



Blue Star Nutraceuticals™ Presents

TOTAL TESTOSTERONE

INTRODUCTION

A Guide to Crank Test Levels,
Build Muscle & Shred Fat

Available to the public for the first time!

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Test Is King

Testosterone is the King of all things male! It is the single most powerful hormone that is necessary for building mounds of muscle, throwing up some serious weight, and driving your desire to chase tail! Without testosterone levels at their maximum you can forget about ever making real muscle gains, shredding down body fat or even having the energy and focus to get through a serious training session. Not to mention, get the hot babe you have had your eye on in the gym, after all women can sense who's got it and who doesn't.

You might be thinking there is nothing wrong with your test levels, but research would tell us a different story. Men who should be in their testosterone prime have been found to have testosterone levels of men double their age! In fact, for the past two decades testosterone levels in what should be healthy young men, has been dropping due to an environment ripe with testosterone blocking chemicals in everything from the food we eat to the air we breathe. These toxins also increase production of the female hormone estrogen, resulting in some serious and unwanted side effects, including loss of libido, muscle loss, decreased strength, in ability to focus,

increased belly fat and perhaps the worst side effect - gynecomastia, also known as 'man boobs'! What's worse, excess body fat has high levels of the nasty enzyme aromatase whose main function is to convert testosterone into estrogen, and as estrogen levels rise, the body actually responds by decreasing test production. So if you already have some excess fat to lose, you can be assured your testosterone levels are at an all time low. Research has shown that a 4 to 5 percent increase in your BMI or body mass index, approximately 30 pounds of weight gain, can trigger a decline in a man's T-levels equal to 10 years!

Pretty much everything you do can have an influence on your test levels. Even the amount of hours you sleep, the types of activities you perform, and the stress you carry can either boost or punish testosterone production. The stress hormone cortisol, which can be brought on by the stresses of life – work, your daily commute, or excessive workouts, can interfere with testosterone's ability to bind to receptors on the muscle, shutting down the muscle building process.

Test Is King (cont.)

The result, increases in estrogen levels, which in turn hinders your body's ability to build muscle or even burn fat, it's a vicious cycle!

By now, it should be apparent that guys with lean, muscular bodies, evidently not only have higher testosterone levels, but are more likely experiencing better workouts, increased strength, energy levels, a higher metabolism and far more sex than you are! Test is the king of all hormones, that's why many guys resort to using it synthetically to maximize levels, but this risky direction can be avoided. Testosterone can be cranked up naturally and effectively without the need for illegal steroids, what's more you can avoid the dangerous side effects, rebound, hair loss, acne and libido problems that can accompany a cycle. As we have already discussed, what you do, what you eat, and how you workout can have a direct effect on your body's ability to crank out testosterone. The Testosterone Boosting Guide is a fully loaded workout and diet plan intended to maximize your testosterone levels, increase your metabolism and of course pack on some serious muscle. You'll learn what to eat with a complete meal plan, and a workout that utilizes research proven exercises

that increase testosterone production. You'll also learn how to maximize every minute of the day to boost testosterone from the time you wake to the time you sleep, all through the use of all-natural supplements and simple lifestyle changes. And you are going to accomplish all of this in just 12-weeks!

Sincerely,



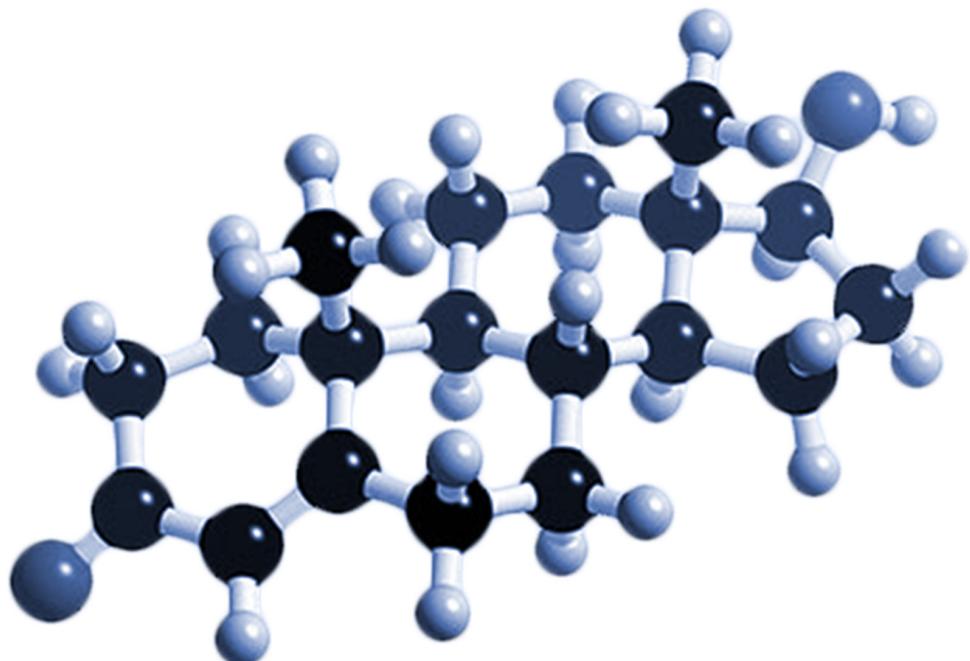
Adam Cloet
President
Blue Star Nutraceuticals™

Testosterone Boosting

The Program Components

By now you should understand the 1 factors that can have a direct and crippling effect on your body's ability to crank out testosterone, and that while some like age are completely out of your control, maximizing your testosterone levels naturally is possible, and can result in some serious muscle size gains, jack-up strength levels and increase your body's ability to shred body fat!

This Three-Phase Testosterone Boosting Guide uses a complete approach that focuses on all areas that effect testosterone production including workout, nutrition, and lifestyle!



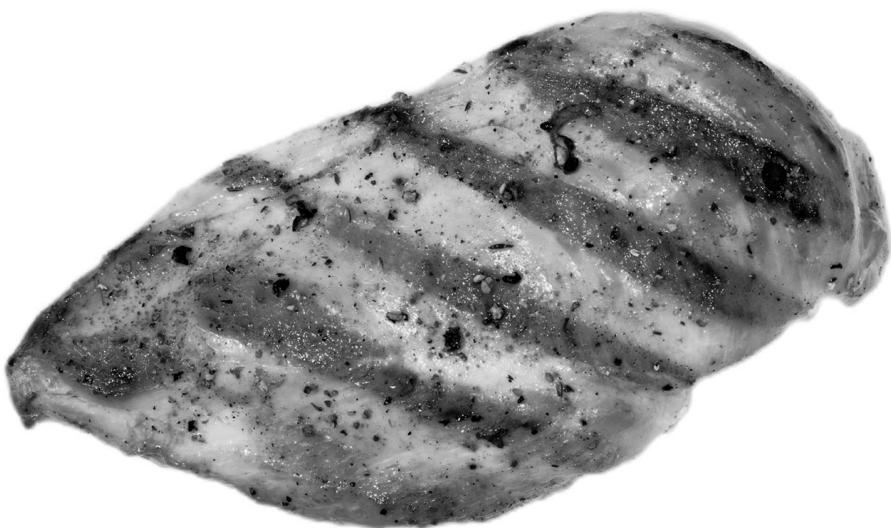
Testosterone Boosting

The Diet

Diet is a key component of the Testosterone Boosting Transformation Plan, since what you eat has a direct effect on your ability to up testosterone production. Nutrients that are supplied from the food you eat, fuel the processes that ignite testosterone production, muscle building, and muscle tissue repair. In fact, if you don't supply your body with the correct nutrients in the right proportions you can forget about boosting test levels, stimulating recovery or building an ounce of muscle on your frame. Traditional diets don't cut it; they are too low in calories, saturated fats or even protein for that matter. Without adequate saturated fats such as whole eggs or red meat you will never have enough cholesterol to even make testosterone. In fact studies have shown that eating a fat limiting

diet that is less than 10 percent of your total calories can significantly reduce testosterone levels. What's more, those following low fat diets are fatter than those on higher fat diets.

The Testosterone Boosting Diet will show you how to eat the right combination of foods, at the right times of the day to lose belly fat, curb production of the catabolic stress hormone cortisol and increase of testosterone for maximum muscle growth!



Testosterone Boosting

The Workout

If you are performing the wrong workout, you can decrease testosterone levels instead of increasing them; in fact certain exercises can have a direct effect on boosting testosterone levels, while others can crush it. How you train, how often, with which exercises, your set and rep scheme all have a direct effect on how much test your body releases, how much fat you will lose, and how much muscle your body makes! It is a fine line, overtraining can result in less than favorable results including increases in catabolic cortisol and decreases in anabolic testosterone. The

Testosterone Boosting Transformation Workout utilizes a combination of high volume and multi-joint movements to stimulate test production and enhance the release of muscle building growth hormone. This 3-phase workout plan will progress you through some serious size, strength and muscle gains to shed unwanted body fat in the final cycle!



Testosterone Boosting

The Supplements

The diet and workout are the bulk components of the Testosterone Boosting Transformation Guide, however supplementing your diet and making simple lifestyle changes can go above and beyond just increasing your testosterone, to maximizing your test levels to epic proportions.

This plan will provide you with a simple list of tips to help you keep your testosterone levels

elevated and avoid estrogen from ever appearing. Accompanied with the right supplements to crank up your natural test levels, and you will keep your body primed with the right nutrients to keep test levels pumping all day long!





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CHECKLIST

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The Checklist



1

Hard-Core Gym

This workout guide is all about boosting testosterone; you certainly wouldn't want to do it in a girly gym. Find a hard-core gym that motivates and inspires you to train at your utmost intensity. And be sure the gym you choose has the right equipment; you will need access to heavy free weights, barbells and cable machines.



2

Test Boosting Formula

If you follow the Testosterone Boosting Guide exactly as it is laid out, including the 12-week workout and diet plan, you will be well on your way to maximizing your testosterone levels the natural way, add in a superior testosterone boosting supplement stack including Blue Star's Status™ and you will crank up your testosterone levels like never before!



3

Pre-Workout Formula

If you want to be sure you are kicking ass every time you set foot in the gym over the next 12-weeks, you need to use a solid pre-workout product. Blue Star's P.P.K.™ delivers a precise dose of pre-workout ingredients that super-charge your workouts, drive energy levels, strength, and power.



4

Test Boosting Workout

As soon as you access the Testosterone Boosting Workout, print it off, read it and put it in your gym bag. You certainly will not get any results if you don't follow the plan exactly as it is laid out, so stick out the 12-weeks and maximize your muscle building!



5

Fully Stocked Gym Bag

Make sure you arrive at the gym prepared, you will of course need your gym clothes, your runners, a pair of wraps for all the heavy lifts, a stop-watch to keep track of your rest periods between sets, plenty of water and your smart phone loaded with songs to keep you focused and in the zone!



