



The Camp 21-Day Summer Sizzle Slim Down

If you want to look great all summer long, you need to keep up with your body. And if you want to look downright sizzling, you need just the right plan of action to make it happen.

And the 21-Day Summer Sizzle Slim Down is just the right program for you!

If you follow this program, you'll practically guarantee you show off a hotter body than ever before. And you'll feel confident and energized all season long. Because each aspect of the 21-Day Summer Sizzle Slim Down has been hand-selected to give you a body you're excited about this season.

Use this guide over the next three weeks—nutrition, training and supplementation—and you'll experience your most sizzling summer yet!

Summer Sizzle Slim Down Nutrition Plan

The Summer Sizzle Slim Down nutrition plan is probably unlike others you've tried in the past because it features an eating mechanism that really shakes things up...

Intermittent fasting.

Intermittent fasting is the thrust of this nutrition plan because it's been proven time and again to be one of the most effective (if not the most effective) ways to burn fat and build lean muscle in a hurry. Now, intermittent fasting is not anything like a starvation diet because during those hours when you are allowed to eat—you'll eat *big*...

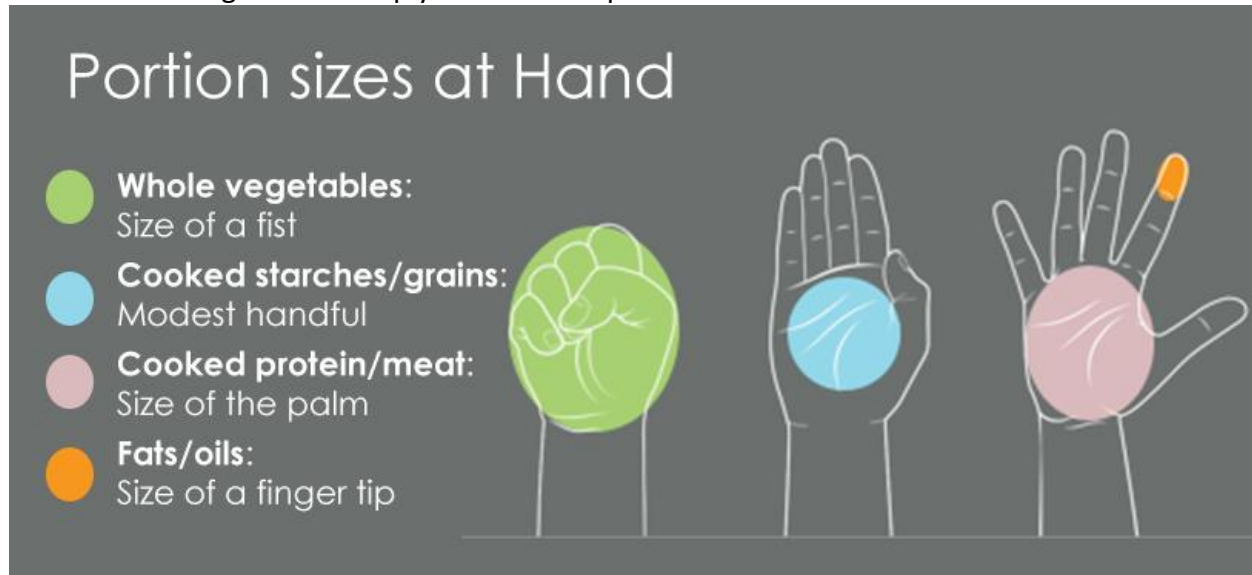
And pack your plate with protein, clean carbs, and a little bit of fat to make sure your hormones are in top shape for top fat loss. Plus, when you add our supplements to your nutrition plan over the next 21-days, you're sure to see sizzling results.

Portion Sizes On The Summer Sizzle Slim Down

For the Summer Sizzle Slim Down, you'll approach your eating window in a different way that you would on other programs because with intermittent fasting, you'll only eat for a portion of your day (not throughout the day).

As a result, when you start eating, you'll have larger portions per meal. We will break down your feasting window into 3 meals. That means you must consume 3 meals within 8-hours and hit your target protein, carbohydrates, and fat numbers within that time.

Use the following chart to help you decide on portion sizes:



Protein: 1 handful (4 oz.) = 25 grams protein

Carbohydrates: 1 handful (4 oz.) = 25 grams carbs

Whole Vegetables: Can eat however much you'd like (don't go overboard to save room)

Fats: 1 teaspoon = 5 grams fat

Men: Per Meal (3 meals)

Protein: 50 grams (150 total)

2 handfuls (8 oz.)

Carbohydrates: 60 grams (180 total)

2 handfuls (8 oz.)

Fat: 10 grams (30 grams total)

2.5 teaspoons

NOTE: Eat as many green vegetables as you'd like. Just make sure not to eat so much that you get too full and can't finish these meals.

Women: Per Meal (3 meals)

Protein: 42 grams (125 grams total)

1.75 handfuls (7 oz.)

Carbohydrates: 42 grams (125 grams total)

1.75 handfuls (7 oz.)

Fat: 7 grams (20 grams total)

1.5 teaspoons

NOTE: Eat as many green vegetables as you'd like. Just make sure not to eat so much that you get too full and can't finish these meals.

