

MP
MUSCLEPHARM.
DIET + TRAINING SERIES



BITZZY
DIET + TRAINING GUIDE

21 DAY
START PHASE



MEATS:

- Chicken
- Mackerel
- Salmon
- Tuna
- Lean Beef
- Jerky
- Turkey
- Lunch Meat Ham
- Lunch Meat Roast Beef
- Eggs



VEGETABLES:

- Asparagus
- Bamboo Shoots
- Bean Sprouts
- Beet Greens
- Bok Choy Greens
- Broccoli
- Cabbage
- Cauliflower
- Celery
- Chards
- Chicory
- Collard Greens
- Cucumber
- Endive
- Escarole
- Garlic
- Kale
- Kohlrabi
- Lettuces
- Mushrooms
- Mustard Greens
- Parsley
- Radishes
- Salad Greens
- Sauerkraut
- Spinach String Beans
- Summer Squashes
- Turnip Greens
- Watercress
- Yellow Squash
- Zucchini Squash



CONDIMENTS + SEASONINGS:

- Spicy Mustard
- Hot Sauce
- Crushed Red Pepper
- Mrs. Dash Original Blend
- Mrs. Dash Fiesta Lime
- Mrs. Dash Extra Spicy
- Mrs. Dash Tomato Basil Garlic
- Mrs. Dash Lemon Pepper



EX. TIME: 6:30 AM

Wake-Up



SUPPLEMENT:

SHRED MATRIX®: 1-2 capsules
CLA CORE™: 1-2 capsules

* Take with 8-12 oz. of water.



FOOD:

No Food



EX. TIME: 7:00 AM

Breakfast



SUPPLEMENT:

ARMOR-V™: 3 capsules

*Take with 8-12 oz. of water.



FOOD:

Choose One of the Following:

Option 1) 2 whole eggs

Option 2) 1/2 cup of 2% cottage cheese

Option 3) 1 whole eggs and 2 strips of organic turkey bacon



EX. TIME: 10:00 AM

3 Hours After Breakfast



SUPPLEMENT:

MUSCLEGEL®: 1 packet

*Take with 8-12 oz. of water.

* If you do not have MuscleGel you can substitute 1 scoop of Combat Powder.



FOOD:

No Food



EX. TIME: 12:30 PM

1/2 Hour Before Lunch



SUPPLEMENT:

SHRED MATRIX®: 1-2 capsules
CLA CORE™: 1-2 capsules

* Take with 8-12 oz. of water.



FOOD:

No Food



EX. TIME: 1:00 PM

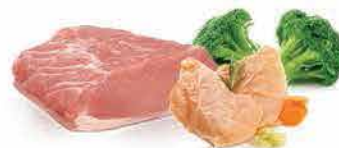
Lunch



SUPPLEMENT:

ARMOR-V™: 3 capsules

*Take with 8-12 oz. of water.



FOOD:

Choose From Food List:

Meat: 4-6 oz.

Vegetables: 2-3 cups

Ex. 4-6 oz. of tuna and 2-3 cups of broccoli.



EX. TIME: 4:00 PM

3 Hours After Lunch



SUPPLEMENT:

MUSCLEGEL®: 1 packet

*Take with 8-12 oz. of water.

* If you do not have MuscleGel you can substitute 1 scoop of Combat Powder.



FOOD:

No Food



EX. TIME: 7:00 PM

Dinner



SUPPLEMENT:

No Supplement



FOOD:

Choose From Food List:

Meat: 4-6 oz.

Vegetables: 2-3 cups

Ex. 4-6 oz. of tuna and 2-3 cups of broccoli.



EX. TIME: 9:00 PM

Night Snack



SUPPLEMENT:

No Supplement



FOOD:

Choose One of the Following:

Option 1) 1/2 cup of 2% cottage cheese

Option 2) 1 oz. of almonds

Option 3) 1/2 cup of tuna

MONDAY: UPPER BODY + CARDIO**WARM UP: 20 Minutes**

Walk or Run on treadmill alternating 1 minute fast then 1 minute slow for 20 minutes. Apply to whatever you have available: bike, elliptical, etc.

WEIGHTLIFTING:

Set up 5 exercises, do 20 reps of each exercise 2x through, once completed do 5 minutes of low intensity cardio, 5 minutes intense cardio and then repeat just the lifts.

2X THROUGH - 20 REPS EACH

1. CHEST: Flat bench press or flat dumbbell press or pushups
 2. BACK: 1 arm dumbbell row 20x each arm
 3. SHOULDERS: Military press
 4. BICEPS: Curls
 5. TRICEPS: Kickbacks
- 10 minutes cardio intense walk, run, bike, or stepper (do the cardio only once).

WEDNESDAY: UPPER BODY + CARDIO**WARM UP: 20 Minutes**

Walk or Run on treadmill alternating 1 minute fast then 1 minute slow for 20 minutes. Apply to whatever you have available: bike, elliptical, etc.

WEIGHTLIFTING:

Set up 5 exercises, do 20 reps of each exercise 2x through, once completed do 5 minutes of low intensity cardio, 5 minutes intense cardio and then repeat just the lifts.

2X THROUGH - 20 REPS EACH

1. CHEST: Flat bench press or flat dumbbell press or pushups
 2. BACK: 1 arm dumbbell row 20x each arm
 3. SHOULDERS: Military press
 4. BICEPS: Curls
 5. TRICEPS: Kickbacks
- 10 minutes cardio intense walk, run, bike, or stepper (do the cardio only once).

THURSDAY + SATURDAY + SUNDAY: REST DAYS

Use these days to rest and recover. If you want you can do an optional 30 minutes of cardio.

TUESDAY: LOWER BODY + CARDIO**WARM UP: 20 Minutes**

Walk or Run on treadmill alternating 1 minute fast then 1 minute slow for 20 minutes. Apply to whatever you have available: bike, elliptical, etc.

WEIGHTLIFTING:

Set up 5 exercises, do 20 reps of each exercise 2x through, once completed do 5 minutes of low intensity cardio, 5 minutes intense cardio and then repeat just the lifts.

2X THROUGH - 20 REPS EACH

1. LEGS: Bodyweight squats 20-30 reps(not what you weigh on your back just actual bodyweight) advanced add weight
 2. LEGS: Lunges 15 each side stationary lunges
 3. CALVES: Calf raise 30-50 reps
 4. ABS: Ab crunch 30-50
 5. ABS: Legs up and crossed 30-50
- 10 minutes cardio intense walk, run, bike, or stepper (do the cardio only once).

FRIDAY: LOWER BODY + CARDIO**WARM UP: 20 Minutes**

Walk or Run on treadmill alternating 1 minute fast then 1 minute slow for 20 minutes. Apply to whatever you have available: bike, elliptical, etc.

WEIGHTLIFTING:

Set up 5 exercises, do 20 reps of each exercise 2x through, once completed do 5 minutes of low intensity cardio, 5 minutes intense cardio and then repeat just the lifts.

2X THROUGH - 20 REPS EACH

1. LEGS: Bodyweight squats 20-30 reps(not what you weigh on your back just actual bodyweight) advanced add weight
 2. LEGS: Lunges 15 each side stationary lunges
 3. CALVES: Calf raise 30-50 reps
 4. ABS: Ab crunch 30-50
 5. ABS: Legs up and crossed 30-50
- 10 minutes cardio intense walk, run, bike, or stepper (do the cardio only once).

PRE WORKOUT:
4 CAPSULES WITH WATER

POST WORKOUT:
4 CAPSULES WITH WATER

