

RIPPED FREAK®

12 week challenge

Phase 1 Diet: Weeks 1 - 4

<i>Upon awakening drink 1 tablespoon lemon juice mixed in hot water with 1x RIPPED FREAK Hybrid Capsule</i>	
Meal 1 Breakfast 30 minutes after awakening or directly after morning gym session	
300g Gero fat free yoghurt	
2x Cups Berry mix or Strawberries or 1x cup Fruit salad or 1x med Apple or Grapefruit	
1x Scoop RIPPED FREAK Protein	
NB Can mix all in blender for a great smoothie	
Meal 2 (2 and a half hours after Meal 1)	
1x Serving GREENS FREAK or 1x VITA FREAK (Optional)	
1x Serving CREATINE FREAK (Optional)	
1x Cup Raw Oats	
1x Scoop RIPPED FREAK Protein	
3x Egg Whites	
NB Can mix all in blender for a great smoothie	
Meal 3 (2 and a half hours after Meal 2)	
1x Full serving Mass Gainer (Any well priced low sugar Mass Gainer from Dischem or Chrome Supplements will be good) Avoid too high sugars.	
2x Brown Rice Cakes and 1x table spoon sugar free Peanut Butter	
Meal 4 - Should be consumed at about 13:30 RIPPED FREAK Hybrid capsule before meal	
1x Tablespoon Canola or Olive oil or 1000mg fish oil caps	
85g mixed vegetables (McCain mixed veggies)	
200g cooked sweet potato or 1 cup cooked brown/ brown basmati rice	
180g (<i>cooked/ tinned</i>) bs chicken/ ostrich/ fish	
1 cup Green Tea (1 cup of green tea burns 100 calories)	
Meal 5 being a mid afternoon snack should be consumed between 16:00 and 16:30	
1x Scoop RIPPED FREAK Protein	
1x Table spoon sugar free Peanut Butter	
Meal 6 being dinner should be consumed at 18:30 - 19:00 the latest	
1x Serving CREATINE FREAK (Optional)	
1x Table spoon Canola or Olive oil or 1000mg fish oil caps	
85g mixed vegetables (McCain mixed veggies)	
70g Pineapple or half 1/2 apple	
180g (<i>cooked/ tinned</i>) bs chicken/ ostrich/ fish	
1 cup Green Tea (1 cup of green tea burns 100 calories)	
Before Bed Shake	
1x Serving RIPPED FREAK Protein	
4x Egg whites	

Supplementation

Recommended Supplement	Recommended Dosage & Directions
RIPPED FREAK Hybrid Fat Burner (3in1 fat burner)	1x Capsule with Lemon Water & 1x Capsule 20 minutes before Meal 4
RIPPED FREAK Protein (fat burning protein shake)	1x Scoop with Meal 1, 2, 5 and 7
GREENS FREAK (the most complete greens superfood formula on the market)	1x Scoop with Meal 2
Well priced low sugar Mass Gainer from Dischem or Chrome SA	1x Full Serving of the recommended dosage at Meal 3
CREATINE FREAK (greater strength and performance)	1x Scoop with Meal 2 and Meal 6
PUMP FREAK (stimulant free) or SUPER FREAK (stimulant)	1x Scoop before training sessions (stim free for evening sessions)
TEST FREAK (worlds strongest natural testosterone booster)	4x Capsules 30minutes before bed shake

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

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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

300g Gero fat free yoghurt
 2x Cups Berry mix or Strawberries or 1x cup Fruit salad or 1x med Apple or Grapefruit
 1x Scoop RIPPED FREAK Protein
 NB Can mix all in blender for a great smoothie

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

1x Serving GREENS FREAK or 1x VITA FREAK (Optional)
 1x Serving CREATINE FREAK (Optional)
 2/3 Cup Raw Oats
 1x Scoop RIPPED FREAK Protein
 3x Egg Whites
 NB Can mix all in blender for a great smoothie

Meal 3 (2 and a half hours after Meal 2)

1x Full serving Mass Gainer (Any well priced low sugar Mass Gainer from Dischem or Chrome Supplements will be good) Avoid too high sugars.
 2x Brown Rice Cakes and 1x table spoon sugar free Peanut Butter

