

RIPPED FREAK® 12 week challenge

Phase 1 Diet: Weeks 1 - 4

Upon awakening drink 1 tablespoon lemon juice mixed in hot water with 1x RIPPED FREAK Hybrid Capsule

Meal 1 - Breakfast 30 minutes after awakening or directly after morning gym session

1x Scoop RIPPED FREAK Protein
1x Scoop GREENS FREAK (Optional)
1/2 Cup Mixed Berries or 2 slices Pineapple
NB Can mix all in blender for a great smoothie

Meal 2 (2 and a half hours after Meal 1)

1x VITA FREAK Pack (Optional)
2x Whole eggs and 1x Egg White
1x Cup veggies (green/red pepper, mushrooms, cucumber, lettuce, broccoli, cauliflower)
1x Slice low GI Rye toast

Meal 3 (2 1/2 - 3 hours after Meal 2) 1x RIPPED FREAK Hybrid Capsule before or with meal depending on stimulant tolerance

1000mg CLA
100g (*cooked/tinned*) chicken/ostrich/fish
1x Cup low carb veggies (lettuce, cucumber, broccoli, cauliflower)
1 Cup Quinoa or 3/4 cup brown basmati rice or 100g sweet potatoe
Cinnamon may be sprinkled over sweet potatoe

Meal 4 - Mid afternoon snack

1x Scoop RIPPED FREAK Protein
20x Almonds or 1 tablespoon coconut oil

Meal 5 - Dinner should be consumed at 18:30 - 19:00 the latest

1000mg CLA
100g (*cooked/tinned*) chicken/ostrich/fish
Medium Green salad or 1x cup cucumber
1x cup Green tea (1 cup green tea burns 100 calories)

Meal 6 - Before bed optional

100g Fat free cottage cheese
1x Scoop RIPPED FREAK Protein

Supplementation

<u>Recommended Supplement</u>	<u>Recommended Dosage & Directions</u>
RIPPED FREAK Hybrid Fat Burner (3in1 fat burner)	1x Capsule with Lemon Water & 1x Capsule before or with Meal 3
RIPPED FREAK Protein (fat burning protein shake)	1x Scoop with Meal 1, 4 and Meal 6 (optional)
GREENS FREAK (the most complete greens superfood formula on the market)	1x Scoop with Meal 1
PUMP FREAK (non stimulant) or SUPER FREAK (stimulant)	1x Scoop before training sessions
1000mg CLA Capsules (any brand will do)	1000mg with Meal 3 and meal 5

Becoming a HEALTH FREAK with PHARMAFREAK

Tips:

1. Drink 3-4 litres of water per day. (Keep well hydrated)
2. Reduce intake of excess sugars, sweets, breads, dairy and cheese.
3. Max 2-3 cups of black coffee per day. No milk or sugar allowed
4. Fresh herbs and spices are unlimited
5. Low fat sauces are allowed with meals 3 and 5. Yoghurt and Herb sauce from Knorr, Arabiata sauce. (no tomato or mayo sauces allowed)
6. Dont skip meals! Food is fuel and will speed up your metabolisms to increase fat loss
7. No Alcohol
8. It is recommended to not have any cheat meals for the first two weeks to get your body jump started. There after only one cheat meal a week.
9. Cook with Olive oil or Coconut Oil
10. Sea Salt or Himalayan salt is good in moderation
11. Refuel with RIPPED FREAK Protein after training sessions

RIPPED FREAK® 12 week challenge

Phase 2 Diet: Weeks 5 - 8

Upon awakening drink 1 tablespoon lemon juice mixed in hot water with 1x RIPPED FREAK Hybrid Capsule

Meal 1 - Breakfast 30 minutes after awakening or directly after morning gym session

1x Scoop RIPPED FREAK Protein
1x Scoop GREENS FREAK (Optional)
1/2 Cup Mixed Berries or 2 slices Pineapple
NB Can mix all in blender for a great smoothie

Meal 2 (2 and a half hours after Meal 1)

1x VITA FREAK Pack (Optional)
2x Whole eggs and 1x Egg White
1x Cup veggies (green/red pepper, mushrooms, cucumber, lettuce, broccoli, cauliflower)
1/2 Grapefruit
1x cup green tea (1 cup green tea burns 100 calories)

Meal 3 (2 1/2 - 3 hours after Meal 2) 1x RIPPED FREAK Hybrid Capsule before or with meal depending on stimulant tolerance

1000mg CLA
120g (cooked/tinned) chicken/ostrich/fish
1x Cup low carb veggies (lettuce, cucumber, broccoli, cauliflower)
1/2 Cup brown basmati rice or 80g sweet potatoe
Cinnamon may be sprinkled over sweet potatoe

Meal 4 - Mid afternoon snack

1x Scoop RIPPED FREAK Protein
20x Almonds or 1 tablespoon coconut oil

Meal 5 - Dinner should be consumed at 18:30 - 19:00 the latest

1000mg CLA
100g (cooked/tinned) chicken/ostrich/fish
Medium Green salad or 1x cup cucumber
1x cup Green tea (1 cup green tea burns 100 calories)

