

Bamboo Diet

100 Push Ups + 100 Sit Ups + 100 Squats

Breakfast

- 100g Oats / 50g Rasins / 1 scoop Whey / Multivitamins / 500mg Vitamin C / Omega 3

300ml Water

Snack

- 1 Tuna sandwich / 200ml Full Cream Milk

300ml Water

Lunch

- 150g White Pasta / Parmesan Cheese / Bolognese sauce / 500mg Vitamin C / Omega 3 / 200ml Orange Juice / 1 scoop Whey

300ml Water

Snack

- 80g mixed nuts / 200ml Full Cream Milk

300ml Water

GYM

Post workout shake

- 1.5scoops Whey / 60g oats / Banana / 500mg Vitamin C / Omega 3

300ml Water

Dinner

- 150g White Pasta / Parmesan Cheese / Bolognese sauce
- 250g rump steak / 150g mixed frozen vegetables

Pre bed

- 200ml Milk / Grinded Flax Seed with Peanut Butter Sandwich