Supplement Spotlight: BCAA FX

Branch Chain Amino Acids (BCAAs) contain three important muscle building amino acids: leucine, isoleucine and valine and have been scientifically proven to have major benefits for your body...

First, they stimulate a process called protein synthesis which must take place in order for you to build muscle. In fact, In one study, published by the journal *Frontiers In Physiology*, people who consumed a drink with 5.6 grams of BCAAs after their resistance workout had a 22% greater increase in muscle protein synthesis compared to those who consumed a placebo drink.

BCAAs also help to reduce muscle soreness and muscle fatigue so you feel great from workout to workout.

This is a supplement you don't want to miss out on this summer—especially while practicing intermittent fasting on the Summer Sizzle Slim Down. **Grab our BCAA FX right away!**

Intermittent Fasting

Intermittent fasting has grown in popularity in recent years. And medical professionals and fitness experts agree that intermittent fasting is one of the most effective ways to burn fat off

your body (even the most stubborn kind) and maintain lean muscle so that your body looks and feels great.

The term *intermittent fasting* is meals to refrain from eating for a designated portion of your day, meaning there will be a specific window of time in which you'll eat and a specific window of time in which you don't eat every single day.

The intermittent fasting protocol got Summer Sizzle Slim Down looks like this:

- 16-hours fasting
- 8-hours feasting

It's really that simple.

With that said—we know that *fasting* can be intimidating. And you may be thinking to yourself, "16-hours without food? I don't think I've ever gone that long without eating something!"

Surprisingly, fasting for 16-hours is a lot easier than it sounds. And if you're consistent, your body will adjust to this new eating pattern after only a few days.

Here are some tips for dominating your fasting window every day:

- **Sleep smack-dab in the middle of your fasting window:** One great aspect of intermittent fasting is that the clock keeps ticking even while you're asleep. So if you get somewhere between 8-10 hours of sleep per night, you'll have completed at least half of your fast without any effort whatsoever.
- **Start fasting around 7pm:** If you begin your fast around 7pm, you'll be able to start eating again by 11am the following day, which is only a few hours after you start your morning. If you eat a meal high in protein, moderate on fats and with slow digesting carbs for dinner, you may not even feel hungry when you wake up.
- **Drink black coffee or green tea:** Drinking a zero-calorie beverage like black coffee and green tea can give you the upper hand on hunger pangs and cravings. These two beverages are proven appetite suppressants, so just a few sips and you'll keep hunger away for hours (if you get hungry at all).
- **Drink plenty of water:** Did you know that sometimes your body mistakes being thirsty for being hungry? If you stay hydrated, you'll keep feelings of hunger away. Plus, you'll fill your belly with something—which will also be helpful for your short fast.
- **Stay busy:** Do not spend your fasting time looking at the clock waiting to eat. Instead, stay busy. When you keep your hands and your mind filled up, you won't even realize

your belly isn't full. You can fill up your time with just about anything you'd like—hobbies, work, playing with your kids, reading a book.

- **Workout:** If you're someone who love to train in the morning, you have to get your hands on out BCAAs. It's a zero-calorie supplement that won't break your fast and will fill your muscles with essential amino acids so you can still build muscle in the gym while fasting.

With each of those intermittent fasting tips in-tact, you should have no problem completing your 16-hour intermittent fasting window.

Take a look below to find out what you should eat when it's time to start eating again.

High Protein

Protein is your most important macronutrient for building lean muscle that keeps you looking and performing your best everywhere you go.

Not only does protein build muscle—but it also kick starts your metabolism and fire's up your fat burning hormones so you can shed pounds around the clock...

On top of that, protein has been scientifically proven to balance your hunger hormones. In fact, a single serving of protein has the unique ability to eliminate sugar cravings for hours after you eat *and* keep your stomach satisfied for longer periods of time... So you're not tempted by "taboo" foods like candy bars and cupcakes...

One exciting study published in the *Journal of the American College of Nutrition*, discovered that after eating protein, you'll feel **more full** with **less food** when compared to other food options. The reason is this—protein reduces hunger hormone (ghrelin) levels, while also increasing your satiety hormone (peptide YY) which makes you feel full and satisfied around the clock.

To let you in on how powerful filling your plate with protein is, let's take a look at a 2005 study that included 19 overweight women. Over the course of 12-weeks, women were placed on 2 separate diets—one in which protein made up 15% of their daily caloric intake and another which made up 30% of their daily caloric intake. When they transitioned to making 30% of their daily caloric intake protein, the women consumed on average *441 fewer calories* each day without intentionally restricting any other food group...

These women ate over 400 fewer calories daily and didn't even realize it! That's how helpful protein will be during your *Summer Sizzle Detox*. But that's not all protein will do for you...

Protein works as a 1-2 punch for you body—building muscle and burning fat without costing you any extra effort. Protein contains amino acids that kickstart your metabolism and help you

slim down and fuel up on energy so you can look and feel great all spring season long. In fact, a large study which measured the relationship between muscle mass and metabolism, found that the more lean muscle you have, the faster your metabolism is going to run—and that, of course will lead to more fat burning over the next several weeks.

