

## Fitness Diet – Pre-Contest

6:00 am Cardio

7:00 am Protein Shake

1 multi-vitamin

1 multi-mineral

1 1,000 mg Vitamin C

8:00 am 1 pack fruit & cream oatmeal

4 egg whites

1 multi-vitamin

1 multi-mineral

1 1,000 mg Vitamin C

11:00 am 6 oz boneless, skinless

chicken breast

16 oz spring water

2:00 pm 6 oz boneless, skinless

chicken breast

1/2 small potato

16 oz spring water

5:00 pm 6 oz turkey breast

1 medium green salad

(no dressing)

5:30 pm Train

8:00 pm 6 egg whites

1 cup steamed green vegies

16 oz spring water

11:00 pm Protein shake

(2 scoops Nitro-fuel)

1 multi-vitamin

1 multi-mineral

1 1,000 mg Vitamin C



Connie

## Fitness Supplementation – Pre-Contest

Supplementation is **extremely important**. Although it can become costly, the following are necessities:

Protein shakes  
Vitamins & Minerals (multi-)  
Vitamin C  
Vitamin E  
Potassium  
BCAAs  
FFAAs  
Creatine  
Glutamine  
Thermogenic formula

Protein shakes should be ingested immediately following A.M. cardio and P.M. training, as well as immediately before bedtime. If needed, a fourth shake can be ingested during the middle of the night at the midpoint of your sleeping period.

A vitamin and mineral capsules, vitamin C (I recommend 1500mg Vitamin C), and a vitamin E, should all be taken twice a day: following the first meal and following the last meal. Branched chain amino acids and free form amino acids should be taken immediately after morning cardio, after afternoon training, and before bedtime for increased muscle recuperation, etc.

Potassium capsules should be taken immediately before bedtime to ensure proper electrolyte balance. Glutamine should be taken after training and before bedtime. Because it is an amino acid, the purpose is once again for muscle recuperation.

A thermogenic formula (I recommend Hydroxycut by Muscletech) should be taken prior to morning cardio, afternoon training, and evening cardio for increased fat loss.

*Train with Desire, Desire to be better tomorrow than you are today!*