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TOTAL TESTOSTERONE

WORKOUTS

A Guide to Crank Test Levels,
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Testosterone Boosting Workout

The Testosterone Boosting Transformation Workout is a 3-phase workout that utilizes a set of research proven parameters to crank up test production and enhance the release of muscle building growth hormone. As you

progress through each 4-week cycle you will pack on muscle, build strength and burn off body fat! Follow the parameters and guide exactly as they are laid out for maximum results!

Parameters:

1. Multi-Joint Exercises: including Squat, Deadlift, Military Press, and Bench Press are critical exercises to increasing testosterone levels.

2. Maximizing Muscle Hypertrophy: serum testosterone to cortisol ratio increases with rep ranges between 5 to 12.

3. Volume: too low volume will not give you any benefit, and too high volume can become detrimental to your results, volume between 65 to 85 percent of your 1 RM will be utilized.

4. Rest Periods: 1 to 2 minutes, 1 minute rest is effective for stimulating test levels, while greater rest periods are critical for gh release.

5. Time Under Tension: For maximum testosterone release the time under tension will be kept between 30 and 70 seconds, TUT refers to the amount of time a muscle keeps contracted for the given duration of a working set.

6. Muscle Confusion: Changing up exercises frequently doesn't allow muscle to get used to an exercise routine, as a muscle gets more accustomed to a workout, a plateau can result. The best way to keep the muscles from adapting is to keep changing up the supportive exercises every 4 weeks, without changing the core multi-joint exercises.

Testosterone Boosting Workout

Workout Schedule:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DAY	DAY	DAY	DAY	DAY	DAY	DAY
1	2	REST	3	4	REST	REST

Workout Rules:

1. Follow the workout exactly how it is laid out.
2. Rest days are necessary and are important to allow for full muscle recovery.
3. Avoid long duration cardio sessions during the next 12-week program; long cardio sessions can reduce test production and catabolise muscle, instead opt for HIIT training, which can optimize fat burning! Not only will you get better results, you will also spend less time on the treadmill. This type of cardio can be performed 3 to 4 times per week during the next 12-weeks. If you are a hard gainer, limit your cardio to 2 times per week, however if you are trying to lose fat weight you can perform up to 4 sessions per week. See the HIIT Cardio Guide included at the end of the training program.
4. Warm up your muscles with a few light sets before you get to your working sets, this will ensure your muscles have plenty of blood flowing through them, which makes them more pliable and less prone to injury. Use less weight than you will during a working set.
5. Pay attention to your workout plan, that means lift the right number of reps for a given set, make sure the weight is appropriate and hard enough, and that you are getting the right amount of rest between each set.

Week 1

Cycle One: Base

DAY**1****CHEST/TRIS**

EXERCISE	REST	INTENSITY (%1 RM)	REPS	SETS
Barbell Bench Press	90s	80% to 65%	3, 4, 6, 6, 6	5
DB Incline Press	60s	80% to 65%	4, 6, 6, 8	4
DB Incline Fly	75s	65%	8, 8, 10, 10	4
DB Pull-Over	60s	65%	8, 8, 10	3
Close Grip Decline Press	60s	75% to 65%	6, 8, 8, 10	4
Triceps Bar Extensions	60s	65%	10	4
Dips	90s	-	to failure	3

DAY**2****QUADS/CALVES/ABS**

Barbell Squats	90s	80% to 75%	3, 4, 6, 6, 6	5
Barbell Front Squats	75s	75% to 65%	6, 6, 8, 8	4
Walking Barbell Lunges	90s	65%	8, 8, 10, 10	4
Leg Extensions	60s	65%	8, 8, 10, 10	4
Standing Calf Raise	60s	65%	8, 8, 10, 10	4
Hanging Knee Raises	60s	-	15	3
Crunches	60s	-	15	3

DAY**3****SHOULDERS/BIS**

Standing Overhead Press	90s	80% to 75%	3, 4, 6, 6, 6	5
DB Lateral Raise	75s	75% to 65%	6, 6, 8, 8	4
Front Plate Raises	75s	65%	8, 8, 10, 10	4
DB Rear Delt Fly	60s	65%	8, 8, 10, 10	4
Barbell Curl	75s	75% to 65%	6, 6, 8, 8	4
DB Incline Curl	60s	65%	8, 8, 10, 10	4

DAY**4****HAMS/BACK**

Barbell Deadlift	90s	80% to 75%	3, 4, 6, 6, 6	5
Reverse Hack Squat	75s	75% to 65%	6, 6, 8, 8	4
Laying Leg Curls	75s	65%	8, 8, 10, 10	4
Barbell Rows	90s	80% to 75%	3, 4, 6, 6, 6	5
Pulldowns	60s	75% to 65%	6, 6, 8, 8	4
Single Arm DB Row	60s	65%	8, 8, 10, 10	4
Chin-Ups	90s	-	to failure	3

Week 2

Cycle One: Base

**DAY
1****CHEST/TRIS**

EXERCISE	REST	INTENSITY (%1 RM)	REPS	SETS
DB Bench Press	75s	80% to 65%	6, 6, 8, 8, 10	5
Barbell Incline Press	90s	80% to 65%	4, 6, 6, 8	4
Cable Cross Over	75s	65%	8, 10, 10, 12	4
DB Pull-Over	60s	65%	8, 8, 10,	3
Close Grip Bench Press	60s	80% to 75%	6, 6, 8, 8	4
Triceps Rope Extensions	60s	65%	10, 10, 12, 12	4
Dips	90s	-	to failure	3

**DAY
2****QUADS/CALVES/ABS**

Barbell Squats	75s	80% to 75%	6, 6, 8, 10, 10	5
Barbell Sumo Squats	90s	75% to 65%	4, 6, 6, 8	4
Walking DB Lunges	120s	65%	8, 8, 10, 10	4
Leg Extensions	60s	75%	6, 8, 8, 10	4
Donkey Calf Raise	60s	65%	8, 8, 10, 10	4
Hanging Leg Raise	60s	-	15	3
Crunches	60s	-	15	3

**DAY
3****SHOULDERS/BIS**

Standing Overhead Press	90s	80% to 75%	3, 4, 6, 6, 6	5
DB Lateral Raise	75s	75% to 65%	6, 6, 8, 8	4
Front Plate Raises	75s	65%	8, 8, 10, 10	4
DB Rear Delt Fly	60s	65%	8, 8, 10, 10	4
Barbell Curl	75s	75% to 65%	6, 6, 8, 8	4
DB Incline Curl	60s	65%	8, 8, 10, 10	4

**DAY
4****HAMS/BACK**

Barbell Deadlift	75s	80% to 75%	6, 6, 8, 10, 10	5
Hack Squat	90s	75% to 65%	6, 6, 8, 8	4
Seated Leg Curls	60s	65%	8, 8, 10, 10	4
Reverse Barbell Rows	120s	80% to 75%	3, 4, 6, 6, 6	5
Straight Arm Pulldowns	60s	65%	8, 8, 10, 12	4
Single Arm DB Row	75s	80 to 75%	4, 6, 8, 8	4
Chin-Ups	90s	-	to failure	3

Week 3

Cycle One: Base

DAY**1****CHEST/TRIS**

EXERCISE	REST	INTENSITY (%1 RM)	REPS	SETS
DB Incline Bench Press	120s	80% to 75%	4, 6, 6, 8, 8	5
Barbell Press	90s	80% to 65%	6, 6, 8, 8	4
Flat DB Fly	75s	65%	8, 10, 10, 12	4
Push-Ups	90s	-	to failure	3
Decline Skull Crusher	60s	65%	8, 8, 10, 12	4
Overhead DB Extensions	90s	75% to 65%	10, 10, 12, 12	4
Dips	90s	-	to failure	3

DAY**2****QUADS/CALVES/ABS**

DB Squats	60s	75% to 65%	8, 10, 10, 12, 12	5
Bulgarian Split Squats	90s	65%	8, 10, 12, 12	4
Barbell Step-Ups	120s	65%	8, 8, 10, 10	4
Single Leg Extensions	60s	75%	6, 8, 8, 10	4
Donkey Calf Raises	60s	65%	8, 8, 10, 10	4
Decline Crunches	60s	-	15	3
Side Oblique Crunches	60s	-	15	3

DAY**3****SHOULDERS/BIS**

Seated DB Press	60s	75% to 65%	8, 10, 10, 12, 12	5
Seated DB Lateral Raise	90s	80% to 75%	6, 6, 8, 8	4
Cable Front Row	60s	65%	8, 8, 10, 10	4
Incline Rear DB Fly	60s	65%	8, 8, 10, 12	4
Barbell Curls	90s	75% to 65%	6, 6, 8, 8	4
Seated Cable Curls	60s	65%	8, 10, 10, 12	4

DAY**4****HAMS/BACK**

DB Deadlift	75s	80% to 75%	6, 6, 8, 10, 10	5
High Leg Press	90s	75% to 65%	6, 6, 8, 8	4
Standing Leg Curls	60s	65%	8, 8, 10, 10	4
DB Rows	75s	65%	8, 8, 10, 12, 12	5
Close Grip Pulldowns	60s	65%	8, 8, 10, 12	4
Seated Cable Rows	75s	80 to 75%	4, 6, 8, 8	4
Chin-Ups	90s	-	to failure	3

Week 4

Cycle One: Base

DAY
1**CHEST/TRIS**

EXERCISE	REST	INTENSITY (%1 RM)	REPS	SETS
Barbell Incline Press	120s	80% to 75%	4, 6, 6, 8, 8 6, 6, 8, 8 8, 10, 10, 12 - 6, 8, 8, 10 10, 10, 12, 12 15	5 4 4 3 4 4 3
DB Press	90s	80% to 65%		
Incline DB Fly	75s	65%		
Weighted Dips	90s	-		
Close Grip Bench	120s	80% to 65%		
Cable Extensions	90s	75% to 65%		
Push-Ups	60s	-		

DAY
2**QUADS/CALVES/ABS**

Front Barbell Squats	120s	80% to 75%	4, 6, 6, 8, 8	5
Barbell Squats	90s	65%	8, 10, 12, 12	4
DB Lunges	120s	65%	8, 8, 10, 10	4
Leg Extensions	60s	75%	6, 8, 8, 10	4
Seated Calf Raises	60s	65%	8, 8, 10, 10	4
Standing Cable Crunches	60s	-	15	3
Standing Plate Twist	60s	-	15	3

DAY
3**SHOULDERS/BIS**

Arnold DB Press	75s	75% to 65%	8, 10, 10, 12, 12	5
Lateral DB T-Raise	90s	80% to 75%	6, 6, 8, 8	4
Front Barbell Row	60s	65%	8, 8, 10, 10	4
Rear DB Fly	60s	65%	8, 8, 10, 12	4
DB Hammer Curls	90s	75%	6, 6, 8, 8	4
Standing Cable Curls	60s	65%	8, 10, 10, 12	4