Plus, a study found in the *Journal of the American College of Nutrition*, discovered that your body uses more effort to metabolize protein than it does other food sources such as carbohydrates. And as a result, eating protein increases thermogenesis 100% in high protein diets when compared to low-fat diets. This heightened thermogenesis will melt unwanted body fat all over so you show off the lean look you desire...

The bottom line—you don't want to miss out on all the benefits that protein has to offer you over the next several weeks (*and beyond!*)... Fill larger meals with at least 20 grams of protein (the full size of your hand) to experience these exciting benefits.

Some of the best protein sources you can eat are:

- Eggs
- Chicken breast
- Lean ground beef
- Steak
- Salmon
- Tuna
- Shrimp
- Turkey
- Bison
- Cheese
- Low-fat milk
- Low-fat Greek yogurt
- Protein shake

And speaking of *the best* protein sources you can eat, I also want to shed light on *the most convenient* protein sources as well. See, you don't have to spend hours slaving away in the kitchen to get your protein "fix" every day. In fact, you can prepare a high-quality protein meal (or snack) in less than 1-minute using an elite protein powder.

Protein shakes and smoothies are a quick and easy way to fill up on protein that'll build muscle, burn fat, satisfy your stomach and help you look and feel your best around the clock. But not all protein shakes are created equally. Some protein powders you'll find at the local retail or health store are packed with additives and "filler ingredients" that won't do what you want your protein to do for you...

So instead of settling for a "run of the mill" protein powder that won't meet your expectations, get your hands on high-quality protein powder that'll last you weeks and won't break the bank.

To meet your protein requirement this spring, check out the protein powders I've listed below. Each powder is the cleanest, non-hormonal, non-GMO blend available. Every serving is packed with 25 grams of protein that'll add muscle, torch fat, and keep your stomach satisfied for hours. Mix and match for a delicious variety of protein shakes this season.

Clean Carbohydrates

On the 21-Day Summer Sizzle Slim down, you'll enjoy clean carbohydrates every day of the week...

Clean carbs are important for building lean muscle, regulating your metabolism and keeping your hormones balanced. So it's critical that you eat plenty after your fast to keep your body functioning at its best. Because you won't be able to burn the most fat if your metabolism isn't functioning at its best or if your hormones are all out of whack.

With that said, when you eat carbohydrates (even clean starches) your body uses the glucose produced from those foods as fuel for your body. Plus, when you eat too many carbohydrates, your body no longer uses those foods for fuel, but instead they're stored on the body as fat.

However, when you cut them out for 16-hours, you force your body to burn fat as fuel. And when you follow up with later in the day with carbs, you keep your hormones strong so that you burn *even more* body fat.

See, when you increase your carbohydrates after restricting them, you keep your body from going into starvation mode and as a result, your metabolism runs at top speed. In fact, a study published in the *Journal of the International Society of Sports Medicine*, found that this technique can be an incredibly effective strategy for getting the lean and mean body you desire.

Plus—clean starches (like the ones listed below) have been shown in animal studies to reduce body fat by a whopping 45%. They also stay longer in your belly without being digested, which feeds the good bacteria in your gut.

And by feeding the good bacteria in your gut, you'll naturally improve digestive health—which is another important aspect of getting lean and showing off a physique you love.

The fruits on this list are also high in antioxidants. Antioxidants are important nutrients that keep your stress hormone levels low, reverse aging and provide you with loads of energy. So by making these a staple in your diet after your intermittent fast, you may even notice that you look younger and feel younger by the end of the next 21-days.

Some of the best clean carbohydrates you can eat are:

- Sweet potatoes
- White potatoes
- Red potatoes
- Yams
- Oats
- Slow cooked brown rice
- Black beans
- White beans
- Lentils
- Quinoa
- 100% whole grain bread
- Corn Tortillas
- 100% grain cold cereals
- 100% whole grain cook cereals
- Raw honey
- Apples
- Bananas
- Oranges
- Melons
- Berries (every kind)
- Grapes
- Tomatoes

Greens And Vegetables

Greens and vegetables are the best way to flood your body with invigorating nutrients that help your body heal, reverse aging and prepare your body for top-notch fat loss and muscle growth—both of which automatically improve your body composition, so you look and feel better than ever.

Plus, they're packed with fiber, which is an important nutrient for keeping your stomach satisfied around the clock, so you don't experience pesky cravings or fall prey to late night snacking. Plus, good bacteria in your gut loves to feed on fiber—meaning that every bit of fiber will keep the greatest allies in your stomach working hard for you. See...

After years of dedicated research, there's a new saying floating around the health industry today. *You're only as healthy as your gut.* Meaning that if your digestive tract isn't clean and healthy, the rest of your body—from the inside-out—is going to suffer for it. But greens and veggies can save the day...

Greens and vegetables are loaded with fiber that keeps your digestive tract running at its best. Remember the good gut bacteria I mentioned earlier? Well, your gut contains both good bacteria and bad bacteria. Good bacteria can have a wide range of positive effects on the body – everything from regulating blood sugar, to immunity, healthy brain function to weight

control. Bad bacteria, on the other hand can cause inflammation, disease, and loads of stomach issues. But the good news is...

