



www.truehealthyproducts.com
www.proteinpowermix.com

Protein Power Mix Lose Fat Program

By: Andrew Wood, Certified Nutrition Specialist

The real objective to “losing weight” is to actually lose fat. Some individuals do not realize that in order to lose fat, you must eat properly, instead of not eating at all. The trick to losing fat is to force your body to use that fat for energy. The best way to accomplish this is by eating a balanced diet which keeps your muscle filled with protein, your body satisfied with healthy carbohydrates, and a low amount of fat to maintain specific metabolic functions. This will ensure that you will stay healthy while your body utilizes stored fat for energy. Secondly, using supplements will not magically melt fat away. Supplements are designed to be an addition to a balanced diet. They will enhance your effort, not take its place. Here is a simple diet plan that will help those individuals who are looking to lose some body fat the proper way. **This sample diet plan will show you how to eat and use all natural supplements properly.**

Of course, we recommend that any diet regimen in which you are thinking of trying should be consulted with your physician before hand to make sure the diet does not conflict with any current medical conditions you may have.

Supplements Suggested:

- Protein Power Mix day and nighttime formulas
- “9 a day Plus” multivitamin (powder version)

Daily program:

It must first be said that all meats must be prepared by a grill, oven, or cooked only with “Pam” on the pan. Fried foods are prohibited in this program. Seasoning and marinades are recommended to add flavor to the meats and vegetables. Just be sure the seasoning and marinades have no more than 3g of fat per tablespoon. If you use dipping sauce to give flavor to the meats make sure it is a sugary sauce (barbeque, honey-mustard) not a cream based sauce (caesar, ranch). Cheese may be added to meats and vegetables, however, no more than 1 serving may be used for both and the cheese must be unprocessed 2% fat. Vegetables are to be low cholesterol containing foods such as broccoli, carrots, cauliflower, spinach, peppers. The protein powders contain less than a ½g of fat per serving, daytime contains 16g of high quality protein per serving, and all natural ingredients to help you stay lean and healthy. The times of these meals are based upon individual schedules. The basic idea is to consume each meal at least every three to four hours in between each other.





www.truehealthyproducts.com
www.proteinpowermix.com

Breakfast:

1 scoop Protein Power Mix Daytime, 1 scoop Protein Power Mix Nighttime, 2 scoops "9 a day plus-Citrus Berry" in 8oz of water, milk, or juice of your choice. (You can add ice and some fruit to the mix in a blender to make the shake thicker)

Meal facts:

Protein- 30g
 Carbohydrates- 19g
 Fat- 0.6g
 Fiber- 2g

Lunch:

4oz to 6oz of white chicken breast/tilapia/white turkey breast, 4oz of vegetables (steamed or microwaved), 8oz of water

Meal facts: (average amount of nutritional value of foods suggested in meal)

Protein- 29g
 Carbohydrates- 15g
 Fat- 1g
 Fiber- 5g

Mid-Evening:

4oz of white chicken breast/tilapia/white turkey breast, 4oz of vegetables (steamed or microwaved), 1 cup cooked brown rice, 8oz of water

Meal facts: (average amount of nutritional value of foods suggested in meal)

Protein- 29g
 Carbohydrates- 40g
 Fat- 1g
 Fiber- 10g

Dinner:

4oz to 6oz of white chicken breast/tilapia/white turkey breast, 4oz of vegetables (steamed or microwaved), 8oz of water

Meal facts: (average amount of nutritional value of foods suggested in meal)

Protein- 29g
 Carbohydrates- 15g
 Fat- 1g
 Fiber- 5g

"Optional" 2 hours after dinner:

1 scoop of nighttime protein mix with 8-12oz water, skim milk, or juice of your choice (fitness enthusiasts are encouraged to consume this nighttime shake)

Meal facts:

Protein- 14g
 Carbohydrates- 8g
 Fat- 0.3g
 Fiber- 2g





www.truehealthyproducts.com
www.proteinpowermix.com

Individuals are permitted one “cheat meal” every seven days.

This means you may eat whatever you like for one meal (not one day) every seven days. This meal plan is designed for individuals to consume for no more than 8 weeks or until you're personal goals are met. After 8 weeks you may add additional complex carbohydrates to your meals and a serving of red meat which will help maintain your new physical status. You may enter the program again after 4 weeks of being off of it. Please be creative with recipes. Do not allow dull meat to discourage your fitness efforts. A general guideline to follow is: each meal should not contain any more than 10g of fat or 50g of carbohydrates derived from the foods recommended in each particular meal. Keep your meats within 4oz to 6oz. Good luck!

Supplement Disclaimer:

The most effective way to utilize sports supplements is to first realize that they are in fact supplements. Supplements are nutrients that are taken in addition to an already solidified diet regimen. There are two main objectives of supplements when speaking in terms of sports nutrition. First they are to provide the body with crucial nutrients in which the body cannot manufacture (biosynthesize) on its own, secondly, to provide extra nutrients in which the body requires for replenishing energy stores and repairing muscle tissue. It is important to realize that supplements are designed to enhance one's efforts. This means that if you are looking to lose body fat, you must first have a diet plan suitable to do so. Once the diet plan is prepared, you may add a supplement to the equation. The supplement should be utilized to promote fat loss by means of providing specific nutrients to achieve a healthy state and force the body to feed off stored fat for energy. However, the supplements should not be dependant upon to fulfill these physiological effects. The supplements should only aid your meal and exercise program, not take their place.