DAY
4**HAMS/BACK**

Barbell Deadlift	120s	80% to 75%	4, 6, 6, 8, 8	5
High Leg Press	90s	75% to 65%	6, 6, 8, 8	4
Laying Leg Curls	75s	75% to 65%	6, 8, 10, 10	4
Barbell Rows	75s	65%	8, 8, 10, 12, 12	5
Wide Grip Pulldowns	60s	65%	8, 8, 10, 12	4
Single Cable Rows	75s	80 to 75%	4, 6, 8, 8	4
Chin-Ups	90s	-	to failure	3

Week 5

Cycle Two: Intensity

DAY
1**CHEST/TRIS**

EXERCISE	REST	INTENSITY (%1 RM)	REPS	SETS
DB Bench Press	90s	75% to 65%	6, 6, 8, 8, 10 6, 8, 8, 10 8, 10, 10, 12 8, 8, 10, 10 8, 8, 10, 12 10, 10, 12, 12 15	5 4 4 3 4 4 3
Barbell Decline Press	90s	75% to 65%		
Flat DB Fly	75s	65%		
DB Pull-Over	60s	65%		
DB Skull Crusher	60s	75% to 65%		
Triceps Rope Extensions	60s	65%		
Diamond Push-Up	90s	-		

DAY
2**QUADS/CALVES/ABS**

DB Squats	90s	75% to 65%	6, 6, 8, 8, 10	5
Bulgarian Split Squats	90s	65%	6, 8, 8, 10	4
Leg Press	90s	65%	8, 8, 10, 10	4
Leg Extensions	75s	65%	10, 10, 12, 12	4
Calf Raises	60s	65%	8, 8, 10, 10	4
Hanging Leg Raises	60s	-	15	3
Barbell Roll-Out	60s	-	15	3

DAY
3**SHOULDERS/BIS**

Standing DB Press	90s	75% to 65%	6, 6, 8, 8, 10	5
Arnold DB Press	90s	75% to 65%	6, 8, 8, 10	4
DB Lateral Raise	75s	65%	8, 8, 10, 10	4
Front DB Raise	60s	65%	8, 8, 10, 12	4
Incline Reverse DB Fly	90s	65%	8, 10, 12, 12	4
Single Arm Spider Curl	60s	65%	8, 10, 10, 12	4
Cable Biceps Curl	60s	65%	8, 10, 12, 12	4

DAY
4**HAMS/BACK**

DB Deadlift	90s	75% to 65%	6, 6, 8, 8, 10	5
Leg Curls	75s	65%	8, 10, 10, 12	4
Single-Leg Glute Bridge	75s	65%	10, 10, 12, 12	4
T-Bar Row	90s	80% to 75%	6, 6, 8, 8	4
Reverse Grip Pulldowns	60s	75% to 65%	8, 8, 10, 10	4
Seated Cable Rows	60s	65%	10, 10, 12, 12	4
Chin-Ups	90s	-	to failure	3

Week 6

Cycle Two: Intensity

**DAY
1****CHEST/TRIS**

EXERCISE	REST	INTENSITY (%1 RM)	REPS	SETS
Barbell Bench Press	75s	75% to 65%	6, 6, 8, 8, 10	5
DB Decline Press	75s	75% to 65%	6, 8, 8, 10	4
Decline DB Bench Fly	75s	65%	8, 10, 10, 12	4
Weighted Dips	60s	65%	8, 8, 10	3
Barbell Skull Crusher	75s	75%	8, 8, 10, 12	4
Reverse Extensions	60s	65%	10, 10, 12, 12	4
Cable Pull-Overs	90s	65%	10, 10, 12	3

**DAY
2****QUADS/CALVES/ABS**

Barbell Squats	75s	75% to 65%	6, 8, 8, 10, 10	5
Zercher Squats	90s	65%	6, 8, 8, 10	4
Wide Leg Press	90s	65%	8, 8, 10, 10	4
Leg Extensions	75s	65%	10, 10, 12, 12	4
Standing Calf Raises	60s	65%	8, 8, 10, 10	4
Weighted Leg Raises	60s	-	15	3
Barbell Roll-Out	60s	-	15	3

**DAY
3****SHOULDERS/BIS**

Snatch Press	120s	75% to 65%	6, 6, 8, 8, 10	5
Seated DB Press	90s	65%	8, 8, 10, 12	4
DB Lateral Raise	75s	75% to 65%	6, 8, 10, 12	4
Cable Reverse Fly	60s	65%	8, 8, 10, 10	4
Barbell Curl	60s	65%	8, 10, 12, 12	4
Cable Biceps Curl	60s	65%	8, 8, 10, 10	4
-	-	-	-	-

**DAY
4****HAMS/BACK**

Barbell Deadlift	90s	75% to 65%	6, 6, 8, 8, 10	5
Good Mornings	75s	75% to 65%	8, 10, 10, 12	4
Singled Leg Curls	75s	65%	10, 10, 12, 12	4
Reverse DB Lunges	90s	65%	8, 8, 10, 12	4
Barbells Rows	60s	75% to 65%	8, 8, 10, 10	4
Close Grip Pulldowns	60s	65%	10, 10, 12, 12	4
Single Arm DB Row	60s	65%	10, 10, 12, 12	4

Week 7

Cycle Two: Intensity

DAY**1****CHEST/TRIS**

EXERCISE	REST	INTENSITY (%1 RM)	REPS	SETS
Decline Bench Press	90s	75% to 65%	6, 6, 8, 8, 10	5
DB Decline Press	75s	75% to 65%	6, 8, 8, 10	4
DB Incline Bench Fly	75s	65%	8, 10, 10, 12	4
Weighted Push-Ups	60s	65%	8, 8, 10	3
Close Grip Barbell Bench	75s	75%	8, 8, 10, 12	4
DB Extensions	60s	65%	10, 10, 12, 12	4
DB Pull-Overs	90s	65%	10, 10, 12, 12	3

DAY**2****QUADS/CALVES/ABS**

DB Front Squats	75s	75% to 65%	6, 8, 8, 10, 10	5
Walking DB Lunges	90s	65%	10, 10, 12, 12	4
Single Leg Extensions	90s	65%	8, 8, 10, 10	4
Seated Calf Raises	75s	65%	10, 10, 12, 12	4
Barbell Twists	60s	65%	15	3
Planks	60s	-	30s	3
-	-	-	-	-

DAY**3****SHOULDERS/BIS**

Standing Overhead Press	120s	75% to 65%	6, 8, 8, 10, 12	5
DB Lateral T-Raise	90s	65%	8, 8, 10, 12	4
Front Plate Raises	90s	75% to 65%	6, 8, 10, 12	4
Reverse DB Fly	60s	65%	8, 8, 10, 10	4
Seated DB Curl	60s	65%	8, 10, 12, 12	4
Barbell Curl	60s	65%	8, 8, 10, 10	4
-	-	-	-	-

DAY**4****HAMS/BACK**

Single Leg DB Deadlift	60s	75% to 65%	6, 6, 8, 8, 10	5
Laying Leg Curls	75s	75% to 65%	8, 10, 10, 12	4
DB Lunges	75s	65%	10, 10, 12, 12	4
Reverse Barbell Rows	60s	65%	8, 10, 10, 12	4
Straight Bar Pulldowns	60s	75% to 65%	8, 8, 10, 10	4
Wide-Grip Pulldowns	60s	65%	to failure	4
-	-	-	-	-

Week 8

Cycle Two: Intensity

DAY
1**CHEST/TRIS**

EXERCISE	REST	INTENSITY (%1 RM)	REPS	SETS
Barbell Bench Press	90s	75% to 65%	6, 6, 8, 8, 10	5
DB Incline Press	75s	75% to 65%	6, 8, 8, 10	4
Decline Bench Fly	75s	65%	8, 10, 10, 12	4
Weighted Dips	60s	65%	10, 10, 12, 12	3
Decline Close Grip Bench	75s	75%	8, 8, 10, 10	4
Rope Extensions	60s	65%	10, 10, 12, 12	4
DB Pull-Overs	90s	65%	10, 10, 12, 12	3

DAY
2**QUADS/CALVES/ABS**

Barbell Squats	60s	75% to 65%	6, 8, 8, 10, 12	5
Barbell Walking Lunges	90s	65%	10, 10, 12, 12	4
Leg Extensions	75s	65%	8, 8, 10, 10	4
Standing Calf Raises	75s	65%	10, 10, 12, 12	4
Hanging Leg Raises	60s	65%	15	3
Medicine Ball Smash	60s	-	15	3
-	-	-	-	-

DAY
3**SHOULDERS/BIS**

Seated Barbell Press	90s	75% to 65%	6, 8, 8, 10, 12	5
DB Lateral T-Raise	90s	65%	8, 8, 10, 12	4
Front DB Raises	75s	75% to 65%	8, 8, 10, 12	4
Reverse Cable Fly	60s	65%	8, 8, 10, 10	4
Seated Cable Curl	60s	65%	8, 10, 12, 12	4
Incline Spider Curl	60s	65%	8, 8, 10, 10	4
Cable Biceps Curl	-	-	-	-

DAY
4**HAMS/BACK**

Barbell Deadlift	60s	75% to 65%	6, 6, 8, 8, 10	5
Standing Leg Curls	75s	75% to 65%	8, 10, 10, 12	4
DB Reverse Lunges	75s	65%	10, 10, 12, 12	4
Barbell Rows	60s	65%	8, 10, 10, 12	4
Pulldowns	60s	75% to 65%	8, 8, 10, 10	4
DB Incline Rows	60s	75% to 65%	8, 8, 10, 10	4
-	-	-	-	-

Week 9

Cycle Three: Dial Down

DAY**1****CHEST/TRIS**

EXERCISE	REST	INTENSITY (%1 RM)	REPS	SETS
Incline DB Press	75s	65%	8, 8, 10, 10, 12	5
DB Bench Press	75s	65%	10, 10, 12, 12	
Cable Cross-Over	60s	65%	12	
Reverse Grip Bench Press	60s	65%	8, 8, 10	
Overhead Extensions	60s	65%	10, 10, 12, 12	
Triceps Bar Extensions	60s	65%	10, 10, 12, 12	
Push-Ups	90s	-	25	

DAY**2****QUADS/CALVES/ABS**

Barbell Squats	75s	65%	8, 8, 10, 10, 12	5
Overhead Barbell Squats	60s	65%	8, 10, 10, 12	4
Single Leg Press	60s	65%	10, 10, 12, 12	4
Leg Extensions	75s	65%	10, 10, 12, 12	4
Calf Raise	60s	65%	8, 8, 10, 10	4
Hanging Leg Raise	60s	-	25	3
Barbell Roll Out	60s	-	15	3