Greens and vegetables mostly contain insoluble fiber, meaning that it stays intact as it passes through the digestive tract, and as a result pushes other food through your digestive tract and out of your body more quickly than other fiber sources. Also, because insoluble fiber remains in your stomach intact, your good bacteria ends up digesting it and using it as fuel for survival—which is exactly what you want... Because the more friendly bacteria you have in your gut, the better off your health will be.

To sweeten the pot even more, because leafy green fiber is an insoluble fiber source, it takes longer to digest, and as a result, keeps you fuller for longer periods of time—just like protein does. When you pair protein and leafy green veggies together, you won't have to worry a bit about pesky cravings, hunger pangs or late-night snacking.

On top of these benefits, one study, published in the *Journal of Nutrition*, discovered that the high vitamin and mineral content of leafy greens can also improve fat burning altogether—and help you burn fat around the clock...

Really, throughout your summer shred, you can't go wrong with any kind of vegetable. Here's a full list of everyone you'll want to enjoy over the next several weeks while you gain these incredible benefits:

- Spinach
- Kale
- Broccoli
- Brussels Sprouts
- Cabbage
- Sauerkraut
- Asparagus
- Green Beans
- Peas
- Cucumbers
- Celery
- Cauliflower
- Carrots
- Beetroot
- Zucchini
- Bell Peppers
- Chiles
- Onions
- Corn

With these greens and vegetables packed onto your plate, blended into smoothies and filling up your salad bowl, you'll instantly improve every function in your body. Because every time you dig into healthy portions of these wholesome foods, you'll fill up on time-reversing and skin clearing antioxidants. And load up on vitamins and minerals that stoke your metabolism and help your body burn fat and build muscle around the clock—even when you aren't near the gym.

What About Fats?

Throughout your 3-week Summer Sizzle Slim Down, you want to make sure you consume enough fat to keep your hormones working at their best. See, your body needs healthy fats to produce important fat-burning and muscle building hormones like testosterone.

So over the next 21-days, you want to be *intentional* about the fat sources you consume because a few little servings of fat can add up to a whole lot of calories.

- Avocado
- Olive oil
- Butter
- Canola Oil
- Coconut Oil
- FTO Oil

One of the best ways to take control of your fat intake is to grab our Essential Fatty Acid supplement below...

Supplement Spotlight #2: MyoFX EFA Complex

MyoFX EFA Complex is polyunsaturated fat blend that is essential to get into your diet on a daily basis. In fact—they cannot be manufactured in the body. So you need to make sure you're getting them from a food source, or in this case, a supplement source.

They are the starting point – or the mortar and brick – for manufacturing all other fatty acids and hormone precursors necessary to support and build strong lean muscle while increasing stamina required for fitness and bodybuilding. They also:

- Increase metabolism
- Increase insulin sensitivity
- Natural anti-inflammatory
- Improve brain function
- Increase energy but not body fat
- And much more!

Get your hands on MyoFX EFA Complex today and get all these perks over the next 3 weeks.

Summer Sizzle Slim Down Training Plan

To show off your best physique and most thriving energy levels during the *Summer Sizzle Slim Down* training plan, you want to add the most effective form of training to your day-to-day... HIIT (High Intensity Interval Training).

This type of training is proven to be the most effective method for boosting your metabolism, burning fat, building muscle, and regulating your sex-hormones, which have a profound effect on achieving your best body.

High Intensity Interval Training is a training method in which you give your all-out, 100% effort during quick bursts of exercise. After each burst of exercise, you'll have short recovery periods—and burn more fat in less time, no questions asked. Even more impressive is the fact that HIIT creates an “afterburn” effect, meaning that you'll continue to burn calories hours after you've finished your training.

Plus, when you give your very best effort during exercise, you stimulate top-notch muscle growth so you can put on lean muscle in little time.

Some of the other benefits of High Intensity Interval Training are:

- Increases your metabolism...
- Doesn't require equipment...
- Can be done anywhere...
- Quick workouts that won't keep you in the gym for hours...

For more impressive results from HIIT, we recommend that you train *while fasted*—meaning that if you work out in the morning, you should do so *before* you eat, not after.

And because you're participating in the *Summer Sizzle Slim Down*, you'll do a majority of your workouts in this fasted state.

One study, published in the *American Journal of Physiology*, tested the effects of pre-exercise meals on fat burning during exercise in a small group of men. Six healthy and active men were tested for fat oxidation both after an overnight fast followed by exercise and a small breakfast followed by exercise. Researchers concluded that the subjects burned more fat after exercising in a fasted state instead of a fed state.

Essentially, when you train in a fasted state, your body breaks down fat cells for energy, and mobilizes it for top-notch fat burning—which is a must-have when you're trying to get your best-looking body this summer.

Another study published in *Acta Physiologica (Oxford)*, discovered that when you train in a fasted state, blood flow increases in your abdominal region and as a result, burns more fat in those stubborn stomach fat areas. This way, you can show off a slim stomach when you head to the beach or go to a pool party.

As an added benefit, when you train in a fasted state, your glycogen stores become depleted. Your glycogen stores are those deposits in your body where glycogen is saved for future use. Particularly, when you train...

Which is actually a problem if you want to get and keep your lean physique this season...

