

Bring your BEST body to the beach with the SUMMER SHREDDER!

By: The Beverly Advisor Team

Summer is here. So don't waste your time (or money) with questionable fat-loss supplements. Bring your best body to the beach (and beyond) with the help of a supplement stack based on time-tested, results-proven products. It's called the Beverly Summer Shredder program.

The Summer Shredder makes dieting and exercise work better.

The Summer Shredder is a safe, no-nonsense combination of products that helps you reduce body fat and improve body shape and lean muscle tone and definition, faster. These are trusted supplement formulas that have remained unchanged for many years because they reliably deliver results.

Who is the Summer Shredder ideal for?

It's ideal for any healthy man or woman who works out (weights and cardio) at least 3 times weekly.

How do I get started?

First, choose the level that suits you best:

- **Level 1** is for anyone who is new to supplements, novice athletes (1 year or less of regular workouts), or anyone who is on a strict budget.
- Start with **Level 2** if you are an intermediate-level athlete, already quite familiar with supplements, or have a medium-size budget.
- **Level 3** is for advanced athletes (individuals who feel their physique is close to its genetic potential) and anyone who wants the most comprehensive supplement stack available to help them accomplish their fat-loss goals.

NOTE: We define an "athlete" as anyone who works out (a.k.a. "trains") regularly. That means you!

Next, build the stack that corresponds to your chosen level. We go through each level in detail, below.

Level 1: UMP, Lean Out. (Guys, add Quadracarn.)

What the products do

- **Ultimate Muscle Protein (UMP)** is our "gateway" protein powder. It helps you recover from workouts more easily and build and preserve lean, strong muscle while boosting your metabolism and satisfying your appetite. (As users say, "Who needs sweets, when you've got UMP?") With its naturally balanced blend of fast- and slow-release proteins, UMP is the ideal "anytime" protein supplement: Enjoy it at breakfast, after workouts, in the afternoon, before bed, etc. It will supply you with the building blocks your body needs between meals, and can conveniently replace one.

Best Dose: For the best results, take approximately according to the following guidelines. If you weigh 100-125, take at least one scoop daily; 126-165, take at least 2 scoops daily; 166-200, 3 scoops daily; over 200, 4 scoops daily. (At least 1 scoop should be taken right after your workout.)

- **Lean Out** is a must-have dieting formula that helps your metabolism process fat and carbs (blood sugar) efficiently. For instance, it contains *lipotropics*, nutrients that help transport fat from adipose tissue (where it's stored on your body) to other tissues (like muscle) where it can be burned for energy. The faster this process works, the leaner you get.

Best Dose: For the best results, take 8 capsules daily. We recommend taking 2 capsules with each of 4 meals.

- **Quadracarn** (pronounced "kwa-dra-carn") provides head-to-toe benefits related to energy, mood, cognitive performance, sexual health, vascularity, pumps, and more. Men use it to optimize testosterone safely and naturally.

Best Dose: Take 3 tablets, 3 times daily on workout days. On rest days, take 3 tablets, 2 times daily. Men start to see the best results with 9 tablets daily (women, 6 tablets daily).

How to prepare a delicious UMP shake

- Pour 8oz of cold water into a blender or the container of your choice. Add 1 scoop of UMP and blend or mix until the texture is smooth or as you desire it. Drink and enjoy!
- For a thicker, sweeter shake, reduce the amount of water slightly. Adding 3-4 small ice cubes while blending will also increase thickness.
- For a thinner shake, add more water.
- For additional flavor and nutritional value, throw in a handful of blueberries or 3-4 strawberries.
- UMP can also be used to make delicious, guilt-free smoothies, brownies, puddings, cookies, muffins and more. Check out our high-protein recipes at www.BevNut.com/recipes.

Level 2: UMP, Lean Out, 7-Keto MuscLean, EFA Gold.
(Guys, add Quadracarn.)

What the products do

- UMP, Lean Out, Quadracarn: See descriptions above.
- **7-Keto MuscLean:** This fat-loss formula has remained unchanged since 2003 because it works. Thousands of Beverly clients say so. It contains an age-defying nutraceutical shown in clinical studies to amplify the fat-loss effects of diet and exercise up to 3-fold. Beverly clients stack it with Lean Out to help them break through dieting plateaus, achieve peak condition, and reverse age-associated fat gain.

