

TREAT MEAL SYSTEM

How to be social and enjoy the foods that you love without undoing your gains

Being social with food and alcohol is a big part of the modern culture.

Whilst eating treat meals and drinking alcohol can be fun, it is important to have a system to ensure that you are not undoing all of your gains to date.

Think of your treats as 3 different poisons:

- Alcohol
- Sweets
- Savouries

**** DO NOT MIX YOUR POISONS ****

MF TREAT MEAL SYSTEM:

1. The 2 meals PRIOR TO your treat meal are composed of protein and plants only (Fat Loss Plate).
2. Enjoy your TREAT MEAL with the foods / drinks that you enjoy but DO NOT mix your poisons.
3. The 2 meals AFTER your treat meal are composed of protein and plants only (Fat Loss Plate).
4. Sweat and perform a TRAINING SESSION WITHIN 12 HOURS of finishing your treat meal.

2 x PROTEIN + PLANT MEALS



1 x TREAT MEAL



2 x PROTEIN + PLANT MEALS



12 HOURS TO SWEAT