See, when your glycogen stores are loaded up with glycogen, your body burns the glycogen for fuel instead of burning fat for fuel. However, when you train in a fasted state, you deplete your glycogen stores and your body mobilizes and uses fat for energy instead. Which ensures that every workout is a fat-burning one.

Another benefit of training fasted while on the *Summer Sizzle Slim Down* is that when you train fasted, you increase the amount of testosterone receptors in your body. And when you do that—you improve your hormones for better muscle gain.

As a result, you your muscles will be in the perfect environment to grow when you feed them—making it the perfect time to eat a high carbohydrate meal and protein after you're workout (standard protocol for a carb cycling program).

If you aren't used to training in a fasted state and you're worried about feeling a little sluggish on your way to the gym, check out **PreFX** (our pre-workout supplement) that'll increase energy, improve mental focus, boost endurance and maximize strength in the gym.

It's also packed with beta-alanine, a natural amino acid that's been proven to enhance performance in the gym.

So with the training, fasting, and supplement settled, what are some examples of HIIT that you can add into your workout this week?

Here are some suggestions:

H.I.I.T. Circuit Workout Examples:

Bodyweight HIIT Workout #1: Descending Ladder

- 10 bodyweight squats, 10 crunches, 10 burpees, 10 v-sit ups
- 9 bodyweight squats, 9 crunches, 9 burpees, 9 v-sit ups
- 8 bodyweight squats, 8 crunches, 8 burpees, 8 v-sit ups

- 7 bodyweight squats, 7 crunches, 7 burpees, 7 v-sit ups
- 6 bodyweight squats, 6 crunches, 6 burpees, 6 v-sit ups
- 5 bodyweight squats, 5 crunches, 5 burpees, 5 v-sit ups
- 4 bodyweight squats, 4 crunches, 4 burpees, 4 v-sit ups
- 3 bodyweight squats, 3 crunches, 3 burpees, 3 v-sit ups
- 2 bodyweight squats, 2 crunches, 2 burpees, 2 v-sit ups
- 1 bodyweight squat, 1 crunch, 1 burpee, 1 v-sit up

Bodyweight HIIT Workout #2: Power Pyramid

(Repeat this circuit 3 times)

- 50 plank shoulder taps (25 per arm)
- 40 jump squats
- 30 lunges (15 per leg)
- 20 push-ups
- 10 scissor kicks

Bodyweight HIIT Workout #3: Wild Card Dash

(Repeat this circuit 10 times, 30 second rest between exercises)

- All-out sprint/row/bike (45-seconds)

Bodyweight HIIT Workout #4: Full Body Shredder Circuit

(Repeat this circuit 10 times, 30 second rest between each circuit)

- 25 kettlebell squats
- 25 flutter kicks

Bodyweight HIIT Workout #5: 360-Degree Belly Blast

(Repeat this circuit 10 times with 30 seconds rest in between each circuit)

- Left side crunches (30 seconds)
- Right side crunches (30 seconds)
- V-sit ups (30 seconds)
- Plank (30 seconds)

HIIT is a dynamic form of exercise. There's never a dull-moment when performing HIIT. And all you need to succeed in this training plan is dedication and your best effort. With those two ingredients combined, you won't fail to unlock an incredible body with a steady flow of energy throughout the day.

The workouts I've given you above are physically and mentally challenging so make sure you stretch your muscles and your mind beforehand! You can also perform HIIT on a stationary bike, with hill sprints, or even kettlebell swings. If you're stale on HIIT ideas, just type HIIT workouts into your internet browser and you'll have plenty of other recommendations to work off of.

Tabata Workout By The Beach

Tabata training was discovered by Japanese scientist Dr. Izumi Tabata and a team of researchers from the National Institute of Fitness and Sports in Tokyo.

Tabata and his team conducted research on two groups of athletes. The first group trained at a moderate intensity level while the second group trained at a high-intensity level. The moderate intensity group worked out five days a week for a total of six weeks and each workout lasted one hour...

The high-intensity group worked out four days a week for six weeks; each workout lasted four minutes and 20 seconds (with 10 seconds of rest in between each set).

At the end of the trial, Group 1 had increased their aerobic system (cardiovascular), but showed little or no results for their anaerobic system (muscle).

Group 2, however, showed much more increase in their aerobic system than Group 1, and increased their anaerobic system by 28 percent.

In conclusion, high-intensity interval training has more impact on both the aerobic and anaerobic systems.

Each exercise in a given Tabata workout lasts only four minutes, which makes them very convenient—and you can do them anywhere! The structure of the program is as follows:

- Work out hard for 20 seconds
- Rest for 10 seconds
- Complete 8 rounds

You push yourself as hard as you can for 20 seconds and rest for 10 seconds. This is one set. You'll complete eight sets of each exercise.

You can do pretty much any exercise you wish. You can do squats, push-ups, burpees or any other exercise that works your large muscle groups. This way, you'll get the best body shaping results in the shortest time possible—4 minutes to be exact!

Tabata Set #1:

Burpees
Mountain Climbers

(alternate each exercise for 20 seconds, resting 10 seconds in between and repeat for 8 cycles.)

