



# RIPPED FREAK<sup>®</sup>

## 12 week challenge

### Phase 2 Diet: Weeks 5 - 8

<i>Upon awakening drink 1 tablespoon lemon juice mixed in hot water with 1x RIPPED FREAK Hybrid Capsule</i>	
<b>Meal 1 - Breakfast 30 minutes after awakening or directly after morning gym session</b>	
2x Cups Berry mix or Strawberries or 1x cup Fruit salad or 1x med Apple or Grapefruit	
200g Gero fat free yoghurt	
1x Scoop RIPPED FREAK Protein	
NB can mix all in blender for a great smoothie	
<b>Meal 2 (2 and a half hours after Meal 1)</b>	
1x Serving GREENS FREAK or 1x Pack VITA FREAK (Optional)	
1/2 Cup Raw Oats	
1x Scoop RIPPED FREAK Protein	
3x Egg whites	
NB can mix all in blender for a great smoothie	
<b>Meal 3 (2 and a half hours after Meal 2)</b>	
1x Scoop RIPPED FREAK protein	
2x Brown Rice Cakes and 1x table spoon sugar free peanut butter	
<b>Meal 4 - Lunch 1x RIPPED FREAK Hybrid capsule before meal</b>	
1 Tablespoon Canola or Olive oil or 1000mg fish oil caps	
3/4 cup low carb vegetables (lettuce, cucumber, broccoli and cauliflower)	
100g cooked sweet potato or 1/2 brown basmati rice	
1x cup green tea (1 cup of green tea burns 100 calories)	
135g (cooked/ tinned) bs chicken/ ostrich/ fish	
<i>Cinnamon may be sprinkled over sweet potatoe</i>	
<b>Meal 5 - being a mid afternoon snack should be consumed between 16:00 and 16:30</b>	
1x Scoop RIPPED FREAK Protein	
<i>your shake may only be mixed with water</i>	
<b>Meal 6 - being dinner should be consumed at 18:30-19:00 the latest</b>	
1x Tablespoon Canola or Olive oil or 1000mg fish oil caps	
1 cup Green Tea (1 cup of green tea burns 100 calories)	
135g (cooked/ tinned) bs chicken/ ostrich/ fish	
1x Cup Green Tea (1 cup of green tea burns 100 calories)	
<i>apple cider vinegar + lemon juice may be used as a dressing on your vegetables</i>	

### Supplementation

<u>Recommended Supplement</u>	<u>Recommended Dosage &amp; Directions</u>
RIPPED FREAK Hybrid Fat Burner (3in1 fat burner)	1x Capsule with Lemon Water & 1x Capsule 20minutes before Meal 4
RIPPED FREAK Protein (fat burning protein shake)	1x Scoop with Meal 1, 2, 3 and Meal 5 as a light snack
GREENS FREAK ( the most complete greens superfood formula on the market)	1x Scoop with Meal 2
PUMP FREAK (non stimulant) or SUPER FREAK (stimulant)	1x Scoop before training sessions
TEST FREAK(Worlds strongest natural testosterone booster)	4x Capsules before bed

### 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<sup>®</sup> 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

2x Cups Berry mix or Strawberries or 1x cup Fruit salad or 1x med Apple or Grapefruit  
200g Gero fat free yoghurt  
NB Can mix all in blender for a great smoothy

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

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

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

1x Scoop RIPPED FREAK Protein  
2x Brown Rice Cakes and 1x table spoon sugar free Peanut Butter

### Meal 4 - Lunch 1x RIPPED FREAK Hybrid Capsule before meal

1000mg fish oil caps  
1 1/4 low carb vegetables (lettuce, cucumber, broccoli, cauliflower)  
150g *(cooked/tinned)* bs chicken/ ostrich/ fish  
1x Cup Green Tea (1 cup green tea burns 100 calories)

### 1x cup green tea (1 cup of green tea burns 100 calories)

1x Scoop RIPPED FREAK Protein  
*your shake may only be mixed with water*

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

*(no oils may be used to cook food)*  
1 1/2 cups low carb vegetables (lettuce, cucumber, broccoli, cauliflower)  
150g *(cooked/tinned)* bs chicken/ ostrich/ fish  
1 Cup green tea (1 cup green tea burns 100 calories)

### 1 cup Green Tea (1 cup of green tea burns 100 calories)

### Meal 7 - will feed your body throughout the night and should be consumed just before going to bed

1x Scoop RIPPED FREAK Protein  
*your shake may only be mixed with water*

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