DAY**3****SHOULDERS/BIS**

Standing Overhead Press	75s	65%	8, 8, 10, 10, 12	5
Seated DB Press	60s	65%	8, 10, 10, 12	4
Cable Lateral Raise	60s	65%	12	4
Cable Front Raise	60s	65%	12	4
Rear DB Fly	60s	65%	10, 10, 12, 12	4
Alternating DB Curl	60s	65%	8, 8, 10, 10	4
Concentration Curl	60s	65%	8, 10, 12, 12	4

DAY**4****HAMS/BACK**

Single Leg Deadlift	75s	65%	8, 8, 10, 10, 12	5
Leg Curls	60s	65%	8, 10, 10, 12	4
Single Leg Press	60s	65%	10, 10, 12, 12	4
Reverse Grip Barbell Row	75s	75% to 65%	6, 6, 8, 8	4
Close Grip Pulldowns	60s	75% to 65%	8, 8, 10, 10	4
Single Arm Low Row	60s	65%	10, 10, 12, 12	4
Chin Ups	90s	-	12	3

Week 10

Cycle Three: Dial Down

**DAY
1****CHEST/TRIS**

EXERCISE	REST	INTENSITY (%1 RM)	REPS	SETS
DB Bench Press	75s	65%	10, 10, 12, 12, 12	5
DB Flat Flys	60s	65%	12	4
DB Pull-Over	60s	65%	12	4
Close Grip Bench Press	60s	65%	8, 8, 10, 10	3
Overhead DB Extensions	60s	65%	10, 10, 12, 12	4
Triceps Rope Extensions	60s	65%	12	4
Push-Ups	90s	-	25	3

**DAY
2****QUADS/CALVES/ABS**

Front Squats	75s	65%	8, 8, 10, 10, 12	5
Barbell Squats	60s	65%	10, 10, 12, 12	4
Leg Press	60s	65%	10, 10, 12, 12	4
Single Leg Extensions	75s	65%	10, 10, 12, 12	4
Seated Calf Raise	60s	65%	8, 10, 10, 10	4
Weighted Leg Raise	60s	-	25	3
Crunches	60s	-	25	3

**DAY
3****SHOULDERS/BIS**

Seated DB Press	75s	65%	8, 8, 10, 10, 12	5
Arnold Press	60s	65%	10, 10, 12, 12	4
DB Lateral Raise	60s	65%	12	4
DB Front Raise	60s	65%	12	4
Standing Cable Face Pull	60s	65%	10, 10, 12, 12	4
DB Hammer Curl	60s	65%	8, 8, 10, 10	4
Concentration Curl	60s	65%	8, 10, 12, 12	4

**DAY
4****HAMS/BACK**

Barbell Deadlift	75s	65%	8, 10, 10, 12, 12	5
Single Leg Curls	60s	65%	10, 10, 12, 12	4
High Leg Press	60s	65%	10, 10, 12, 12	4
Barbell Row	75s	75% to 65%	6, 6, 8, 8	4
Close Grip Pulldowns	60s	75% to 65%	8, 8, 10, 10	4
Single Arm Incline Row	60s	65%	10, 10, 12, 12	4
Weighted Chin Ups	90s	65%	10, 10, 12	3

Week 11

Cycle Three: Dial Down

DAY**1****CHEST/TRIS**

EXERCISE	REST	INTENSITY (%1 RM)	REPS	SETS
Barbell Bench Press	60s	65%	10, 10, 12, 12, 12	5
Cable Cross-Over	60s	65%	12	4
DB Incline Press	60s	65%	12	4
Decline Close Grip Press	60s	65%	8, 8, 10, 10	3
Weighted Dips	60s	65%	to failure	4
Bent-Bar Extensions	60s	65%	12	4
-	-	-	-	-

DAY**2****QUADS/CALVES/ABS**

Barbell Squats	75s	65%	8, 8, 10, 10, 12	5
Hack Squats	60s	65%	10, 10, 12, 12	4
DB Step-Ups	60s	65%	12	4
Leg Extensions	60s	65%	12	4
Donkey Calf Raises	60s	65%	12	4
Decline Oblique Crunches	60s	-	25	3
Hanging Leg Raises	60s	-	25	3

DAY**3****SHOULDERS/BIS**

DB Shoulder Press	60s	65%	8, 8, 10, 10, 12	5
Cable Lateral Raises	60s	65%	10, 10, 12, 12	4
Barbell Front Raises	60s	65%	12	4
Reverse Incline DB Flys	60s	65%	12	4
Standing Cable Curls	60s	65%	12	4
DB Alternating Curls	60s	65%	10, 10, 12, 12	4
-	-	-	-	-

DAY**4****HAMS/BACK**

Barbell Deadlift	75s	65%	10, 10, 12, 12, 12	5
Seated Leg Curls	60s	65%	10, 10, 12, 12	4
Reverse Hack Squat	60s	65%	10, 10, 12, 12	4
Seated Cable Row	60s	75% to 65%	6, 8, 8, 10	4
Wide Grip Pulldowns	60s	65%	8, 10, 10, 12	4
Barbell Rows	60s	65%	12	4
-	-	-	-	-

Week 12

Cycle Three: Dial Down

**DAY
1****CHEST/TRIS**

EXERCISE	REST	INTENSITY (%1 RM)	REPS	SETS
DB Bench Press	60s	65%	12	5
DB Incline Press	60s	65%	12	4
DB Incline Flys	60s	65%	12	4
Incline Skull Crushers	60s	65%	12	4
Diamond Push-Ups	60s	-	to failure	3
Rope Extensions	60s	65%	12	4
-	-	-	-	-

**DAY
2****QUADS/CALVES/ABS**

Barbell Squats	60s	65%	12	5
Leg Press	60s	65%	12	4
Walking DB Lunges	60s	65%	12	4
Leg Extensions	60s	65%	12	4
Seated Calf Raises	60s	65%	12	4
Decline Crunches	60s	-	25	3
Hanging Leg Raises	60s	-	25	3

**DAY
3****SHOULDERS/BIS**

DB Shoulder Press	60s	65%	12	5
DB Lateral Raises	60s	65%	12	4
Front Plate Raises	60s	65%	12	4
Reverse Flys	60s	65%	12	4
DB Spider Curls	60s	65%	12	4
Barbell Curls	60s	65%	12	4
-	-	-	-	-

**DAY
4****HAMS/BACK**

Barbell Deadlift	60s	65%	12	5
Laying Leg Curls	60s	65%	12	4
Reverse Lunges	60s	65%	12	4
Barbell Rows	60s	65%	12	4
Pulldowns	60s	65%	12	4
Single Arm DB Rows	60s	65%	12	4
-	-	-	-	-

HIIT Cardio Examples

The key to HIIT Cardio is to exercise between specific heart rates. For the slow to moderate intervals you want to be exercising at 65% of your maximum heart rate, while for the fast intervals you should target 85% of your maximum heart rate. As you become more adjusted to performing intervals your speed for your heart rate will improve! To calculate your maximum heart rate ranges use the following equation:

65% Maximum Heart Rate = (220 – your age) X 65%

85% Maximum Heart Rate = (220 – your age) X 85%

CARDIO 1			CARDIO 2			CARDIO 3			
SPEED ENDURANCE			SPEED ENDURANCE			SPEED ENDURANCE			
	PACE	TIME		PACE	TIME		PACE	TIME	
Warm	Spin	Slow	5 min	Jog	Slow	15 min	Step	Slow	10 min
	Spin	Fast	1 min	Sprint	Fast	1 min	Step	Fast	1 min
	Spin	Slow	1 min	Run	Mod	1 min	Step	Slow	1 min
Repeat 1 & 2, 10 times			Repeat 1 & 2, 5 times			Repeat 1 & 2, 5 times			
Cool	Spin	Low	5 min	Jog	Slow	5 min	Step	Slow	10 min
	TOTAL TIME		30 min	TOTAL TIME		30 min	TOTAL TIME		30 min

Workout Rules:

1. If you are a hard-gainer perform only 1 to 2 sessions per week.
2. If you are a soft build you can perform up to 3 sessions per week for the first Cycle, 4 sessions each week for the second Cycle and 5 sessions each week for the last Cycle.
3. Be sure not to perform the same workout, 2 days in a row, vary how you perform the cardio by selecting a different machine each day, HIIT sessions can be performed on the treadmill, the step or the spin bike.



Blue Star Nutraceuticals™ Presents

TOTAL TESTOSTERONE

SUPPLEMENTS

A Guide to Crank Test Levels,
Build Muscle & Shred Fat

Available to the public for the first time!

Testosterone Boosting Lifestyle Plan

The last component of this Testosterone Boosting Plan, is probably the easiest part to follow and change, these little tweaks that you may not have been aware of will boost your testosterone levels outside of the gym and ensure you are not sabotaging or hindering your ability to fully maximize your testosterone levels. Follow these simple lifestyle rules and your testosterone will go from a light drip to fully loaded.

- 1. Keep Your Waistline Tight** – even if you decide to go off of the test booster diet, it is important to keep your diet in check at all times. An expanding waistline means lower T levels!

TAKE ACTION: Stick to a maintenance diet once you reach your goal weight and physique goals.

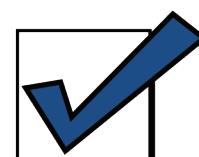


- 2. Avoid Fast Food** – full of chemicals, low quality protein sources, bad for you fats and high in sugars, you will not be providing your body with quality nutrients that support testosterone production, let alone build muscle or boost metabolic rate.

TAKE ACTION: Have a cheat meal once in awhile, avoid processed foods and instead opt for healthier cheat options.



- 3. Body Wash** – although they guarantee you that you will get the girl with your fantastic scent, unfortunately once you have her, you probably won't be able to satisfy her, many personal care products, contain ingredients that can directly interfere or suppress testosterone levels, and increase estrogen levels.



Testosterone Boosting Lifestyle Plan (Cont.)

4. Days Off the Gym: more is not always better, if you are not following the schedule laid out in this guide you will not be allowing your body adequate time to recover, while maximizing testosterone levels.



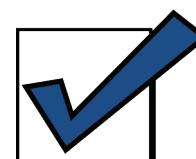
5. Have Sex Regularly – yep, that's right more sex equals more testosterone, basically if you don't use it, you won't make it! Avoiding sex to keep your test higher actually isn't true!

TAKE ACTION: With a partner or alone, the more you ejaculate the more your test levels up.



6. Avoid Alcohol: Alcohol suppresses testosterone levels, by increasing levels of the aromatase enzyme that can breakdown and degrade testosterone into less than favorable hormones like estrogen.

TAKE ACTION: Limit alcohol consumption to no more than 1 to 2 times per week, if at all.



7. Limit Stress: the stress hormone cortisol can be brought on by life, work, or even your commute to work! When cortisol levels go up, testosterone levels go down.

TAKE ACTION: Whenever possible walk more, remember to breathe and try yoga once in a while!



8. Get Plenty of Sleep – Sleep promotes recovery from your workouts, but it is also essential to amping up muscle building growth hormone and testosterone.