FREE expert advice, in seconds.

Phone calls may seem "old school", but sometimes a few moments on the phone can help you solve a problem faster than anything else.

If you have a question about the Summer Shredder plan, simply call the number shown below Monday to Friday, 9 AM to 5 PM ET to speak with one of the Beverly Supplement Advisors at our headquarters in Cold Spring, KY. Each Advisor is hired and trained by Beverly and personally uses our products.

Questions? Get answers from a Beverly Supplement Advisor today at 1-800-781-3475 or email BevNut@BeverlyInternational.net.

Best Dose: The most effective dose is 3 capsules, twice daily (6 capsules total). Most people take the first dose in the morning, and the second at lunch.

If you're caffeine-sensitive or not a regular caffeine user, begin by assessing your tolerance with 1 capsule. Repeat 4-6 hours later. After 1 week, depending on your tolerance, increase the dosage to 2 capsules in the morning and 2 capsules 4-6 hours later. After 2 weeks, depending on your tolerance, increase the dosage to 3 capsules in the morning and 3 capsules 4-6 hours later.

- **EFA Gold** is a unique blend of purity-tested omega-3, -6, and -9 fatty acids. Essential fatty acids (EFAs) “grease the wheels” of your metabolism and promote overall health from the inside out. EFA Gold is a must-have for busy athletes and imperfect eaters. (Really, who eats perfectly all the time?)

Best Dose: Take 3 capsules, 2-3 times daily, with meals.

Level 3: UMP, Lean Out, 7-Keto MuscLean, EFA Gold, Glutamine Select or Muscularity, Energy Reserve. (Guys, use Quadracarn instead of Energy Reserve).

What the products do

- UMP, Lean Out, 7-Keto MuscLean, EFA Gold, Quadracarn: See descriptions above.
- Use **Glutamine Select** if you prefer a refreshing drink mix containing a clinically based dose of glutamine and BCAAs. It is very popular with athletes who are dieting or working out especially hard. It stops normal muscle soreness in its tracks and helps you preserve lean muscle while you burn off body fat. Like Lean Out (above), Glutamine Select also helps reduce cravings for sweets.
Best Dose: Two to four scoops daily does the trick for most of our clients. Athletes will often mix 2 scoops with water and sip on it during and after workouts to rehydrate, reduce muscle soreness, quicken recovery, and boost anabolism. When dieting, they will sip on it throughout the day to curb cravings and preserve lean muscle.
- We refer to **Muscularity** as “the dieter’s BCAA formula”. In addition to BCAAs, it contains nutraceuticals that support healthy energy metabolism and insulin function. Use Muscularity if you prefer the convenience of capsules instead of a powdered drink mix (Glutamine Select). Or use both if muscle preservation is at the top of your fat loss goals list.
- **Best Dose:** Muscularity is designed to be taken with meals. Adjust your dose according to your body weight:
 - 100-150 lb: 2 capsules, 3 times daily (6 capsules per day)
 - 151-200 lb: 3 capsules, 3 times daily (9 capsules)
 - > 200 lb: 4 capsules, 3 times daily (12 capsules)
- **Energy Reserve** is another best friend when dieting. Each tablet contains 600 mg of pharmaceutical-grade L-carnitine to help your body burn fat and spare muscle glycogen so you don’t run out of steam so easily during tough workouts.
- **Best Dose:** Athletes typically see the best results when they take 1-2 tablets before cardio and 1-2 tablets with each of 3 meals.

The “Fat Loss Accelerator” Nutritional Program

- Proper diet and nutrition are key components of the Summer Shredder Program.
- You must consistently eat the right combination and types of nutrients to preserve lean muscle tissue while you strip off fat at a rapid rate.
- Your Summer Shredder nutritional regimen should consist almost exclusively of the foods listed below.

Protein

- Best sources of protein are turkey breast, chicken breast, lean beef, whole eggs, egg whites, and fish.
- The best protein supplements are Ultimate Muscle Protein, and Muscle Provider. These protein powders have the perfect amino acid profile for to preserve lean muscle while accelerating fat loss.
- The higher quality the protein powder you use, the more muscle you’ll retain and the more fat you’ll lose. Many physique competitors are instructed to cut out other protein supplements a month before their competition. But champion Beverly athletes use Muscle Provider and Ultimate Muscle Protein powders all the way up to the day of their show getting harder and more defined each day.

