



10-day
quick slim
program



When you need to lose 5 to 10 pounds quickly without sacrificing muscle

The following is for informational purposes only. Individual results can and do vary.



general guidelines

Calorie Allotment — **1400-1700 Calories**

Protein — **150 grams daily**

Water Intake — **45 to 130 ounces**

Exercise — **30 to 45 minutes twice daily**

Carbohydrates — **No more than 150 grams**

restrict eating to a 9 hour window (10am to 7pm)

10 am

7 pm

no calories

can drink zero
calorie beverages

start your eating
window by drinking
one serving of
Lion's Fuel E3
and taking two Lion's
Fuel Mental Edge
capsules



exercise
30-45 Min

can eat

1400-1700 calories

drink three protein shakes
(each shake should have 30 grams
of protein and under 10 gram of
carbohydrates)

drink one serving of
Lion's Fuel Diet Fuel



no calories

can drink zero
calorie beverages

close your
eating window
with one serving
of Lion's Fuel E3



exercise
30-45 Min

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- Before you open your eating window drink one serving of Lion's Fuel e3 and take two Lion's Fuel Mental Edge capsules. Then workout for 30 to 45 minutes.
- Within your 9-hour eating window you will drink three protein shakes (each shake should have 30 grams of protein and under 10 gram of carbohydrates). You will also drink one serving of Lion's Fuel Diet Fuel during your eating window.
- You will eat one anchor meal of 1000-1200 calories within your eating window. You need to make sure this meal contains a minimum of 50 grams of protein.
- After your window closes, you can drink zero calorie beverages including a second serving of Lion's Fuel e3. We also want you to exercise a minimum of 30-45 minutes after your eating window closes.



Keep this up for 10 days and don't cheat.
You'll be surprised and excited with the results.