



Hump day munching (Basics)

Exercise Day:

Breakfast: (Slow digesting) protein/carbs
Mid-morning: protein/fat
Lunch: protein/fat
Mid-afternoon: protein/fat
Evening (after exercise): (Fast digesting) protein/carbs
Pre-bed: (Slow digesting) protein/fat

Non-exercise Day:

Breakfast: protein/carbs
Mid-morning: protein/carbs
Lunch: protein/fat
Mid-afternoon: protein/fat
Evening: protein/fat
Pre-bed: protein/fat

Morning crunchy munch via Theresa



Ingredients

- Muesli
- Strawberries
- Blueberries
- Raisins

Carb tapered lunch/dinner munching via Theresa



Ingredients

- Avocados
- Chicken breast chunks
- Veggies

Post workout shake via Charlie



Ingredients

- Chocolate whey
 - Ice cubes
- Unsweetened almond milk
 - Cold water
- Rice crispies
- Blend and top with raw cacao powder

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THE FIT BUZZ PROGRAMS

Operation S-Curve

>#NEW Operation S-Curve (The complete Fit Buzz challenge)

>> OSC (3 monthly payments option)

#NEW OSC 3 month one-2-one live training sessions

#NEW OSC – The Official Month #2 Upgrade

Those 4-6 week training programs (Not in OSC)

#NEW Effective Epic Butt & Teeny Tiny Waist Split Routines

#NEW The Aphrodite Workout (Version 2.0)

#NEW THE RESHAPE CHALLENGE WORKOUTS

>> No Nonsense Butt Building
>> Meal plans and workouts for abs

#1 Fit Buzz on Youtube
#2 Fit Buzz Summer Tanks and T-shirts
#3 The New email archives