

HEALTH & VITALITY

WITH ASN'S MEAL PLAN FOR GENERAL HEALTH

*20mins before
breakfast*

1 teaspoon Evolve L-Carnitine, 1 serving SOG-3

Meal 1

70g oats (weight raw), strawberries, 1 scoop Evolve WPI,
1 BodyScience Multi-VMA, 6 Nutralife Fish Oils

Meal 2

100g chicken/beef, 1/2 cup brown rice, 1/2 cup green beans

Meal 3

1 Scoops Evolve 3-Whey, 1 serving SOG3, 1 or 2 bananas

Meal 4

200g chicken/beef, 1 sweet potato, veggies

Pre-Workout

1 scoop Evolve Anabolic Injection, 1 serve SciVation Novem

Intra-Workout

Scivation Xtend mixed in 1 litre of water

Post-Workout

2 scoops Evolve WPI, 5g Evolve Glutamine

Meal 7

5min before meal Primaforce ZMA,

Primaforce D-Aspartic Acid

250g chicken/beef, veggies/salad, 20mls olive oil

Nutralife Vitamin E, Nutralife Vitamin C

Meal plan by
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IFBB World Champion



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