



Cheat food Friday

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
Dinner: (Slow 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

D-rated cheating @ this weeks newsletters. Because it's kinda clean too.

Charlies cheats



Ingredients

- Casein ice-cream
- Double chocolate chunks

Charlies cheats



Protein cinnamon carrot cake

Just do it...



Shaun
Stayfitbuzz.com

THE FIT BUZZ PROGRAMS (In order of how a typical FitBuzzer starts)

Operation S-Curve

You can now start OSC without having to 'learn' anything! Just literally 'start'.

> Operation S-Curve (The complete Fit Buzz challenge)
(Options for future 4-6 week training programs outside of the main OSC)

For new OSC members (As of July 23rd 2014) - Access to every current/new program is yours for free during these six months of becoming S-curvish.

>> OSC - Access to EVERYTHING (6 monthly payments)

For current main OSC members (If you started before 23rd July 2014)

Those 4-6 week training programs/add on (Not in OSC - Do these at any given time... I'll advise you on which suits you best)

(Pay monthly) tailored meals/video workouts

#NEW OSC – The Venus Workouts + Super low fat meals

#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

Fit Buzz on Youtube

Instagram (@Fitbuzz)