**100% Natural Pro Bodybuilder**

 **Get shredded Lean Meal plan**

 **Bernard Cunningham**

**Eat 3-5 meals a day for 120 lbs. to 160 lbs. per person.**

**5-6 meals a day for 160 lbs. to 240 lbs. per person.**

**Choose a meals, meat, veg and carb for your adjustment..**

**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 Steamers frozen green beans or fresh green beans. You can mix low sodium salsa Sauce with your food 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 day so cheat at your best. 8. You also can snack on Tuna packs and a small pack of whole wheat crackers at a limit.**

**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 a choice of almonds, cashews, walnuts, tbsp. Peanut butter or blueberries. Drink a gallon of water a day if you don’t like water I put Hawaiian punch fruit juicy red packs, grape flavor and starburst all pink strawberry packs. 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, hot sauce, seasoned salt, pepper, cayenne pepper, 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 from Total Life Change or FNX Protein shake, Nutra Burst from Total Life Change for amino acid and vitamins, Take NRG first thing in the morning for vigor and burning fat, Drink Slim AM pre workout from Total Life Change or FNX Recharge Nitric Oxide Pre Workout for energy and muscle pump before your workout. Take FNX Recover-BCAA for recovery. If you get hungry and can’t get a meal in drink Matrix meal replacement from Total Life Chang or FNX Protein, it is very important to drink water to see the best results.**