

INSTRUCTIONS FOR WEIGHT LOSS SUPPLEMENTS



Stoutmire's Personal Training

MNS MAX C or MAX 3 Blue Pack, on empty stomach
20-30 minutes later drink **Meal Replacement shake**, add water only, ice optional.

Catalyst (3) and **White Pack** can be taken with **Meal Replacement shake**.
Catalyst (3) can also be taken immediately prior to workout.

Snack-Spark, Fruit, nuts, crackers, bar

MNS MAX C or MAX 3 Blue Pack, (1) **Thermoplus** 20-30 prior to lunch
Lunch- White pack, Salad with protein or sandwich on whole wheat bread, fruit
OR drink **Meal Replacement Shake** for lunch

Midday Snack: Spark, Catalyst (3) fruit, nuts, bar, crackers OR **Muscle Gain Shake**,
add water, ice is optional.

Dinner: Lean protein and veggies

- Repeat until desired weight is met
- No White Starches, replace with whole wheat (Pasta, rice, and bread) replace sweet potatoes for white potatoes
- Low calorie dressings, and cook with Virgin Olive oil
- Drink Plenty of water throughout the day