TAKE ACTION: get at least 7 to 8 hours of sleep per night to ensure hormone levels are at their maximum everyday.



Testosterone Boosting Supplement Plan

Without a proper supplement program in place, all your hard work could go to waste. Maximizing test production can be accomplished by providing your body with the right nutrients at the right time. This plan provides the four key foundational elements that kick-start muscle anabolism into over-drive.

If you want to activate every part of muscle production, jack-up testosterone levels and stimulate the other important pathways of muscle growth, follow the plan laid out here for the full 12-week duration for maximum results.

	NON-WORKOUT DAYS	WORKOUT DAYS
Upon Rising	Take one serving of Status™ and Crea-Tech™.	Take one serving of Status™.
Before Workout		Take one serving of P.P.K.™, 15 - 30 minutes before your workout.
After Workout		Take one serving of Crea-Tech™ and one serving of Post-Factor™.
Before Sleep	Take one serving of GH Peak™ on an empty stomach.	Take one serving of GH Peak™ on an empty stomach.





Blue Star Nutraceuticals™ Presents

TOTAL TESTOSTERONE

DIET

A Guide to Crank Test Levels,
Build Muscle & Shred Fat

Available to the public for the first time!

Testosterone Boosting Diet

If you think the only way to boost test levels is by using harmful and illegal substances like steroids, you are sadly misinformed. Perhaps you have been listening to the wrong advice of a local gym rat steroid supplier. Many of today's bodybuilding nutrition programs are designed for cutting phases, and are not necessarily designed to gain slabs of muscle or jack up your testosterone levels. In fact, low calorie diets can actually hinder your body's ability to stimulate the release of important hormones, which play key roles in converting cholesterol into testosterone. What's more low calorie diets can reduce the activity of the enzymes in the testes that accelerate testosterone production.

There is a fine line between eating too little and too much! The key is to determine the correct amount of calories for your specific body type that will increase testosterone levels, and stimulate the pathways of muscle growth, while also maximizing

your fat loss potential. The simplest way to do this, use the diet plan below to help you figure out your optimal number of daily calories, and how many of those calories should come from protein, carbs and fat. This diet takes into consideration your body composition or 'Build', so be sure to select the right one! Then simply follow the 7-day meal plan provided.

Step 1:

Determine Your Daily Calorie Needs

Choose the 'Build' that describes you best than calculate your appropriate daily calorie range.



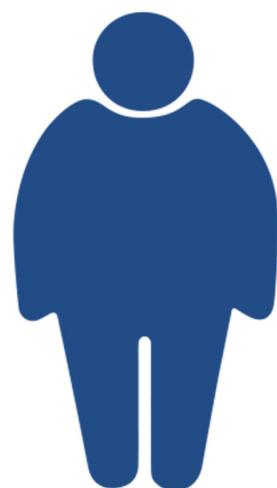
You are a **Lean Build** if you are thin, have light, long and flat muscles, and have a hard time putting on muscle weight

3200 kCal to 3400 kCal



You are an **Athletic Build** if you build muscle easily, but need to lose an inch or two to be at your best condition

2800 kCal to 3000 kCal



You are a **Soft Build** if you have underdeveloped muscle, holding on to extra body fat and have trouble losing weight

2400 kCal to 2600 kCal

Step 2:

Breaking It All Down

How Much Protein?

Protein consumption will range from 30 to 50% of your diet dependent on your Build type. Protein is considered the building block of muscle, it is needed to construct and repair muscle tissue, helps the body produce enzymes that regulate energy metabolism, muscle contraction, and it can also effect how much testosterone the body is able to produce. Protein also provides a satiating effect in the body, which means when you eat it you feel full longer. Better yet, protein has a thermic effect, meaning it actually takes more energy to be burned than other foods.



How Much Carbohydrate?

Carbohydrate consumption will range from 20 to 50% of your diet dependent on your 'Build' type, as hard gainers need more, while those trying to lose weight require much less. Timing carbohydrate intake is important to ensure you are providing a steady stream of energy all day long that maintains blood sugar balance, without cannibalizing your hard earned muscle during workouts.



How Much Fat?

Fat consumption will range from 20 to 30% of your diet dependent on your Build type. Fat plays a critical role in the body, and its presence in your diet is directly related to your testosterone levels, particularly saturated fat for their cholesterol content. In the body, cholesterol is converted to testosterone, so ensuring a balance of unsaturated and saturated fats in the diet is important to help optimize testosterone production, including whole eggs and meat.



Daily Macronutrient Breakdowns

Calculate each of your daily macronutrients in grams based on your calorie needs.



Lean Build

Athletic Build

Soft Build



35% - 40%

216 g to 240 g

40% - 45%

252 g to 288 g

45% - 50%

250 g to 300 g



40% - 50%

360 g to 400 g

30% - 35%

189g to 216 g

20% - 25%

100 g to 120 g



20% - 25%

64 g to 71 g

25% - 30%

84 g to 96 g

25% - 30%

67 g to 80 g

Rules For Meal Planning



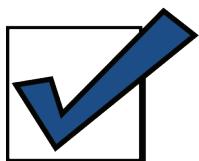
1. Total calories need to be broken up into 6 - 8 small meals of roughly equal calories. This will ensure your blood sugar levels remain at a low level and keep insulin levels minimized, which means your metabolism and fat burning can remain elevated.



2. Eat at regular intervals approximately every 3 hours throughout the day. Small meals keep cortisol, the catabolic stress hormone level reduced, and ensure your body is focused on cranking up testosterone, not on digesting a large meal.



3. Every meal needs to contain protein, which will provide muscles with a constant flow of amino acids that are needed to build muscle and fuel recovery processes.



4 Be sure to drink plenty of water throughout the day, staying hydrated is extremely important to ensure your body is functioning at its optimal rate, not to mention a slight dip in hydration and your workouts will suffer too. Aim for 4 to 6L of water daily.

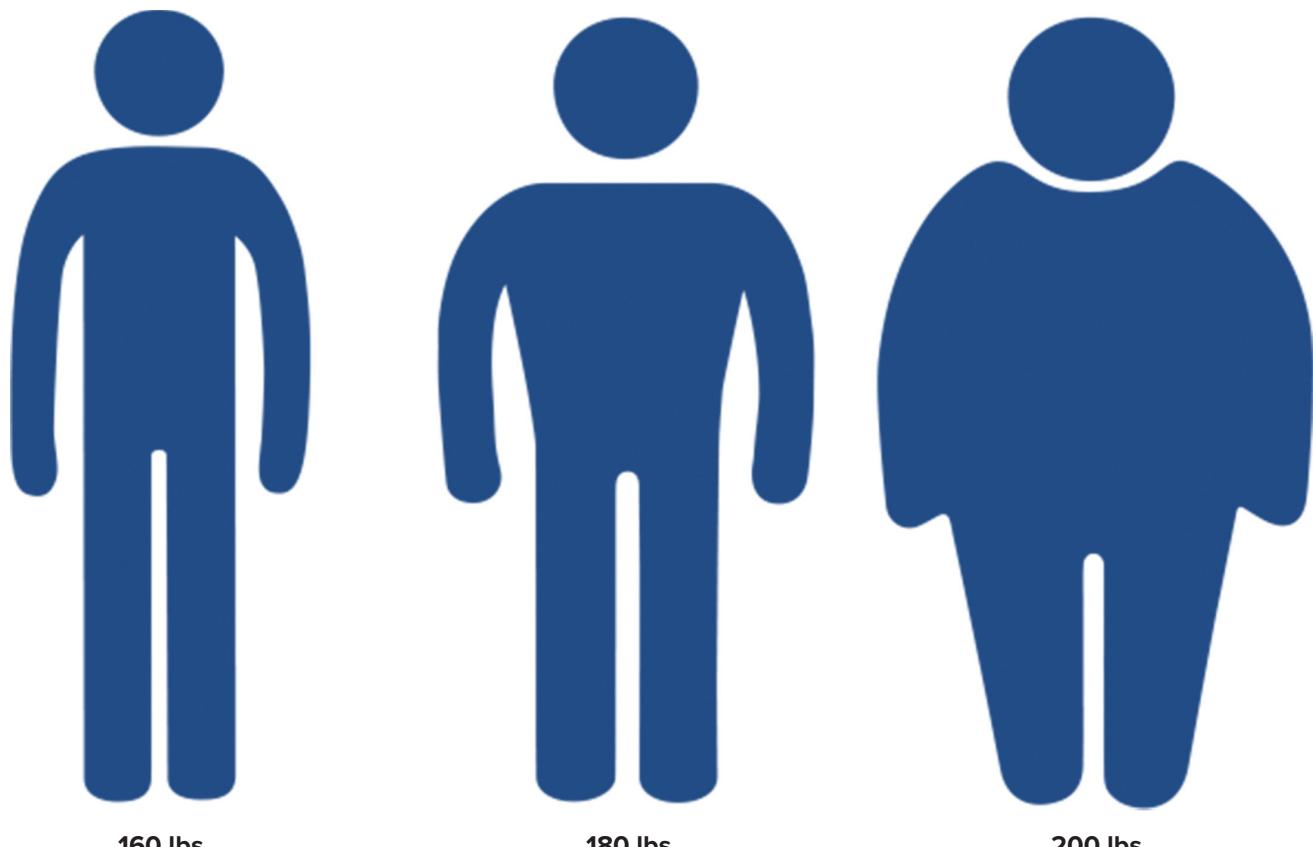


5. Avoid eating carbs and fats together, reserve carbohydrates for morning and post-workout meals, and fats for afternoon and evening meals.

Step 4:

Developing a Meal Plan

Using the Rules for Meal Planning above, develop a suitable meal plan using foods provided in the substitution lists below.

