (1.1-2.2lb) per week represents a caloric deficit of 500-1000kcal per day. That caloric deficit can be achieved via increased aerobic exercise (+30min/day) & decreased caloric intake (-500kcal/day) or any combination of both. The aim is to consume food that has high nutrient density and low energy density.

## THE MAIN CAUSES OF BECOMING OVERWEIGHT:

- **Consuming excess total energy (kilojoules) - particularly in the latter part of the day.**
- **Consuming excess saturated fat and/or alcohol.**
- **Skipping meals - especially breakfast and lunch.**
- **Bingeing between meals or late at night.**
- **Eating for the wrong reasons e.g. comfort, stress, and social occasions.**
- **Inadequate energy expenditure at training or in general daily activity.**

# THE MOST EFFECTIVE WAY FOR AN ATHLETE TO LOSE WEIGHT OR BODY FAT IS TO:

- Aim for a slow steady loss of no more than 0.5-1 kg body weight per week - a loss of lean muscle tissue may occur if weight loss is more rapid than this.
- Plan food intake for the day to complement training sessions – avoiding large periods without food or a large intake of food at one time.
- Follow a balanced eating plan ensuring adequate energy for training, and meeting at least the minimum requirements for carbohydrate intake in order to maintain glycogen stores.
- Consume the majority of the carbohydrate intake around the time of exercise - avoiding large servings late in the evening.
- Ensure adequate protein intake in most meals and snacks. Protein has a high satiety (fullness) value and also assists in maintaining lean body mass.
- Decrease consumption of saturated fats, excess refined sugars and alcohol, all of which provide the highest kilojoule content for the lowest nutrient value.
- Change poor eating habits such as eating when bored, stressed, depressed, celebrating, or merely due to habit, social occasions or other “environmental” reasons.
- Modify or include additional training sessions if necessary.
- Monitor body fat/composition levels regularly using not just weighing scales.
- Drink mostly water to the quench thirst, and use sports drinks and other sweet beverages sensibly – during and after training sessions and games.
- Eat straight after training; this may prevent overeating later in the day.
- Use low fat dairy products.
- Trim excess fat from meat and grill.
- Use butter/margarine/oil sparingly.

## INTRODUCING A ‘CLEAN’ DIET, MORE WATER AND SUPPLEMENTS FOR BEST RESULTS.

### SUPPLEMENTS



**HYDROXYBURN SHRED  
NEURO-THERMOGENIC**

#### **PRE-WORKOUT**

15-30 mins before workout consume 5g with 300ml of water on empty stomach and 15-30 minutes before lunch



**HYDROXYBURN SHRED  
NEURO-THERMOGENIC**

#### **NON-WORKOUT**

15-30 mins before breakfast and lunch 5g with 300ml of water on empty stomach



**GREENTEA TX100**

#### **MID MORNING & MID ARVO**

15 minutes after eating consume 1 sachet with 600ml of water. Greentea TX100 after meals to protect probiotics from any reduction in potency due to stomach acid.



**HYDROXYBURN SHRED  
PROTEIN**

1 serve 20 minutes post training for best results.

# DAY ONE

## BREAKFAST:

### UNDER 70KG

Half-cup of oats  
One Tbsp blueberries.  
Scrambled eggs (two whole and one white)

### OVER 70KG

One cup oats  
One Tbsp blueberries Scrambled eggs  
(three whole and one white)



