

Uncover Your Hidden Muscle: The 5-Week Fat Loss Blitz

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
45 min upper body circuit training	20 min treadmill sprints with body weight exercise mixed in	60 min upper body strength	45 min low intensity activity (walk or bike ride)	20 min treadmill sprints with body weight exercise mixed in	60 min lower body strength	45 min low intensity activity (walk or bike ride)
Low carb/calorie	Low carb/calorie	Moderate carb/calorie	Low carb/calorie	Low carb/calorie	Moderate carb/calorie	Low carb/calorie

Low calorie and carb days Mon, Tues, Thurs, Fri, Sun		Moderate calorie and carb days Wed and Sat	
<p>Greens drink w/ 5g creatine: 9am</p> <p>Workout: 12 noon – 1pm</p> <p>15g BCAA in 1L water</p>	<p>Meal 1: sometime after training</p> <p>1 lb any meat</p> <p>Large bowl veggies (4 cups)</p> <p>1/4 cup nuts</p> <p>1 tbsp udo's oil or olive oil</p> <p>1 multi, 3 vitamin D</p> <p>Meal 2: few hours later (before 9pm)</p> <p>1 lb any meat</p> <p>Large bowl veggies (4 cups)</p> <p>1/4 cup nuts</p> <p>1 tbsp fish oil</p> <p>1 multi, 3 vitamin D</p>	<p>Greens drink w/ 5g creatine: 9am</p> <p>Workout: 12 noon – 1pm</p> <p>15g BCAA in 1L water</p>	<p>Meal 1: sometime after training</p> <p>1 lb lean meat</p> <p>Large bowl veggies (4 cups)</p> <p>2 large white or sweet potatoes</p> <p>1 piece fruit</p> <p>1 multi, 3 vitamin D</p> <p>Meal 2: few hours later (before 9pm)</p> <p>1 lb lean meat</p> <p>Large bowl veggies (4 cups)</p> <p>1 large white or sweet potatoes</p> <p>2 pieces fruit</p> <p>1 multi, 3 vitamin D</p>