**DAILY**

Protein: 280 g - 340 g
Carbohydrates: 320 g - 425 g
Fats: 71 g - 94 g
3200 kCal - 3400 kCal

DAILY

Protein: 280 g - 300 g
Carbohydrates: 210 g - 255 g
Fats: 78 g - 100 g
2800 kCal - 3000 kCal

DAILY

Protein: 270 g - 325 g
Carbohydrates: 120 g - 162.5 g
Fats: 67 g - 87 g
2400 kCal - 2600 kCal

Lean Diet

(Day 01)

	MEAL	SERVING	CALORIES	PROTEIN	CARBS	FATS
01	Iso-Smooth™ Oatmeal Strawberries	1 scoop 1 cup 1/2 cup	135 300 27	30 10 0	1 54 6	1 6 0
02	Egg Whites Apple Natural Peanut Butter Rice Cakes	8 oz 1 medium 1 tbsp 2 cakes	96 105 94 70	24 0 4 1.5	0 26 4 15	0 8 0 0
03	Extra Lean Ground Beef Brown Rice	4 oz 1 1/2 cups	193 288	30 7.5	0 66	8 0
04	Iso-Smooth™ Natural Almond Butter Rice Cakes	1 scoop 1 tbsp 2 cakes	135 163 70	30 6 1.5	1 6 15	1 14 0
05	Grilled Chicken Breast Asparagus Brown Rice	6 oz 10 spears 1 1/2 cup	190 27 288	39 4 7.5	0 6 66	2 0 2
06	Extra Lean Ground Beef Baked Sweet Potato	4 oz 1 1/2 large	193 243	30 6	0 55.5	8 0
07	Tuna Avocado	1 can 1/2 medium	191 145	42 1.7	0 7.45	1.4 13.35
08	Cottage Cheese Natural Peanut Butter	1 cup 1 tbsp	204 94	31 4	8.2 4	4.4 8
TOTAL			3251	309.7	341.15	77.15

Lean Diet

(Day 02)

	MEAL	SERVING	CALORIES	PROTEIN	CARBS	FATS
01	Iso-Smooth™ Whole Grain Toast Sugar Free Jam	1 scoop 4 slices 2 tbsp	135 218 20	30 12 0	1 36 10	1 4 0
02	Greek Yogurt Celery Sticks Carrot Sticks Natural Peanut Butter Rice Cakes	1 1/2 cups 3 sticks 6 sticks 2 tbsps 2 cakes	180 20 35 188 70	33 0 0 8 1.5	13.5 5 8 8 15	0 0 0 16 0
03	Grilled Chicken Breast Mixed Green Salad Avocado Reduced Fat Italian Dressing Sweet Potato	6 oz 2 cups 1/2 medium 2 tbsps 1 1/2 large	190 14 145 22 243	39 2 1.7 0 6	0 2 7.45 1 55.5	2 0 13.35 1 0
04	Iso-Smooth™ Walnuts Rice Cakes	1 scoop 8 halves 4 cakes	135 106 139	30 3 3	1 2 30	1 11 0
05	Grilled Turkey Breast Broccoli Sweet Potato	6 oz 1 cup 1 1/2 cup	182 31 243	35 4 6	0 7 55.5	4 0 0
06	Tuna Brown Rice	1 can 1 1/2 cups	191 288	42 7.5	0 66	1.4 0
07	Grilled Chicken Breast Asparagus Olive Oil	6 oz 10 spears 1 tbsp	190 27 0	39 4 0	0 6 0	2 0 14
08	Iso-Smooth™ Natural Peanut Butter	1 scoop 1 tbsp	135 94	30 4	1 4	1 8
TOTAL			3241	340.7	334.95	79.75

Lean Diet

(Day 03)

	MEAL	SERVING	CALORIES	PROTEIN	CARBS	FATS
01	Scrambled Egg White Whole Egg Spinach Whole Grain Toast	8 oz 1 medium 1 cup 4 slices	96 63 7 218	24 6 1 12	0 0 1 36	0 4 0 4
02	Iso-Smooth™ Plain Rice Cakes Natural Peanut Butter	1 scoop 2 cakes 1 tbsp	135 70 94	30 1.5 4	1 15 4	1 0 8
03	Extra Lean Ground Beef Broccoli Salsa Brown Rice	4 oz 2 cups 2 tbsp 1 1/2 cups	193 40 35 288	30 3 0 7.5	0 6 3 66	8 0 0 0
04	Iso-Smooth™ Apple Natural Almond Butter Rice Cakes	1 scoop 1 medium 1 tbsp 2 cakes	135 105 98 70	30 0 3 1.5	1 26 3 15	1 0 9 0
05	Grilled Salmon Broccoli White Potato	4 oz 1 cup 1 1/2 medium	233 31 252	25 3 7.5	0 6 56	14 0 0
06	Grilled Chicken Breast Sweet Potato	6 oz 1 1/2 large	190 243	39 6	0 55.5	2 0
07	Tuna Avocado	1 can 1/2 medium	191 145	42 1.7	0 7.45	0 13.35
08	Greek Yogurt Natural Peanut Butter	1 1/2 cup 1 tbsp	180 94	33 4	13.5 4	0 8
TOTAL			3206	314.7	319.45	72.35

Lean Diet

(Day 04)

	MEAL	SERVING	CALORIES	PROTEIN	CARBS	FATS
01	Scrambled Egg White Cheddar Cheese Whole Grain Bagel	8 oz 1 oz 1 medium	96 114 173	24 7 7	0 0 34	0 9 1
02	Iso-Smooth™ Natural Peanut Butter Rice Cakes	2 scoops 1 tbsp 2 cakes	270 94 70	60 4 1.5	2 4 15	2 8 0
03	Tilapia Brown Rice Spinach	5 oz 1 1/2 cup 2 cups	180 288 14	35 7.5 2	0 66 2	4 0 0
04	Iso-Smooth™ Rice Cakes Natural Peanut Butter	1 scoop 2 cakes 1 tbsp	135 70 94	30 1.5 4	1 15 4	1 0 8
05	Grilled Steak Broccoli Brown Rice	5 oz 1 cup 1 1/2 cup	260 31 288	43 3 7.5	0 6 66	8 0 0
06	Grilled Chicken Breast Sweet Potato	6 oz 1 1/2 large	190 243	39 6	0 55.5	2 0
07	Extra Lean Ground Turkey Shredded Cabbage Coconut Oil	5 oz 1 cup 1 tbsp	214 20 126	45 1 0	0 5 0	4 0 14
08	Iso-Smooth™ Natural Almond Butter	1 scoop 1 tbsp	135 94	30 4	1 4	1 8
TOTAL			3199	362	280.5	70

Lean Diet

(Day 05)

	MEAL	SERVING	CALORIES	PROTEIN	CARBS	FATS
01	Scrambled Egg Whites Whole Egg Oatmeal	8 oz 1 medium 1 cup	96 63 300	24 6 10	0 0 54	0 4 6
02	Iso-Smooth™ Rice Cakes Natural Peanut Butter	1 scoop 2 cakes 2 tbsp	135 70 188	30 1.5 8	1 15 8	1 0 16
03	Grilled Chicken Breast Broccoli Brown Rice	6oz 2 cups 1 1/2 cup	190 40 288	39 4 7.5	0 7 66	2 0 0
04	Extra Lean Ground Beef White Potato Kale	4 oz 1 1/2 medium 1 cup	193 252 33	30 7.5 2	0 56 7	8 0 0
05	Tilapia Asparagus Couscous	5 oz 13 spears 1 cup	183 41 176	35 4 6	0 6 37	4 0 0
06	Grilled Chicken Breast Sweet Potato	6 oz 1 1/2 large	190 243	39 6	0 55.5	2 0
07	Tuna Avocado	1 can 1/2 medium	191 145	42 1.7	0 7.45	1.4 13.35
08	Cottage Cheese Natural Peanut butter	1 cup 1 tbsp	204 94	31 4	8.2 4	4.4 8
	TOTAL		3315	338.2	332.15	70.15

Lean Diet

(Day 06)

	MEAL	SERVING	CALORIES	PROTEIN	CARBS	FATS
01	Iso-Smooth™ Oatmeal Natural Peanut Butter	2 scoops 1 cup 2 tbsp	270 300 188	60 10 8	2 54 8	2 6 16
02	Greek Yogurt Strawberries	1 1/2 cup 1 cup	180 54	33 0	13.5 12	0 0
03	Grilled Chicken Breast Sweet Potato	6 oz 1 1/2 large	190 243	30 6	0 37	2 0
04	Iso-Smooth™ Rice Cakes Natural Peanut Butter	1 scoop 4 cakes 1 tbsp	135 139 94	30 3 4	1 30 4	1 0 8
05	Grilled Tuna Bok Choy Long Grain Rice	6 oz 2 cups 1 1/2 cup	313 20 307	51 2 6	0 4 65	11 0 0
06	Tuna Avocado	1 can 1/2 medium	191 145	42 1.7	0 7.45	1.4 13.35
07	Extra Lean Ground Turkey Shredded Cabbage	5 oz 1 cup	214 20	45 1	0 5	4 0
08	Iso-Smooth™ Natural Almond Butter	1 scoop 1 tbsp	135 94	30 4	1 4	1 8
TOTAL			3232	366.7	247.95	73.75

Lean Diet

(Day 07)

	MEAL	SERVING	CALORIES	PROTEIN	CARBS	FATS
01	Iso-Smooth™ Whole Grain Bagel Natural Peanut Butter	1 scoop 1 medium 2 tbsp	135 173 188	30 7 8	1 34 8	1 1 16
02	Cottage Cheese Pineapple Natural Almonds	1 cup 1 cup 1 oz	204 78 164	31 0 6	8.2 20 6	4.4 0 14
03	Ground Turkey Asparagus Brown Rice	5 oz 12 spears 1 1/2 cups	214 38 288	45 4 7.5	0 6 66	4 0 0
04	Iso-Smooth™ Natural Peanut Butter Rice Cakes	1 scoop 1 tbsp 2 cakes	135 94 70	30 4 1.5	1 4 15	1 8 0
05	Grilled Chicken Green Beans Sweet Potato	6 oz 20 beans 1 1/2 large	190 42 243	30 1 6	0 4 37	2 0 0
06	Extra Lean Ground Turkey White Potato Kale	4 oz 1 1/2 medium 1 cup	193 252 33	30 7.5 2	0 56 7	8 0 0
07	Tuna Avocado	1 can 1/2 medium	191 145	42 1.7	0 7.45	1.4 13.35
08	Greek Yogurt Natural Peanut Butter	1 1/2 cup 1 tbsp	180 94	33 4	13.5 4	0 8
TOTAL			3344	331.2	298.15	82.15

Athletic Build

(Day 01)

	MEAL	SERVING	CALORIES	PROTEIN	CARBS	FATS
01	Iso-Smooth™ Oatmeal Strawberries	1 scoop 1/2 cup 1/2 cup	135 150 27	30 5 0	1 27 6	1 3
02	Egg Whites Apple Natural Peanut Butter Rice Cakes	8 oz 1 medium 1 tbsp 2 cakes	96 105 94 70	24 0 4 1.5	0 26 4 15	0 0 8 0
03	Extra Lean Ground Beef Brown Rice	4 oz 1 cup	193 192	30 5	0 44	8 0
04	Iso-Smooth™ Natural Almond Butter Rice Cakes	1 scoop 1 tbsp 2 cakes	135 163 70	30 6 1.5	1 6 15	1 14 0
05	Grilled Chicken Asparagus Brown Rice	6 oz 10 spears 1 cup	190 27 192	39 4 5	0 6 44	2 0 2
06	Extra Lean Ground Beef Baked Sweet Potato	4 oz 1 large	193 162	30 4	0 37	8 0
07	Tuna Avocado	1 can 1/2 medium	191 145	42 1.7	0 7.45	1.4 13.35
08	Cottage Cheese Natural Peanut Butter	1 cup 1 tbsp	204 94	31 4	8.2 4	4.4 8
TOTAL			2828	297.7	251.65	74.15

Athletic Build

(Day 02)

