

**Mike went from 505 lbs. to 210 lbs. in 1 year, 8 months. I wish I could say ANC was the reason Mike lost the weight, but Mike did it himself. We just gave him the supplements and support he needed to do it. This is the meal plan we gave him to start:**

6:00 am – Cup of oatmeal with 2 scoops of Met-Rx whey protein added in or have the 2 scoops protein mixed with water, and 1 Met-Rx CLA

8:30 am – 2 scoops of Met-Rx whey protein mixed with water

11:30 am – Large salad with 8-10 oz. of either turkey, chicken, fish or steak on top, oil and vinegar, 1 Met-Rx CLA and 1 Met-Rx Arsenal pack (Can have green vegetables and 2 tbsp. Paul Newman Salsa for flavor.)

2:00 pm – 2 scoops of Met-Rx whey protein mixed with water

5:00 pm – 8-10 oz. piece of turkey, chicken, fish or steak, 2 tbsp. Paul Newman Salsa for flavor, green vegetables and salad with oil and vinegar, 1 Met-Rx CLA

8:00 pm – 2 scoops Met-Rx whey protein mixed with water

Nighttime snack – Sugar free Jello or sugar free popsicle (Not no-sugar added, must be sugar free.)

\*Met-Rx Glutamine (1 scoop in the morning, 1 scoop before and 1 scoop after workout and 1 scoop before bed) and VPX NO Shotgun before workout

After 6 weeks of following this diet, every 3<sup>rd</sup> day instead of green vegetables he added, one sweet potato or ¾ cup of either brown rice, wheat pasta or couscous, and once a week had a cheat day eating whatever he wanted for 2 hours with protein drinks for the rest of the day.



After Mike lost his first 40 lbs. we started him on LG Sciences Rezolution, the world's strongest fat burner. It is extremely strong, and you must talk to your doctor first before using. The first week he took 2 right when he woke up and after the first week he took 3 right when he woke up.

Foods you can have on this diet: Turkey, chicken, fish, steak, turkey sausage, chicken sausage, eggs (1 whole egg with as many egg whites as you want), tuna fish (no mayo), cucumbers, green vegetables, salad, Mrs. Dash, Paul Newman Salsa, Molly McButter products, oil and vinegar, salt and pepper, soy sauce.

These are the products he used.



\*\*Before starting any diet always consult your physician. Peter Morel is not a doctor; but he is smarter than one!