**Natural Pro Bodybuilder**

 **Get shredded plan**

 **Bernard Cunningham Nutrition**

**Eat 3-6 Meals a day; choose a meat, veg and carb in each meal.**

**1. In the morning drink a hot cup tea mix with 1pack of Iaso tea, lemon juice and honey (optional) 1tbsp Bragg organic apple cider vinegar.**

**2. Choice of 1-2 whole eggs,2-4 egg whites or two piece tilapia, white or swan fish with 1-2packs of instant grits or a 1/2 cup or 1 cup of oatmeal. One of my favorites, 1-2 tilapia fish, and 1 slice of toast with a tbsp. SMUCKER’S jam.**

**3. Choice of 1-2 piece tilapia, white, or swan fish with sweat potato or brown rice and asparagus. 4. Choice 1/2 small pack of 93% ground turkey, half a cup of brown rice with low sodium salsa Sauce with Steamers green beans, Spanish or broccoli mix together. 5. Choice of Chicken breast, sweat potato or brown rice with steamers green bean or broccoli. 6. Choice of 1-2 piece tilapia fish or white or swan with asparagus or 1-2hold eggs and 2-4 egg whites with 2-4 turkey bacon. 7. Have a cheat meal once a week not once a . 8. You also can snack on Tuna packs and a small pack of whole wheat crackers.**

**You don’t have to eat all of the meals just eat what you can and what you like but stay inside the meal plan except on cheat meals.**

**You can also eat bake potatoes if you have a fast metabolism.**

**You can pour i can’t believe is not butter spray bottle in a skillet when you cook your fish or grape seed oil in a skillet for your chicken or fish.**

**In between meal eat almonds, cashews, walnuts, tbsp. Peanut butter, almond butter and blueberries. Drink a gallon of water a day if you don’t like water I put grape flavor classic orange crystal light and I drink Wal-Mart also drink Iaso tea with a tbsp. honey and a 1/2 of squeeze lemon with some of your meals, if you are not burning fat like you want cut out one or two of your carbs from your meals if your energy get low start adding them back or have a cheat meal, p.s. at least drink 8-16 cups of water if you can’t get down a gallon.**

**(Season of my choice) Garlic powder, crush red peppers, mustard, ketchup, fire sauce, hot chili sauce or hot sauce, seasoned salt, pepper, cayenne pepper, ground cumin, chili powder, ground turmeric, lemon pepper, McCormick fiesta citrus salt free, McCormick grill mate %25 less sodium Montreal steak, green mountain gringo mild or hot salsa sauce, green pepper, lemons, Splenda and onions and butter of choice I can’t believe is butter spray, choose the season you like to use for each meal. Supplements MATRIX meal replacement, or FNX Protein shake, Nutra Burst for amino acid and vitamins, Take NRG first thing in the morning for vigor and burning fat, Drink Slim AM pre workout or FNX Recharge Nitric Oxide Pre Workout for energy and muscle pump before workout, take FNX Recover-BCAA for recovery. If you get hungry and can’t get a meal in drink Matrix meal replacement or FNX Protein, it is important to drink at least 8-16 cups of water daily but try to get down a gallon if possible for better results.**