	MEAL	SERVING	CALORIES	PROTEIN	CARBS	FATS
01	Iso-Smooth™ Whole Grain Toast Sugar Free Jam Grapefruit	1 scoop 2 slices 2 tbsp 1 medium	135 109 20 106	30 6 0 2	1 18 10 27	1 2 0 0
02	Greek Yogurt Celery Sticks Carrot Sticks Natural Peanut Butter Rice Cakes	1 1/2 cups 3 sticks 6 sticks 2 tbsps 2 cakes	180 20 35 188 70	33 0 0 8 1.5	13.5 5 8 8 15	0 0 0 16 0
03	Grilled Chicken Breast Mixed Green Salad Avocado Reduced Fat Italian Dressing Sweet Potato	6 oz 2 cups 1/2 medium 2 tbsps 1 large	190 14 145 22 162	39 2 1.7 0 4	0 2 7.45 1 37	2 0 13.35 1 0
04	Iso-Smooth™ Walnuts Rice Cakes	1 scoop 8 halves 2 cakes	135 106 70	30 3 1.5	1 2 15	1 11 0
05	Grilled Turkey Breast Broccoli Sweet Potato	6 oz 1 cup 1 large	182 31 162	35 4 4	0 7 37	4 0 0
06	Tuna Brown Rice	1 can 1 cup	191 192	42 5	0 44	1.4 0
07	Grilled Chicken Breast Asparagus Olive Oil	6 oz 10 spears 1 tbsp	190 27 0	39 4 0	0 6 0	2 0 14
08	Iso-Smooth™ Natural Peanut Butter	1 scoop 1 tbsp	135 94	30 4	1 4	1 8
TOTAL			2911	328.7	269.95	77.75

Athletic Diet

(Day 03)

	MEAL	SERVING	CALORIES	PROTEIN	CARBS	FATS
01	Scrambled Egg White with Whole Egg Spinach Whole Grain Toast	8 oz 1 medium 1 cup 2 slices	96 63 7 109	24 6 1 6	0 0 1 18	0 4 0 2
02	Iso-Smooth™ Plain Rice Cakes Natural Peanut Butter	1 scoop 2 cakes 1 tbsp	135 70 94	30 1.5 4	1 15 4	1 0 8
03	Extra Lean Ground Beef Broccoli Salsa Brown Rice	4 oz 2 cups 2 tbsp 1 cup	193 40 35 192	30 3 0 5	0 6 3 44	8 0 0 0
04	Iso-Smooth™ Apple Natural Almond Butter Rice Cakes	1 scoop 1 medium 1 tbsp 2 cakes	135 105 98 70	30 0 3 1.5	1 26 3 15	1 0 9 0
05	Grilled Salmon Broccoli White Potato	4 oz 1 cup 1 medium	233 31 168	25 3 5	0 6 37	14 0 0
06	Grilled Chicken Breast Sweet Potato	6 oz 1 medium	190 162	39 4	0 37	2 0
07	Tuna Avocado	1 can 1/2 medium	191 145	42 1.7	0 7.45	0 13.35
08	Greek Yogurt Natural Peanut Butter	1 1/2 cup 1 tbsp	180 94	33 4	13.5 4	0 8
TOTAL			2836	301.7	241.95	70.35

Athletic Diet

(Day 04)

	MEAL	SERVING	CALORIES	PROTEIN	CARBS	FATS
01	Scrambled Egg White Cheddar Cheese Whole Grain Bagel	8 oz 1 oz 1 medium	96 114 173	24 7 7	0 0 34	0 9 1
02	Iso-Smooth™ Natural Peanut Butter Rice Cakes	2 scoops 1 tbsp 2 cakes	270 94 70	60 4 1.5	2 4 15	2 8 0
03	Tilapia Brown Rice Spinach	5 oz 1 cup 2 cups	180 192 14	35 5 2	0 44 2	4 0 0
04	Iso-Smooth™ Rice Cakes Natural Peanut Butter	1 scoop 2 cakes 1 tbsp	135 70 94	30 1.5 4	1 15 4	1 0 8
05	Grilled Steak Broccoli Brown Rice	5 oz 1 cup 1 cup	260 31 192	43 3 5	0 6 44	8 0 0
06	Grilled Chicken Breast Sweet Potato	6 oz 1 large	190 162	39 4	0 37	2 0
07	Extra Lean Ground Turkey Shredded Cabbage Coconut Oil	5 oz 1 cup 1 tbsp	214 20 126	45 1 0	0 4 0	4 0 14
08	Iso-Smooth™ Natural Almond Butter	1 scoop 1 tbsp	135 94	30 4	1 4	1 8
TOTAL			2926	355	217	70

Athletic Diet

(Day 05)

	MEAL	SERVING	CALORIES	PROTEIN	CARBS	FATS
01	Scrambled Egg Whites Whole Egg Oatmeal Grapefruit	8 oz 1 medium 1/2 cup 1 medium	96 63 150 106	24 6 5 2	0 0 27 27	0 4 3 0
02	Iso-Smooth™ Rice Cakes Natural Peanut Butter	1 scoop 2 cakes 1 tbsp	135 70 94	30 1.5 4	1 15 4	1 0 8
03	Grilled Chicken Breast Broccoli Brown Rice	6oz 2 cups 1 cup	190 40 192	39 4 5	0 7 44	2 0 0
04	Extra Lean Ground Beef White Potato Kale	4 oz 1 medium 1 cup	193 168 33	30 5 2	0 37 7	8 0 0
05	Tilapia Asparagus Couscous	5 oz 13 spears 1 cup	183 41 176	35 4 6	0 6 37	4 0 0
06	Grilled Chicken Breast Sweet Potato	6 oz 1 large	190 162	39 4	0 37	2 0
07	Tuna Avocado	1 can 1/2 medium	191 145	42 1.7	0 7.45	1.4 13.35
08	Cottage Cheese Natural Peanut butter	1 cup 1 tbsp	204 94	31 4	8.2 4	4.4 8
TOTAL			2916	324.2	268.65	59.15

Athletic Diet

(Day 06)

	MEAL	SERVING	CALORIES	PROTEIN	CARBS	FATS
01	Iso-Smooth™ Oatmeal Natural Peanut Butter	2 scoops 1/2 cup 1 tbsp	270 150 94	60 5 4	2 27 4	2 3 8
02	Greek Yogurt Strawberries Rice Cakes	1 1/2 cup 1 cup 2 cakes	180 54 70	33 0 1.5	13.5 12 15	0 0 0
03	Grilled Chicken Breast Sweet Potato	6 oz 1 large	190 162	30 4	0 37	2 0
04	Iso-Smooth™ Rice Cakes Natural Peanut Butter	1 scoop 2 cakes 1 tbsp	135 70 94	30 1.5 4	1 15 4	1 0 8
05	Grilled Tuna Bok Choy Long Grain Rice	6 oz 2 cups 1 1/2 cup	313 20 307	51 2 6	0 4 65	11 0 0
06	Tuna Avocado	1 can 1/2 medium	191 145	42 1.7	0 7.45	1.4 13.35
07	Extra Lean Ground Turkey Shredded Cabbage	5 oz 1 cup	214 20	45 1	0 4	4 0
08	Iso-Smooth™ Natural Almond Butter	1 scoop 1 tbsp	135 94	30 4	1 4	1 8
	TOTAL		2908	355.7	215.95	62.75

Athletic Diet

(Day 07)

	MEAL	SERVING	CALORIES	PROTEIN	CARBS	FATS
01	Iso-Smooth™ Whole Grain Bagel Natural Peanut Butter	1 scoop 1 medium 1 tbsp	135 173 94	30 7 4	1 34 4	1 1 8
02	Cottage Cheese Pineapple Natural Almonds	1 cup 1 cup 1 oz	204 78 164	31 0 6	8.2 20 6	4.4 0 14
03	Ground Turkey Asparagus Brown Rice	5 oz 12 spears 1 cups	214 38 192	45 4 5	0 6 44	4 0 0
04	Iso-Smooth™ Natural Peanut Butter Rice Cakes	1 scoop 1 tbsp 2 cakes	135 94 70	30 4 1.5	1 4 15	1 8 0
05	Grilled Chicken Green Beans Sweet Potato	6 oz 20 beans 1 large	190 42 162	30 1 4	0 4 37	2 0 0
06	Extra Lean Ground Beef White Potato Kale	4 oz 1 medium 1 cup	193 168 33	30 5 2	0 37 7	8 0 0
07	Tuna Avocado	1 can 1/2 medium	191 145	42 1.7	0 7.45	1.4 13.35
08	Greek Yogurt Natural Peanut Butter	1 1/2 cup 1 tbsp	180 94	33 4	13.5 4	0 8
TOTAL			2989	320.2	253.15	74.15

Soft Diet

(Day 01)

	MEAL	SERVING	CALORIES	PROTEIN	CARBS	FATS
01	Iso-Smooth™ Oatmeal Strawberries	1 scoop 1/2 cup 1/2 cup	135 150 27	30 5 0	1 27 6	1 3 0
02	Egg Whites Apple Natural Peanut Butter Rice Cakes	8 oz 1 medium 1 tbsp 1 cake	96 105 94 35	24 0 4 0.75	0 26 4 7.5	0 0 8 0
03	Extra Lean Ground Beef Brown Rice	4 oz 1/2 cup	193 96	30 2.5	0 22	8 0
04	Iso-Smooth™ Natural Almond Butter Rice Cakes	1 scoop 1 tbsp 1 cake	135 163 35	30 6 0.75	1 6 7.5	1 14 0
05	Grilled Chicken Breast Asparagus Brown Rice	6 oz 10 spears 1/2 cup	190 27 96	39 4 2.5	0 6 22	2 0 0
06	Extra Lean Ground Beef Baked Sweet Potato	4 oz 1/2 medium	193 81	30 2	0 18.5	8 0
07	Tuna Avocado	1 can 1/2 medium	191 145	42 1.7	0 7.45	1.4 13.35
08	Cottage Cheese Natural Peanut Butter	1 cup 1 tbsp	204 94	31 4	8.2 4	4.4 8
	TOTAL		2485	289.2	174.15	72.15

Soft Diet

(Day 02)

