

WEIGHT LOSS FEMALE

WITH ASN'S MEAL PLAN FOR WEIGHT LOSS

*20mins before
breakfast*

1 teaspoon Evolve L-Carnitine, 1 serving D-Fine8

Meal 1

40g oats(weight raw), 20g dried pineapple, 1 scoop Evolve WPI

Meal 2

100g chicken/beef, 150g green beans

Meal 3

100g chicken/beef, 150g green beans, 10mls macademia oil

Meal 4

100g chicken/beef, 1 baked potato

Pre-Workout

1 Teaspoon Evolve L-Carnitine, 1 serving D-Fine8

Post-Workout

1 Scoop Evolve WPI, 5g Evolve Glutamine

Meal 7

150g chicken/beef, veggies

**Additional
Supps**

Anti oxidants - Evolve Acai

BodyScience Multi-VMA

Liver detox - SOG-3

Meal plan by
Charlie Dúca
IFBB World Champion



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