Meal 6 - Before bed optional

100g Fat free Cottage Cheese
1x Scoop RIPPED FREAK Protein

Supplementation

Recommended Supplement	Recommended Dosage & Directions
RIPPED FREAK Hybrid Fat Burner (3in1 fat burner)	1x Capsule with Lemon Water & 1x Capsule before or with Meal 3
RIPPED FREAK Protein (fat burning protein shake)	1x Scoop with Meal 1, 4 and Meal 6 (optional)
GREENS FREAK (the most complete greens superfood formula on the market)	1x Scoop with Meal 1
PUMP FREAK (non stimulant) or SUPER FREAK (stimulant)	1x Scoop before training sessions
1000mg CLA Capsules (any brand will do)	1000mg with Meal 3 and meal 5

Becoming a HEALTH FREAK with PHARMAFREAK

Tips:

1. Drink 3-4 litres of water per day. (Keep well hydrated)
2. Reduce intake of excess sugars, sweets, breads, dairy and cheese.
3. Max 2-3 cups of black coffee per day. No milk of sugar allowed
4. Fresh herbs and spices are unlimited
5. Low fat sauces are allowed with meals 3 and 5. Yoghurt and Herb sauce from Knorr, Arabiata sauce. (no tomato or mayo sauces allowed)
6. Dont skip meals! Food is fuel and will speed up your metabolisms to increase fat loss
7. No Alcohol
8. It is recommended to not have any cheat meals for the first two weeks to get your body jump started. There after only one cheat meal a week.
9. Cook with Olive oil or Coconut Oil
10. Sea Salt or Himalayan salt is good in moderation
11. Refuel with RIPPED FREAK Protein after training sessions

RIPPED FREAK®

12 week challenge

Phase 3 Diet: Weeks 9 - 12

Upon awakening drink 1 tablespoon lemon juice mixed in hot water with 1x RIPPED FREAK Hybrid Capsule

Meal 1 - Breakfast 30 minutes after awakening or directly after morning gym session

1x Scoop RIPPED FREAK Protein
 1x Scoop GREENS FREAK (Optional)
 1/2 Cup mixed berries
 NB Can mix all in blender for a great smoothie

Meal 2 (2 and a half hours after Meal 1)

1x VITA FREAK Pack (Optional)
 2x Whole eggs and 1x Egg White
 1x Cup veggies (green/red pepper, mushrooms, cucumber, lettuce, broccoli, cauliflower)
 1x cup green tea (1 cup green tea burns 100 calories)

Meal 3 (2 1/2 - 3 hours after Meal 2) 1x RIPPED FREAK Hybrid Capsule before or with meal depending on stimulant tolerance

1000mg CLA
 120g (cooked/tinned) chicken/ostrich/fish
 1x Cup low carb veggies (lettuce, cucumber, broccoli, cauliflower)
 1/2 Brown basmati rice or 80g Sweet potatoe

Meal 4 - Mid afternoon snack

1x Scoop RIPPED FREAK Protein or 50g lean Biltong
 1x Table spoon Organic Nut Butter

Meal 5 - Dinner should be consumed at 18:30 - 19:00 the latest

20x Almonds or 1 tablespoon coconut oil
 100g (cooked/tinned) chicken/ostrich/fish
 Medium Green salad or 1x cup cucumber
 1x cup Green tea (1 cup green tea burns 100 calories)

Meal 6 - Before bed optional

100g Fat free Cottage Cheese
 1x Scoop RIPPED FREAK Protein

Supplementation

<u>Recommended Supplement</u>	<u>Recommended Dosage & Directions</u>
RIPPED FREAK Hybrid Fat Burner (3in1 fat burner)	1x Capsule with Lemon Water & 1x Capsule before or with Meal 3
RIPPED FREAK Protein (fat burning protein shake)	1x Scoop with Meal 1, 4 and Meal 6 (optional)
GREENS FREAK (the most complete greens superfood formula on the market)	1x Scoop with Meal 1
PUMP FREAK (non stimulant) or SUPER FREAK (stimulant)	1x Scoop before training sessions
1000mg CLA Capsules (any brand will do)	1000mg with Meal 3 and meal 5

Becoming a HEALTH FREAK with PHARMAFREAK

Tips:

1. Drink 3-4 litres of water per day. (Keep well hydrated)
2. Reduce intake of excess sugars, sweets, breads, dairy and cheese.
3. Max 2-3 cups of black coffee per day. No milk or sugar allowed
4. Fresh herbs and spices are unlimited
5. Low fat sauces are allowed with meals 3 and 5. Yoghurt and Herb sauce from Knorr, Arabiata sauce. (no tomato or mayo sauces allowed)
6. Dont skip meals! Food is fuel and will speed up your metabolisms to increase fat loss
7. No Alcohol
8. It is recommended to not have any cheat meals for the first two weeks to get your body jump started. There after only one cheat meal a week.
9. Cook with Olive oil or Coconut Oil
10. Sea Salt or Himalayan salt is good in moderation
11. Refuel with RIPPED FREAK Protein after training sessions