	MEAL	SERVING	CALORIES	PROTEIN	CARBS	FATS
01	Iso-Smooth™ Whole Grain Toast Sugar Free Jam Grapefruit	1 scoop 2 slices 2 tbsp 1 medium	135 109 20 106	30 6 0 2	1 18 10 27	1 2 0 0
02	Greek Yogurt Celery Sticks Carrot Sticks Natural Peanut Butter Rice Cakes	1 1/2 cups 3 sticks 6 sticks 2 tbsp 1 cake	180 20 35 188 35	33 0 0 8 0.75	13.5 5 8 8 7.5	0 0 0 16 0
03	Grilled Chicken Breast Mixed Green Salad Avocado Reduced Fat Italian Dressing	6 oz 2 cups 1/2 medium 2 tbsp	190 14 145 22	39 2 1.7 0	0 2 7.45 1	2 0 13.35 1
04	Iso-Smooth™ Walnuts Rice Cakes	1 scoop 8 halves 1 cake	135 106 35	30 3 0.75	1 2 7.5	1 11 0
05	Grilled Turkey Breast Broccoli Sweet Potato	6 oz 1 cup 1/2 large	182 31 81	35 4 2	0 7 18.5	4 0 0
06	Tuna Brown Rice	1 can 1/2 cup	191 96	42 2.5	0 22	1.4 0
07	Grilled Chicken Breast Asparagus Olive Oil	6 oz 10 spears 1 tbsp	190 27 0	39 4 0	0 6 0	2 0 14
08	Iso-Smooth™ Natural Peanut Butter	1 scoop 1 tbsp	135 94	30 4	1 4	1 8
TOTAL			2502	318.7	177.45	77.75

Soft Diet

(Day 03)

	MEAL	SERVING	CALORIES	PROTEIN	CARBS	FATS
01	Scrambled Egg White with Whole Egg Spinach Whole Grain Toast	8 oz 1 medium 1 cup 2 slices	96 63 7 109	24 6 1 6	0 0 1 18	0 4 0 2
02	Iso-Smooth™ Natural Peanut Butter	1 scoop 1 tbsp	135 94	30 4	1 4	1 8
03	Extra Lean Ground Beef Broccoli Salsa Brown Rice	4 oz 2 cups 2 tbsp 1/2 cup	193 40 35 96	30 3 0 2.5	0 6 3 22	8 0 0 0
04	Iso-Smooth™ Apple Natural Almond Butter Rice Cakes	1 scoop 1 medium 1 tbsp 1 cake	135 105 98 35	30 0 3 0.75	1 26 3 7.5	1 0 9 0
05	Grilled Salmon Broccoli White Potato	4 oz 1 cup 1/2 medium	233 31 84	25 3 2.5	0 6 18.5	14 0 0
06	Grilled Chicken Breast Sweet Potato	6 oz 1/2 large	190 81	39 2	0 18.5	2 0
07	Tuna Avocado	1 can 1/2 medium	191 145	42 1.7	0 7.45	0 13.35
08	Greek Yogurt Natural Peanut Butter	1 1/2 cup 1 tbsp	180 94	33 4	13.5 4	0 8
TOTAL			2470	292.45	160.45	70.35

Soft Diet

(Day 04)

	MEAL	SERVING	CALORIES	PROTEIN	CARBS	FATS
01	Scrambled Egg White Cheddar Cheese Whole Grain Bagel	8 oz 1 oz 1 medium	96 114 173	24 7 7	0 0 34	0 9 1
02	Iso-Smooth™ Natural Peanut Butter Rice Cakes	2 scoops 1 tbsp 1 cake	270 94 35	60 4 0.75	2 4 7.5	2 8 0
03	Tilapia Brown Rice Spinach	5 oz 1/2 cup 2 cups	180 96 14	35 2.5 2	0 22 2	4 0 0
04	Iso-Smooth™ Plain Rice Cakes Natural Peanut Butter	1 scoop 1 cake 1 tbsp	135 35 94	30 0.75 4	1 7.5 4	1 0 8
05	Grilled Steak Broccoli Brown Rice	5 oz 1 cup 1/2 cup	260 31 96	43 3 2.5	0 6 22	8 0 0
06	Grilled Chicken Breast Sweet Potato	6 oz 1/2 large	190 81	39 2	0 18.5	2 0
07	Extra Lean Ground Turkey Shredded Cabbage Coconut Oil	5 oz 1 cup 1 tbsp	214 20 126	45 1 0	0 4 0	4 0 14
08	Iso-Smooth™ Natural Almond Butter	1 scoop 1 tbsp	135 94	30 4	1 4	1 8
TOTAL			2583	346.5	139.5	70

Soft Diet

(Day 05)

	MEAL	SERVING	CALORIES	PROTEIN	CARBS	FATS
01	Scrambled Egg White Whole Egg Oatmeal Grapefruit	8 oz 1 medium 1/2 cup 1 medium	96 63 150 106	24 6 5 2	0 0 27 27	0 4 3 0
02	Iso-Smooth™ Rice Cakes Natural Peanut Butter	1 scoop 1 cake 1 tbsp	135 35 94	30 0.75 4	1 7.5 4	1 0 8
03	Grilled Chicken Breast Broccoli Brown Rice	6 oz 2 cups 1 cup	190 40 96	39 4 2.5	0 7 22	2 0 0
04	Extra Lean Ground Beef White Potato Kale	4 oz 1/2 medium 1 cup	193 84 33	30 2.5 2	0 18.5 7	8 0 0
05	Tilapia Asparagus Couscous	5 oz 13 spears 1/2 cup	183 41 88	35 4 3	0 6 18.5	4 0 0
06	Grilled Chicken Breast Sweet Potato	6 oz 1/2 large	190 81	39 2	0 18.5	2 0
07	Tuna Avocado	1 can 1/2 medium	191 145	42 1.7	0 7.45	1.4 13.35
08	Cottage Cheese Natural Peanut Butter	1 cup 1 tbsp	204 94	31 4	8.2 4	4.4 8
TOTAL			2532	313.45	183.65	59.15

Soft Diet

(Day 06)

	MEAL	SERVING	CALORIES	PROTEIN	CARBS	FATS
01	Iso-Smooth™ Oatmeal Natural Peanut Butter	2 scoops 1/2 cup 1 tbsp	270 150 94	60 5 4	2 27 4	2 3 8
02	Greek Yogurt Strawberries Rice Cakes	1 1/2 cup 1 cup 2 cakes	180 54 70	33 0 1.5	13.5 12 15	0 0 0
03	Grilled Chicken Breast Sweet Potato	6 oz 1/2 large	190 81	30 2	0 18.5	2 0
04	Iso-Smooth™ Natural Peanut Butter	1 scoop 1 tbsp	135 94	30 4	1 4	1 8
05	Grilled Tuna Bok Choy Long Grain Rice	6 oz 2 cups 1/2 cup	313 20 102	51 2 2	0 4 22	11 0 0
06	Tuna Avocado	1 can 1/2 medium	191 145	42 1.7	0 7.45	1.4 13.35
07	Extra Lean Ground Turkey Shredded Cabbage	5 oz 1 cup	214 20	45 1	0 4	4 0
08	Iso-Smooth™ Natural Almond Butter	1 scoop 1 tbsp	135 94	30 4	1 4	1 8
TOTAL			2552	348.2	139.45	62.75

Soft Diet

(Day 07)

	MEAL	SERVING	CALORIES	PROTEIN	CARBS	FATS
01	Iso-Smooth™ Whole Grain Bagel Natural Peanut Butter	1 scoop 1 medium 1 tbsp	135 173 94	30 7 4	1 34 4	1 1 8
02	Cottage Cheese Pineapple	1 cup 1 cup	204 78	31 0	8.2 20	4.4 0
03	Ground Turkey Asparagus Brown Rice	5 oz 12 spears 1/2 cup	214 38 96	45 4 2.5	0 6 22	4 0 0
04	Iso-Smooth™ Natural Peanut Butter Rice Cakes	1 scoop 1 tbsp 2 cakes	135 94 70	30 4 1.5	1 4 15	1 8 0
05	Grilled Chicken Green Beans Sweet Potato	6 oz 20 beans 1/2 large	190 42 81	30 1 2	0 4 18.5	2 0 0
06	Extra Lean Ground Beef White Potato Kale	4 oz 1/2 medium 1 cup	193 84 33	30 2.5 2	0 18.5 7	8 0 0
07	Tuna Avocado	1 can 1/2 medium	191 145	42 1.7	0 7.45	1.4 13.35
08	Greek Yogurt Natural Peanut Butter	1 1/2 cup 1 tbsp	180 94	33 4	13.5 4	0 8
TOTAL			2564	307.2	188.15	60.15

Food Substitutions

The above diet is just an example of how to structure your testosterone boosting diet plan, but there are plenty of other foods that can be used to build and structure your personalized plan. Here are a few charts listing the portion counts for common proteins, carbohydrates, and fats.

Carbohydrates:

CARB SOURCE	SERVING SIZE	GRAMS OF CARBS	FIBRE CONTENT
Barley	½ cup	23 g	2.0 g
Bulgur	½ cup	18 g	2.7 g
Brown Rice	½ cup	24 g	1.5 g
Chia	2 tbsp	7 g	6 g
Couscous	½ cup	13 g	1.3 g
Oatmeal	½ cup	55 g	2 g
Sweet Potato	½ cup	13 g	2 g
Squash, Acorn	½ cup	16 g	2.1 g
Turnip	½ cup	4 g	1.6 g
Wild Rice	½ cup	18 g	1.6 g
Quinoa	½ cup	13 g	1.3 g

* Source: Health Canada, Nutrient Value of Some Common Foods

Food Substitutions

(Cont.)

Proteins:

PROTEIN SOURCE	SERVING SIZE	GRAMS OF PROTEIN
Beef, Sirloin, Grilled	3 oz	25 g
Beef, Eye of Round	3 oz	28 g
Beef, Extra Lean Ground	3 oz	23 g
Chicken Breast, Boneless, Skinless	3 oz	25 g
Chicken, Ground	3 oz	16 g
Egg Whites	3 oz	15 g
Fish, Char	3 oz	20 g
Fish, Cod	3 oz	17 g
Fish, Haddock	3 oz	18 g
Fish, Halibut	3 oz	20 g
Fish, Salmon	3 oz	17 g
Fish, Snapper	3 oz	20 g
Fish, Sole	3 oz	18 g
Fish, Tuna	3 oz	19 g
Fish, Tilapia	3 oz	18 g
Pork Chop	3 oz	22 g
Turkey	3 oz	21 g
Turkey, Ground	3 oz	21 g
Whey Protein Powder, Isolate	1 scoop	30 g

* Source: Health Canada, Nutrient Value of Some Common Foods

Food Substitutions

Fats:

FAT SOURCE	SERVING SIZE	GRAMS OF FAT
Almonds	½ cup	18 g
Almond Butter	² tbsp	19 g
Avocado	½	15 g
Canola Oil	¹ tbsp	14 g
Cashews	½ cup	16 g
Cashew Butter	² tbsp	16 g
Flaxseed	¹ tbsp	4 g
Flaxseed Oil	¹ tbsp	14 g
Olive Oil	¹ tbsp	14 g
Pecans	½ cup	18 g
Peanut Butter	² tbsp	16 g
Pistachios	½ cup	14 g
Pumpkin Seeds	½ cup	16 g
Sesame Oil	¹ tbsp	14 g
Sunflower Seeds	½ cup	16 g
Sunflower Oil	¹ tbsp	14 g
Walnuts	½ cup	17 g

* Source: Health Canada, Nutrient Value of Some Common Foods