

# Jana PITTMAN'S MUSCLE BUILDING

## FOOD DIARY



Jana Pittman, Olympic Athlete, five-time World Champion and four-time Commonwealth Champion knows the importance of nutrition when it comes to training. As a professional athlete she needs to be able to build and maintain muscle mass and strength. Isagenix has allowed her to build muscle and release body fat.

*Check out how she achieved her amazing results.*

### PRE BREAKFAST:

1 scoop Cleanse for Life™, Ionix® Supreme  
(2 Essentials for Men™, 4 Product B™ & 2 Ageless Actives™)

### BREAKFAST:

IsaLean™ Shake with berries, whole meal toast with 2 eggs

### POST TRAINING:

IsaLean Shake (2 scoop + IsaPro™) and banana

### LUNCH:

250g brown rice, tuna or chicken and vegetables + IsaDelight Plus™ or 3 sushi rolls

### AFTERNOON TEA:

IsaLean Bar + low fat muffin or fruit roll or 2 rows of crackers, Ionix Supreme

### PRE DINNER:

FibreSnacks!™ and apple

### DINNER:

Pasta, quinoa or sweet potato with beef or lamb + unlimited vegetables.

### PRE BED

IsaLean Shake with IsaPro

HEAPS OF WATER, during training drink water with *Want More Energy?*™ (1-2 IsaFlush!™ 2x Essentials for Men, 4 Product B & 2 Ageless Actives)