PROTEIN



CARBOHYDRATES  
Type: STARCHY

## MID MORNING:

### UNDER 70KG

Four crackers  
100g-150g tuna in spring water

### OVER 70KG

Four crackers  
200g-250g tuna in spring water



PROTEIN



CARBOHYDRATES  
Type: STARCHY

## LUNCH:

### UNDER 70KG

100g-150g Spicy Grilled Chicken Breast  
Steamed vegetables

### OVER 70KG

150g-200g Spicy Grilled Chicken Breast  
Steamed vegetables



PROTEIN



CARBOHYDRATES  
Type: FIBROUS

## MID AFTERNOON:

### UNDER 70KG



HYDROXYBURN SHRED  
PROTEIN

### OVER 70KG



HYDROXYBURN SHRED  
PROTEIN



PROTEIN



CARBOHYDRATES  
Type: FIBROUS



EFA'S

## DINNER:

### UNDER 70KG

Refer to Recipes eBook

### OVER 70KG

Refer to Recipes eBook



PROTEIN



CARBOHYDRATES  
Type: STARCHY

## TRAINING:

### PRE TRAINING

1 x 5-10g serve HYDROXYBURN SHRED  
Neuro-Thermogenic

### POST TRAINING

1 x serve PROTEIN POWDER



EFA'S



PROTEIN

# DAY TWO

## BREAKFAST:

### UNDER 70KG

One piece whole wheat toast  
One Tbsp low-cal jam  
1 Tbsp avocado  
100G salmon (tinned/smoked. Drained Weight)  
One cup of freshly squeezed orange juice

### OVER 70KG

Two pieces whole wheat toast  
Two Tbsp low-cal jam  
2 Tbsp avocado  
150g salmon(Drained Weight)  
One cup of freshly squeezed orange juice



**PROTEIN**



**CARBOHYDRATES**  
Type: **STARCHY**



**EFA'S**

## MID MORNING:

### UNDER 70KG

One cup of low-fat yoghurt  
(Greek preferable)  
10 almonds

### OVER 70KG

One cup of low-fat yoghurt  
(Greek Preferable)  
15-20 almonds



**PROTEIN**



**CARBOHYDRATES**  
Type: **FIBROUS**

## LUNCH:

### UNDER 70KG

Pita Delight or Wholemeal Wrap  
(100g-150g chicken)

### OVER 70KG

Pita Delight or Wholemeal Wrap  
(150g-200g chicken)



**PROTEIN**



**CARBOHYDRATES**  
Type: **STARCHY**

## MID AFTERNOON:

### UNDER 70KG

HYDROXYBURN SHRED  
PROTEIN

### OVER 70KG

HYDROXYBURN SHRED  
PROTEIN



**PROTEIN**



**EFA'S**

## DINNER:

### UNDER 70KG

Refer to Recipes eBook

### OVER 70KG

Refer to Recipes eBook



**PROTEIN**



**CARBOHYDRATES**  
Type: **FIBROUS**

## TRAINING:

### PRE TRAINING

1 x 5-10g serve HYDROXYBURN SHRED  
Neuro-Thermogenic

### POST TRAINING

1 x serve PROTEIN POWDER



**PROTEIN**

# DAY THREE

## BREAKFAST:

### UNDER 70KG

Two poached eggs  
One piece whole wheat toast  
One cup cranberry juice/ Freshly squeezed orange juice

### OVER 70KG

Three poached eggs  
One piece whole wheat toast  
One cup cranberry juice/freshly squeezed orange juice



**PROTEIN**



**CARBOHYDRATES**  
Type: **STARCHY**

## MID MORNING:

### UNDER 70KG

One BSc Protein Bar

### OVER 70KG

One BSc Protein Bar



**PROTEIN**



**CARBOHYDRATES**  
Type: **STARCHY**

## LUNCH:

### UNDER 70KG

100g-150g tuna(Drained Weight)  
OR  
100g-150g Spicy Grilled Chicken Breast  
Small cup brown rice(Cooked)

### OVER 70KG

150g-200g tuna(Drained Weight)  
OR  
15-0g-200g Spicy Grilled Chicken Breast  
Small cup brown rice(Cooked)



**PROTEIN**



**CARBOHYDRATES**  
Type: **STARCHY**

## MID AFTERNOON:

### UNDER 70KG

HYDROXYBURN SHRED  
PROTEIN

### OVER 70KG

HYDROXYBURN SHRED  
PROTEIN



**PROTEIN**



**EFA'S**

## DINNER:

### UNDER 70KG

Refer to Recipes eBook

### OVER 70KG

Refer to Recipes eBook



**PROTEIN**



**CARBOHYDRATES**  
Type: **FIBROUS**

## TRAINING:

### PRE TRAINING

1 x 5-10g serve HYDROXYBURN SHRED  
Neuro-Thermogenic

### POST TRAINING

1 x serve PROTEIN POWDER



**PROTEIN**

# DAY FOUR

## BREAKFAST:

### UNDER 70KG

Half-cup of oats(45 Grams)  
One Tbsp blueberries.  
Scrambled eggs (two whole and one white)

