



ATHLETE PACK SCHEDULE

THE PLAN

This pre and post workout system is designed for you and your workout preference. Depending on when you work out and how hard you go, our flexible plan can help you any time of day. If you are sensitive to caffeine, morning may be best as the Can't BEET This! pre-workout drink contains natural caffeine. New products, Can't BEET This! and MVP Sport can also be used on light or non-workout days. Here are the basics:

PRE-WORKOUT

Super Amino 23, Super Xanthin and Can't BEET This! can pump you up, keep your workout strong and help support muscles.

**30 minutes
before workout**

- Drink 1-2* scoops of **Can't Beet This!** to naturally power up your performance.
- Take 5 **Super Amino 23** tablets (or 1 tablet per 25 lbs. of body weight) for sustainable support.
- Take 1 **Super Xanthin** to help protect muscle tissue.

POST-WORKOUT

Protein drink MVP Sport (Vanilla or Chocolate flavors) refills your tank with nutrients to help with recovery, muscle repair and healthy inflammatory response.

**0-30 minutes
after workout**

Drink 1-2** scoops of **MVP Sport** (Chocolate or Vanilla) to refuel and assist with recovery support.

*1 scoop of Can't BEET This! for non-workout/light workout days. 2 scoops to amp-up for long, hard workouts.

**1 scoop of MVP Sport as a meal replacement for non-workout/light workout days. 2 scoops after strong workouts.



FLEX MEALS

The more you burn, the more your appetite demands. The Daily Core3 pack is a complimentary foundational nutritional pack, but real food is also necessary for strenuous exertion. Instead of refueling your body with something processed, why not reward yourself with beneficial food? Our list of Flex Foods and Flex Meals are sure to satisfy, without compromising your health. Healthy foods can be convenient, but prep is key and a little creativity can go a long way! The Core3 Guide (pages 22-23) provides Flex details and inspiration.

A FEW IDEAS TO GET YOU STARTED

- **Egg Muffins**
- **Lettuce Cups with tuna, turkey, or chicken**
- **Same Skillet Salmon and Quinoa**

Egg Muffins: Pre-heat oven to 350F and grease a muffin tray with coconut oil. Heat a skillet with a little coconut oil or ghee and sauté some veggies (peppers, onion, yellow squash, asparagus, mushrooms, etc.) until tender. Add some garlic and sea salt (and any fresh herbs) and remove from heat. Whisk 4 eggs in a measuring cup and stir into veggie skillet. Pour this mixture into the individual muffin cups and bake for 15-20 minutes. You can eat immediately or store in the fridge for up to 4 days.

Tuna Lettuce Cups: In a bowl, combine 1 5-ounce can of tuna (safe catch or wild), 1 avocado, 1 stalk of celery, ½ tomato diced, juice from ½ lemon, a handful of parsley and other veggie preferences (red onion, green pepper, carrots, etc.). Mash it all together and scoop into lettuce cups. Add sea salt and pepper to season.

Same skillet Salmon and Quinoa: Season salmon with salt and pepper and put in a hot coconut-oiled skillet (skin down). Cook for 2-3 minutes without moving. Remove and place on a plate, skin up. In the same skillet, add 2 cups of water, bring to a boil and add quinoa. Cook for exactly 9 minutes before lowering the heat to medium-low and stir in chopped scallions, feta and place salmon on top (skin up) and cover. Cook for 2-3 minutes. Serve with drizzled lemon juice and olive oil.