



NICK JONES' PRE CONTEST DIET

***WE RESEARCH AND DEVELOP
PRODUCTS WHICH HELP ATHLETES
AND EVERY DAY PEOPLE GET BETTER
RESULTS FROM THE TIME THEY SPEND
EXERCISING!***

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Upon Rising: (7:15am)	Glutamine BCAA's HMB Alca Fuel Thermo Fuel Vitamin C 45 min Power Walk
Meal # 1: (9:00am)	6 Egg Whites 50g Oats 1 Scoop Macro Whey 1tsp Flaxseed oil
Meal # 2: (12:00pm)	250g Fish ½ Cup Cooked Brown Rice Large Salad or Green Vegetables
Meal # 3: (3:00pm)	250g Chicken Breast (Patties) ½ Cup Cooked Brown Rice Large Salad or Green Vegetables
Pre Training: (5:30pm)	Aminos (Before and During)
Post Training: (7:00pm)	4 Scoops Macro Whey + 4 Scoops Pure Carbs
Meal # 4: (8:00pm)	250g Fish ½ Cup Cooked Brown Rice Large Salad or Green Vegetables
Meal # 5: (10:30pm)	6 Egg Whites 1 Yolk Spinach and Onion

Note: 4 Weeks Out of Competition drop the shake post workout, and replace with 40g Glutamine, BCAA's HMB and Creatine.