Rest for 1-minute

Tabata Set #2

Squat Jumps
Plyo-Jacks

(alternate each exercise for 20 seconds, resting 10 seconds in between and repeat for 8 cycles.)

Rest for 1-minute

Tabata Set #3

Bodyweight Squats
High Knee Sprint In Place

(alternate each exercise for 20 seconds, resting 10 seconds in between and repeat for 8 cycles.)

Rest for 1-minute

Tabata Set #4

Jump Kicks
Alternative Jumping Lunges

(alternate each exercise for 20 seconds, resting 10 seconds in between and repeat for 8 cycles.)

Rest for 1-minute

Summer Sizzle Slim Down Supplement Guide

Supplements were never meant to be an end-all-be-all solution to looking great...

But they're definitely helpful *tools* to carve out lean body with pulsing energy levels—so you can live life to the fullest this summer (and stay a few steps ahead of everyone else this bathing suit season).

So which supplements are the best ones to optimize your health during your *Summer Sizzle Slim Down*?

Let's find out...

MyoFX 21-Day Detox

You're only as healthy as your gut...

And because this eating plan may be a stretch from any diet you've been used to in the past, you want to help your digestive tract adjust as smoothly as possible while ensuring it's as healthy as can be.

For that reason, I recommend getting your hands on MyoFX 21 Day Detox, a 3-week herbal supplement with vitamins that'll cleanse your kidney, liver and colon – the three most important organs for nutrient absorption in your body.

This is the easiest detox supplement on the planet... It contains 21 *separate* packets, each with 6 capsules (the daily dosage) so you don't miss out on a single day of getting and staying lean this summer.

MyoFX EFA Complex

While on your *Summer Sizzle Slim Down*, you run the risk of missing out on essential polyunsaturated fatty acids, essential nutrients that cannot be manufactured in your body and can only be obtained through your diet. In fact, these fatty acids are the building blocks that other fatty acids and sex hormones need in order to thrive.

In short, you don't want to miss out on PUFAs... They're essential to the very hormonal functions that keep your fat-burning furnace firing around the clock. Some of the other perks include:

- Increased metabolic rate because EFA's increase energy levels
- Increased insulin sensitivity by delaying stomach emptying time; This allows the digestive system to absorb carbohydrates more slowly resulting in a decreased insulin response
- Decreased blood pressure due to its blood thinning abilities
- Are converted into prostaglandins (natural anti-inflammatory agent produced in the body) that help decrease inflammation and pain; reduced muscle soreness after strenuous workouts and shortened recovery time
- Increased brain function, mood and intelligence; the brain is 60 percent fat and needs omega-3s to function properly

- Improved stamina and endurance due to optimal production of hormones
- Reliable source of energy without increasing body fat
- Increased production of hormones

The bottom line is that you don't want to miss out on the essentially fatty acids that your body needs to thrive year-round. Cover all your bases with one simple supplement.

Glutamine FX

After training, you want to make recovery as quick as possible by packing your muscles with the essential amino acid that makes up more than 70% of your muscle tissue...

Introducing GLUTAMINE FX...

A study published in the *International Journal of Nutrition and Exercise Metabolism* discovered the undoubted effectiveness of L-Glutamine on muscle recovery and reduced muscle soreness, indicating that you won't find a better supplement on the planet to help you rejuvenate after a workout.

On top of this extraordinary benefit, Glutamine FX will hand deliver:

- Better brain function – Is an essential neurotransmitter in the brain and helps with memory, focus and concentration.
- Build and keep muscle – Promotes muscle growth and decreases muscle wasting
- Improved athletic performance and recovery from endurance exercise
- Curbed cravings for sugar and alcohol
- Healthy blood sugar level support

MyoFX Whey Protein Powder

When your goal is to consume plenty of protein that'll build muscle, torch fat, and curb hunger cravings throughout the day, look no further than the highest-quality whey isolate you can get your hands on.

MyoFX Whey Protein Isolate is conveniently packed with 25 grams of high-powered protein per serving so you can make sure you're consuming enough protein this season to look and feel your best...

Your physique will be 'untouchable' with a couple scoops of your favorite flavors each day. Plus MyoFX Whey Protein Isolate contains:

- Fast acting protein – Great for post workout! Quickly get the muscle back in a positive nitrogen state for optimal recovery.

- No Lactose – Great for clients who are lactose intolerant and cannot take other milk derived proteins.
- Non-Hormonal – Our protein comes from cows that are grass fed and not loaded with hormones!
- Non-GMO – The acronym GMO stands for Genetically Modified Organisms, which refers to any food product that has been altered at the gene level
- Less than 1g of sugar and fat
- Gluten Free
- 5 grams of BCAA per serving – an added bonus to increase post workout recovery
- 5 delicious flavors – Chocolate, Vanilla, Cinnamon, Natural Chocolate, Natural Vanilla.

Mix and match your favorite flavors so you get plenty of delicious varieties from your protein this summer.

LipoFX

Do you want a little extra help burning the fat off before a day at the beach? Look no further than the supplement that'll help you torch fat 24/7...

With its unique blend of Green Tea Extract and Caffeine, LipoFX is the supplement that'll give you a leg up on the competition. This supplement has been scientifically formulated to promote fat burning while you sleep *and* shut down your fat-storage hormone (cortisol) by calming your nervous system.

