

SHRED

RAGE THERMO MEAL PLAN GUIDE

MEAL 1

OVERNIGHT OATS

25 g	Raw Oats	4,0 g	16,8 g	1,6 g	96,0
5 g	Chia Seeds	0,8 g	2,1 g	1,5 g	24,3
20 ml	Almond Milk, unsweetened	0,1 g	0,1 g	0,3 g	3,4
5 g	Honey (1 Tbsp)	0,0 g	0,9 g	0,0 g	3,2
50 g	Mixed Berries (fresh or frozen)	0,7 g	5,0 g	0,2 g	21,5
½ Serving	Biogen Lean Whey or Iso-Whey Premium	12,5 g	1,2 g	0,6 g	50,5

MEAL 2

MID-MORNING SNACK

2 x	Rice Cakes (plain, unsalted / veggie)	0 g	15,2 g	0,2 g	56,0
60 g	Cottage Cheese	6,6 g	1,8 g	2,4 g	58,8
60 g	Cucumber	0,4 g	2,2 g	0,1 g	9,6
60 g	Cherry Tomatoes	0,3 g	1,2 g	0,1 g	5,4
	Salt & Pepper				

MEAL 3

PROTEIN & VEG

80 g	Chicken, cooked (or protein of choice)	24,8 g	0,0 g	2,8 g	120,8
100 g	Cous Cous, cooked (or 90 g Basmati Rice)	3,8 g	23,2 g	0,2 g	112,0
40 g	Butternut, cooked	0,4 g	4,8 g	0,0 g	18,0
30 g	Feta Cheese	4,2 g	1,2 g	6,3 g	79,2

MEAL 4

AFTERNOON SNACK

80 g	Chicken or Fish, cooked (or protein of choice)	24,8 g	0,0 g	120,8 g	120,8
1x	White Flour Wrap (or 85 g Sweet Potato, cooked)	4,7 g	16,0 g	117,6 g	117,6
60 g	Lettuce	0,5 g	1,8 g	8,4 g	8,4
30 g	Cherry Tomatoes	0,3 g	1,2 g	5,4 g	5,4

MEAL 5

PROTEIN & SALAD (OR 100g GREEN VEG)

80 g	Chicken / Lean Beef Mince / Steak (or protein of choice)	24,8 g	24,8 g	2,8 g	120,8
100 g	Lettuce	0,9 g	3,0 g	0,1 g	14,0
70 g	Cucumber	0,5 g	2,5 g	0,1 g	11,2
30 g	Cherry Tomatoes	0,3 g	1,2 g	0,1 g	5,4
1 Tbsp	Extra Virgin Olive Oil (15 ml)	0,2 g	1,4 g	13,5 g	119,0
1 Tbsp	Teriyaki Sauce (15 ml)	1,1 g	2,9 g	0,0 g	15,0
	Salt & Pepper				

* Products highly recommended for this meal plan

OPTIONAL & SUGGESTED DAILY VITAMINS

Biogen Multi Vitamin Plus (x1)
Biogen Vitamin C 1000mg (x2)
Biogen Vitamin D₃ (x3)
Biogen Omega 3 (x3)
Biogen Probiotic 9-Strain (x1)
Biogen Lean Aminos (x1 Serving)
Biogen Rage Thermo (upon waking)

80 CAPS =
1 MONTH
SUPPLY



Please consult with a dietician or coach prior to starting any weight loss program. Portions and calories can and should be adjusted by genders, weight and/or goals.

Meal plans created for Biogen by
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