

# WEIGHT LOSS MALE

WITH ASN'S MEAL PLAN FOR WEIGHT LOSS

*20mins before  
breakfast*

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

*Meal 1*

70g oats(weight raw), strawberries, 2 scoops Evolve WPI

*Meal 2*

220g chicken/beef, 150g sweet potatoes, salad

*Meal 3*

1 can tuna in brine, 6 rice cakes (thick)

*Meal 4*

220g chicken/beef, 150g sweet potatoes, salad

*Pre-Workout*

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

*Post-Workout*

2 scoops Evolve WPI, 5g Evolve Glutamine

*Meal 7*

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

*Additional  
Supps*

Fat burners - Fusion Sub-Q

Anti oxidants - Evolve Acai

BodyScience Multi-VMA

Liver detox - SOG-3

Meal plan by  
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IFBB World Champion



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