For over-the-top benefits for your physique, LipoFX also:

- Contains Glucomannan which takes up space in the stomach and promotes a feeling of fullness (satiety), reducing food intake at a subsequent meal.
- Valerian root which aids in calming of the nerves and relaxation of the muscle for improved rest
- Increases metabolism of fat by using L-Carnitine Tartrate and Guggul Lipid Extract
- Increases mood and relaxation with 5HTP
- Chromium Picolinate to help regulate normal blood glucose levels

PreFX

If you need a little “pick-me-up” before your workouts, don’t miss out on a pre-workout supplement that'll send off surge of electric energy through your veins and help you achieve a pumping workout.

PreFX has been scientifically developed and is packed with high-powered ingredients that'll give you plenty of sustainable energy throughout your workout while also improving your fat-burning and muscle building capabilities. PreFX promises to:

- Increase energy – PREFX is powered with 120mg of Caffeine Anhydrous the purest form of caffeine. We have added just enough caffeine to give you that pre-workout boost without over stimulating your nervous system.
- Increase mental focus – DMAE has been added to sharpen your focus while training and has also been shown to stimulate the nervous system as well for added energy.
- Increase endurance – Over 1000 mg of Beta Alanine has been added to help lessen the lactic acid burn while increasing muscle endurance and firing power.
- Increase strength – 1000 mg of Creatine HCL has been added as well to increase strength and muscle volume

Now What?

Don't start your *Summer Sizzle Slim Down* without at least browsing through the supplements I've listed for you above. They'll prove to be incredible allies to keep you looking and feeling your best this beach season and beyond.

Treat yourself to these high-powered supplements for unbeatable results that you'd otherwise miss out on.

Summer Sizzle Slim Down Recipes

Stuffed Egg Breakfast Burritos

What You Need:

- 1-1/2 cups white quinoa, uncooked
- 3/4 pound boneless beef top sirloin steak, cut into bite-size pieces
- 1/2 teaspoon reduced sodium Montreal steak seasoning
- 1/2 cup chopped yellow onion
- 1/2 cup chopped red bell pepper
- 1 cup asparagus cuts
- Cook with zero-calorie cooking spray

How-To Make It:

1. In a bowl, whisk together eggs and egg whites
2. Spray a skillet with nonstick spray
3. Scramble eggs (with salt & pepper, if using) over medium heat until desired doneness

4. While eggs are cooking, dice up red pepper, green pepper and onion
5. When eggs are done, remove from pan and cover
6. Add ground beef and taco seasoning to skillet
7. Cook beef until done
8. Lay burrito or tortilla on a plate
9. Layer scrambled eggs, peppers, onion, ground beef and then finish off with a sprinkle of cheese
10. Wrap up and enjoy with a side of fresh fruit!

Nutritional Content: 2 servings

Calories: 600

Protein: 68g

Carbohydrates: 40g

Fat: 18g

Grilled Chipotle Shrimp Tacos

What You Need: (makes 8 tacos)

- 1 lb shrimp
- ½ medium avocado, diced
- ½ cup cabbage, chopped
- 8 extra thin corn tortillas
- Chipotle seasoning, as desired

How-To Make It:

1. Heat grill to around 300 degrees
2. Spray grill with non stick grill spray or toss shrimp with ½ tbs olive oil
3. Place shrimp on the grill and cook for about 3 minutes
4. Flip shrimp and cook an additional 2-3 minutes or until pink in color
5. When shrimp are done cooking, season with chipotle seasoning

6. Evenly divide the chopped cabbage, shrimp, avocado and dressing among 8 corn tortillas

7. Enjoy!

Nutritional Content: 4 tacos (1 serving)

Calories: 425

Protein: 45g

Carbohydrates: 44g

Fat: 7g

Vegetarian BBQ Cobb Salad

What You Need: Makes 2 salads

- 6 cups Shredded Lettuce
- 1 cup Diced Orange Pepper
- 4 large Egg Whites, chopped
- ½ cup Tomato, chopped
- ¾ cup Cooked Corn
- ½ cup Black Beans, drained and rinsed
- ¼ cup barbecue sauce of choice

How-To Make It:

1. Dice ingredients and cook corn and eggs
2. Mix all ingredients into a salad bowl
3. Drizzle a little BBQ sauce on the salad and enjoy!

Nutritional Content: 1 salad

Calories: 370

Protein: 40g

Carbohydrates: 50g

Fat: 2g

High Protein Fresh Turkey Burger

What You Need: (makes 1 burger)

- 1 Hamburger Wheat Bread Roll
- 6 oz Turkey Breast
- Lettuce

- Tomato
- Onion
- Condiments, as desired

How-To Make It:

1. Grill or cook turkey burger as desired
2. Place on roll
3. Top with lettuce and tomato and onion
4. Enjoy!

Nutritional Content: 1 burger

Calories: 345

Protein: 50g

Carbohydrates: 29g

Fat: 3g

Lean Protein Reuben**What You Need:**

- 2 slices whole grain wheat bread
- 5 oz favorite sliced deli turkey breast
- 1 slice low fat cheese (of your choosing)
- 2 tbs sauerkraut
- salt and pepper, as desired

How-To Make It:

1. Toast bread as desired
2. Layer 1 slice of toast with turkey breast, sauerkraut, dressing, and cheese
3. Top with second piece of toast
4. Slice in half and enjoy!