### OVER 70KG

One cup oats (90 Grams)  
One Tbsp blueberries Scrambled eggs  
(three whole and one white)



**PROTEIN**



**CARBOHYDRATES**  
Type: **STARCHY**

## MID MORNING:

### UNDER 70KG

150g low-fat yoghurt (Greek Preferable)  
Handful chopped carrots

### OVER 70KG

One cup low-fat yoghurt (Greek Preferable)  
Handful chopped carrots



**PROTEIN**



**CARBOHYDRATES**  
Type: **FIBROUS**

## LUNCH:

### UNDER 70KG

100g-150g Terrific Tuna Salad /  
OR  
100g-150g Spicy Grilled Chicken Breast  
Handful nuts

### OVER 70KG

150g-200g Terrific Tuna Salad  
OR  
150g-200g Spicy Grilled Chicken Breast  
Handful nuts



**PROTEIN**



**CARBOHYDRATES**  
Type: **FIBROUS**

## MID AFTERNOON:

### UNDER 70KG

HYDROXYBURN SHRED  
PROTEIN

### OVER 70KG

HYDROXYBURN SHRED  
PROTEIN



**PROTEIN**



**EFA'S**

## DINNER:

### UNDER 70KG

Refer to Recipes eBook

### OVER 70KG

Refer to Recipes eBook



**PROTEIN**



**CARBOHYDRATES**  
Type: **FIBROUS**

## TRAINING:

### PRE TRAINING

1 x 5-10g serve HYDROXYBURN SHRED  
Neuro-Thermogenic

### POST TRAINING

1 x serve PROTEIN POWDER



**EFA'S**



**PROTEIN**

# DAY FIVE

## BREAKFAST:

### UNDER 70KG

Two poached eggs  
One piece whole wheat toast  
One cup cranberry juice/ Freshly squeezed orange juice

### OVER 70KG

Three poached eggs  
One piece whole wheat toast  
One cup cranberry juice/freshly squeezed orange juice



**PROTEIN**



**CARBOHYDRATES**  
Type: **STARCHY**

## MID MORNING:

### UNDER 70KG

Four Brown/White Rice Cakes  
100g-150g tuna(Drained Weight)

### OVER 70KG

Four Brown/White Rice Cakes  
150g-200g tuna(Drained Weight)



**PROTEIN**



**CARBOHYDRATES**  
Type: **STARCHY**

## LUNCH:

### UNDER 70KG

100g-150g Mediterranean Chicken Breast  
Pasta salad  
Handful nuts

### OVER 70KG

150-200gMediterranean Chicken Breast  
Pasta Salad  
Handful nuts



**PROTEIN**



**CARBOHYDRATES**  
Type: **STARCHY**

## MID AFTERNOON:

### UNDER 70KG

HYDROXYBURN SHRED  
PROTEIN

### OVER 70KG

HYDROXYBURN SHRED  
PROTEIN



**PROTEIN**



**EFA'S**

## DINNER:

### UNDER 70KG

Refer to Recipes eBook

### OVER 70KG

Refer to Recipes eBook



**PROTEIN**



**CARBOHYDRATES**  
Type: **FIBROUS**

## TRAINING:

### PRE TRAINING

1 x 5-10g serve HYDROXYBURN SHRED  
Neuro-Thermogenic

### POST TRAINING

1 x serve PROTEIN POWDER



**PROTEIN**

# DAY SIX

## BREAKFAST:

### UNDER 70KG

Two poached eggs  
One piece whole wheat toast  
One cup cranberry juice/ Freshly squeezed orange juice

### OVER 70KG

Three poached eggs  
One piece whole wheat toast  
One cup cranberry juice/freshly squeezed orange juice