Meal 4 - Should be consumed at about 13:30 RIPPED FREAK Hybrid capsule before meal

1x Tablespoon Canola or Olive oil or 1000mg fish oil caps
 85g mixed vegetables (McCain mixed veggies)
 150g cooked sweet potato or 1 cup cooked brown/ brown basmati rice
 180g (cooked/ tinned) bs chicken/ ostrich/ fish
 1 cup Green Tea (1 cup of green tea burns 100 calories)

Meal 5 being a mid afternoon snack should be consumed between 16:00 and 16:30

1x Scoop RIPPED FREAK Protein
 1x Table spoon sugar free Peanut Butter

Meal 6 being dinner should be consumed at 18:30 - 19:00 the latest

1x Serving CREATINE FREAK (Optional)
 1x Table spoon Canola or Olive oil or 1000mg fish oil caps
 85g mixed vegetables (McCain mixed veggies)
 70g Pineapple or half 1/2 apple
 180g (cooked/ tinned) bs chicken/ ostrich/ fish
 1 cup Green Tea (1 cup of green tea burns 100 calories)

Before Bed Shake

1x Serving RIPPED FREAK Protein
 4x Egg whites

Supplementation

Recommended Supplement	Recommended Dosage & Directions
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RIPPED FREAK Protein (fat burning protein shake)	1x Scoop with Meal 1, 2, 5 and 7
GREENS FREAK (the most complete greens superfood formula on the market)	1x Scoop with Meal 2
Well priced low sugar Mass Gainer from Dischem or Chrome SA	1x Full Serving of the recommended dosage at Meal 3
CREATINE FREAK (greater strength and performance)	1x Scoop with Meal 2 and Meal 6
PUMP FREAK (stimulant free) or SUPER FREAK (stimulant)	1x Scoop before training sessions (stim free for evening sessions)
TEST FREAK (worlds strongest natural testosterone booster)	4x Capsules 30minutes before bed shake

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Phase 3 Diet: Weeks 9 - 12

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Meal 1 Breakfast 30 minutes after awakening or directly after morning gym session	
300g Gero fat free yoghurt	
2x Cups Berry mix or Strawberries or 1x cup Fruit salad or 1x med Apple or Grapefruit	
1x Scoop RIPPED FREAK Protein	
NB Can mix all in blender for a great smoothie	
Meal 2 (2 and a half hours after Meal 1)	
1x Serving GREENS FREAK or 1x VITA FREAK (Optional)	
1x Serving CREATINE FREAK (Optional)	
1/2 Cup Raw Oats	
1x Scoop RIPPED FREAK Protein	
3x Egg Whites	
<i>NB Can mix all in blender for a great smoothie</i>	
Meal 3 (2 and a half hours after Meal 2)	
1x Full serving Mass Gainer (Any well priced low sugar Mass Gainer from Dischem or Chrome Supplements will be good) Avoid too high sugars.	
2x Brown Rice Cakes and 1x table spoon sugar free Peanut Butter	
Meal 4 - Should be consumed at about 13:30 RIPPED FREAK Hybrid capsule before meal	
1x Tablespoon Canola or Olive oil or 1000mg fish oil caps	
85g mixed vegetables (McCain mixed veggies)	
150g cooked sweet potato or 1 cup cooked brown/ brown basmati rice	
180g (<i>cooked/ tinned</i>) bs chicken/ ostrich/ fish	
1 cup Green Tea (1 cup of green tea burns 100 calories)	
Meal 5 being a mid afternoon snack should be consumed between 16:00 and 16:30	
1x Scoop RIPPED FREAK Protein	
1x Table spoon sugar free Peanut Butter	
Meal 6 being dinner should be consumed at 18:30 - 19:00 the latest	
1x Table spoon Canola or Olive oil or 1000mg fish oil caps	
85g mixed vegetables (McCain mixed veggies)	
70g Pineapple or half 1/2 apple	
180g (<i>cooked/ tinned</i>) bs chicken/ ostrich/ fish	
1 cup Green Tea (1 cup of green tea burns 100 calories)	
Before Bed Shake	
1x Serving RIPPED FREAK Protein	
4x Egg whites	

Supplementation

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