



Time to eat Scurvishly via Mariola

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

Remember... It's all about the nutrients/food types. It doesn't matter how much you eat, as long as you eat what's listed and that it fills you up @ Never feeling hungry.

Breakfast



Ingredients

- Whole wheat cereal
- Blueberries
- Bananas
- Almond butter
- Chia seeds

More breakfast



Ingredients

- Raspberries
- Cottage cheese
- Blueberries

Lunch



Ingredients

- Scrambled eggs
- Turkey ham
- Black pepper
- Avocado

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)