**PROTEIN**



**CARBOHYDRATES**  
Type: **STARCHY**

## MID MORNING:

### UNDER 70KG

One medium apple  
100g cottage cheese

### OVER 70KG

150g-200g Mediterranean Chicken Breast  
Pasta Salad  
10-15 almonds  
Pine nuts



**PROTEIN**



**CARBOHYDRATES**  
Type: **STARCHY**

## LUNCH:

### UNDER 70KG

100g-150g Mediterranean Chicken Breast  
Pasta Salad  
10 almonds  
Pine nuts

### OVER 70KG

150g-200g Mediterranean Chicken Breast  
Pasta Salad  
10-15 almonds  
Pine nuts



**PROTEIN**



**CARBOHYDRATES**  
Type: **STARCHY**

## MID AFTERNOON:

### UNDER 70KG

HYDROXYBURN SHRED  
PROTEIN

### OVER 70KG

HYDROXYBURN SHRED  
PROTEIN



**PROTEIN**



**EFA'S**

## DINNER:

### UNDER 70KG

Refer to Recipes eBook

### OVER 70KG

Refer to Recipes eBook



**PROTEIN**



**CARBOHYDRATES**  
Type: **FIBROUS**

## TRAINING:

### PRE TRAINING

1 x 5-10g serve HYDROXYBURN SHRED  
Neuro-Thermogenic

### POST TRAINING

1 x serve PROTEIN POWDER



**PROTEIN**



# DAY SEVEN

## BREAKFAST:

### UNDER 70KG

Two poached eggs  
One piece whole wheat toast  
One cup of cranberry juice/freshly  
squeezed orange juice

### OVER 70KG

Three poached eggs  
One piece whole wheat toast  
One cup cranberry juice/freshly/squeezed  
orange juice



**PROTEIN**



**CARBOHYDRATES**  
Type: **STARCHY**

## MID MORNING:

### UNDER 70KG

150g low fat yoghurt (Greek Preferable)  
10 unsalted almonds.

### OVER 70KG

One container low fat yoghurt(Greek Preferable)  
10-15 unsalted almonds



**PROTEIN**



**CARBOHYDRATES**  
Type: **STARCHY**

## LUNCH:

### UNDER 70KG

One Pita Delight/ Wholemeal Wrap  
(100g-150g chicken/turkey)

### OVER 70KG

One Pita Delight/ Wholemeal Wrap  
(150g-200g chicken /turkey)



**PROTEIN**



**CARBOHYDRATES**  
Type: **STARCHY**

## MID AFTERNOON:

### UNDER 70KG

HYDROXYBURN SHRED  
PROTEIN

### OVER 70KG

HYDROXYBURN SHRED  
PROTEIN



**PROTEIN**



**EFA'S**

## DINNER:

### UNDER 70KG

Refer to Recipes eBook

### OVER 70KG

Refer to Recipes eBook



**PROTEIN**



**CARBOHYDRATES**  
Type: **FIBROUS**

## TRAINING:

### PRE TRAINING

1 x 5-10g serve HYDROXYBURN SHRED  
Neuro-Thermogenic

### POST TRAINING

1 x serve PROTEIN POWDER

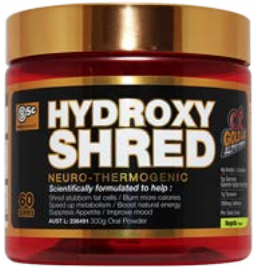


**PROTEIN**

## MOTIVATIONAL TIPS:

- Read through your goals – based on your progress to date, are they still realistic, or do they need to be adjusted?
- Treat yourself to something special (not food!) as a reward for sticking to your plan. Suggestions include: a massage, facial, new outfit, movie and coffee with friends, a new book, perfume/cosmetics – anything that makes you feel good.

# RECOMMENDED PRODUCTS



## SUPPORTS PRE WORKOUT AND FAT LOSS GOALS

HYDROXY SHRED is a research-driven formula. Shred those stubborn fat cells, burn more calories, increase your metabolism, boost your energy levels and improve your mood. Perfect pre training supplement or daily fat burning, energy boosting, metabolism enhancing formula.

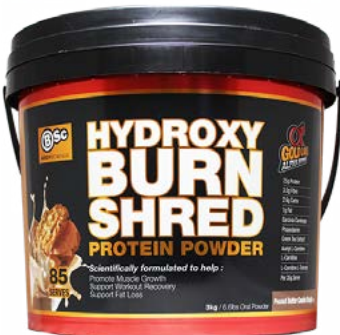
**BUY NOW**



## GREEN TEA IS GOOD FOR YOU

Many people consume green tea because it is a rich source of anti-oxidants, probiotics and can even help you to lose weight.

**BUY NOW**



## SUPPORTS WORKOUT RECOVERY AND FAT LOSS GOALS

Protein supplements make getting daily protein for size, weight loss or food preparation simple. See our range

**BUY NOW**