Nutritional Content:

Calories: 385

Protein: 50g

Carbohydrates: 25g

Fat: 9g

Chicken Caesar Wraps

What You Need:

- 3 oz. Baked Chicken Breasts
- 1/2 Medium Chopped Cucumber
- 2 oz. Non-Fat Plain Greek Yogurt
- 1 clove Garlic
- ¼ cup Kale
- 2 Whole Corn Tortillas
- 1 cup Hearts Of Romaine Lettuce

How-To Make It:

1. Combine yogurt, mustard, 1 clove of cooked garlic and anchovy paste. Toss and coat romaine lettuce and cucumbers together with dressing. Split coated greens into 2 portions and place into tortillas, add ~1.5 oz. chicken per tortilla. Wrap up and enjoy.

Nutritional Content: 2 wraps

Calories: 315

Protein: 40g

Carbohydrates: 30g

Fat: 8g

Balsamic Steak & Pasta Salad Recipe

What You Need:

- 1lb Sirloin Tip Steak
- 8 oz Pasta, cooked and drained
- 1½ cup asparagus, cut
- 1 cup sliced cherry tomatoes
- ½ cup low-fat mozzarella cheese
- ¼ cup garlic, chopped
- Salt & pepper, to taste
- (low fat dressing of your choice)

How-To Make It:

1. Slice steak into thin strips and grill until desired doneness

2. Toss together cooked pasta, asparagus, tomato, balsamic, and seasonings
3. Add in cooked steak and goat cheese
4. Toss gently
5. Serve immediately or store in a sealed container until ready to enjoy!

Nutritional Content:

Calories: 310

Protein: 35g

Carbohydrates: 30g

Fat: 7g

High Protein Churro Scones

What You Need: (makes 8)

- 2 ⅓ cup oat flour
- 1 scoop MyoFX Cinnabon Protein Powder
- 1 Tbsp cinnamon, divided
- 2 tsp baking powder
- ⅔ cup vanilla egg whites
- ¼ cup butter, frozen
- ¼ cup honey
- 1 large egg
- ½ tsp vanilla extract

How-To Make It:

1. Preheat oven to 400 degrees F
2. Line a baking sheet with parchment paper
3. Combine oat flour, protein powder, baking powder, salt and 2 tsp cinnamon in a bowl
4. Add frozen coconut oil to bowl and cut into mixture using a pastry cutter or 2 forks
5. In a separate bowl, whisk together egg whites, egg, vanilla, honey
6. Add wet ingredients to dry ingredients

7. Mix until a dough comes together (if dough seems sticky, add in 1 tbs of oat flour at a time)
8. Place dough onto parchment lined baking sheet
9. Shape into a circle
10. Sprinkle with remaining 1 tsp ground cinnamon
11. Bake 15-18 minutes or until edges start to firm
12. Remove from the oven and cut into 8 triangles (center will still seem undercooked, this is ok)
13. Return to the oven for another 5-7 minutes
14. Remove from the oven and give your scones one more pass through with the knife
15. Separate the scones on the baking sheet
16. Return to the oven and bake for 2 minutes
17. Finish off with additional cinnamon

Nutritional Content: (per scone)

Calories: 265

Protein: 12g

Carbohydrates: 32g

Fat: 10g

Banana & Oats Protein Shake

What You Need:

- 8 oz skim milk
- 1 banana
- 1/2 cup of oats
- 2 scoops of MyoFX whey protein powder

How-To Make It:

1. Choose your favorite protein powder flavor and combine all ingredients into a blender and blend until smooth. Enjoy!

Nutritional Content:

Calories: 535

Protein: 50g

Carbohydrates: 65g

Fat: 6g

Chewy Chocolate Peanut Butter Protein Cookies**What You Need: Makes 10 cookies**

- ¼ cup Coconut Flour
- 2 ½ scoops MyoFX Chocolate Peanut Butter Whey Protein
- ¾ tsp. Baking Powder
- ½ tsp. Sea Salt
- ¼ cup Honey
- 1 Large Egg
- 1 Tbsp. Coconut Oil, melted
- 1 ½ tsp. Pure Vanilla Extract
- 2 tsp. Cinnamon

How-To Make It:

1. Sift together coconut flour, protein powder, baking powder and salt
2. Whisk together melted coconut oil, egg, vanilla and honey
3. Combine wet and dry ingredients
4. Mix until just incorporated
5. Cover and place in the refrigerator for 20 minutes
6. Preheat oven to 325 degrees F
7. Line a baking sheet with parchment paper
8. In a small bowl mix together cinnamon, if desired
9. Shape dough into balls (about 1.5 tbs size)
10. Roll in cinnamon mixture, if using
11. Place cookies on baking sheet

12. Flatten cookie into desired shape
13. Bake for ~10 minutes
14. Remove from oven and allow to cool

Nutritional Content: (1 cookie)

Calories: 90

Protein: 7g

Carbohydrates: 10g

Fat: 3g