Low Carb Vegetables and Fruit

- Low carb vegetables include salads, broccoli, cauliflower, spinach, green beans, mushrooms, tomatoes (technically a fruit), onions, and asparagus. Acceptable low carb fruits are blueberries, cantaloupe, grapefruit, and strawberries.
- These low carb vegetables along with the protein sources listed above will be the staples of your Summer Shredder nutritional program.

Complex Carbohydrates

- Best sources of complex carbohydrate for losing fat and maintaining lean muscle are oatmeal, brown rice, and sweet potatoes.
- Unless you know from experience that your body tolerates carbohydrates extremely well, your complex carbohydrate intake should be limited to your twice weekly “carb-up meals”. We’ll explain about that later.

Fats

- The right types of dietary fats can actually improve the results of your diet. But, you must really pay attention to getting the right amount and right kinds of dietary fats.
- Best sources are olive oil, coconut oil, flax oil, almond butter, and small amounts of walnuts and almonds.
- It is vital that you take an essential fatty acid supplement like Beverly’s EFA Gold.

Free Foods – Although Beverly’s Summer Shredder program requires dietary discipline, you can still use moderate amounts of the following without jeopardizing your results: Sugar free gum, Crystal Light, sugar-free flavored waters and sodas, coffee, tea, Splenda, Equal, stevia, cinnamon, dry seasonings, mustard, vinegar, hot sauce, salt and pepper.

Free Meals - The only time that a “free meal” is acceptable is if you have a special occasion like a birthday, wedding, holiday meal, etc.

Water

- Make sure that you drink plenty of water. See “Free Foods” above for other beverage options. If you are dehydrated, you will not burn fat and you can’t build muscle. Water is necessary in every metabolic process.
- You should drink at least one gallon daily. Average water consumption of our top athletes is one and one-half gallon per day.

The Carb Load Meal - The Summer Shredder nutritional plan incorporates what has become known as the “Beverly Carb up Meal”.

- Twice weekly you will eat a final meal before retiring that is a combination of carbohydrate sources ranging from “fast” to “slow” acting.
- This is an important part of your plan. Don’t make the mistake of thinking that if you skip it, it will accelerate your rate of fat loss.
- Here’s what the carb meal does:
 - Refuels glycogen stores.
 - Prevents decline in metabolism, (T3 synthesis remains optimal).
 - Provides variety – mental ease.
 - Facilitates muscular growth by inducing uptake of Amino Acids and insulin surge drives IGF-1 production. Optimizes “anabolic” effect of insulin, while minimizing the lipogenic (fat producing) effect.

Your first “carb-up” meal is going to be difficult because you will not be used to eating the recommended amounts. That’s okay; just eat a portion of each of the recommended foods. Then, gradually work up to the full recommended amounts each week.

Female Summer Shredder Diet Plan

Meal 1: three ounces chicken breast or turkey breast; three egg whites; one-half grapefruit or three strawberries.

Meal 2

Option A: Protein Drink with one or two scoops Ultimate Muscle Protein or Muscle Provider, one teaspoon healthy fat source (olive oil, flax oil, almond butter).

Option B: Three ounces chicken breast or tuna; three egg whites, one tomato.

Meal 3: five ounces chicken breast (weighed prior to cooking); two cups salad (lettuce, tomato, carrot, cucumber, green peppers, etc.) or two cups low carb vegetables; one tablespoon “Newman’s Own” dressing (or make your own with one tablespoon cider vinegar and one tablespoon olive oil).

Meal 4: same options as meal two (above) – but no added fat to your shake. If this is the meal preceding or just after training, Muscle Provider is the optimal protein at this time.

Meal 5: five ounces chicken breast, turkey breast or lean beef; two cups low carb vegetables or salad.

Meal 6

Option A: four egg whites; one cup omelet vegetables (onions, celery, broccoli, peppers).

Option B: Protein Pudding– mix one scoop Ultimate Muscle Protein in a bowl with just enough water to make a pudding texture. Add one teaspoon almond butter.

Carb Load Meal: On Monday and Thursday evening you will have a “carb load” meal as your last meal of the day. You can eat this meal right before you go to bed if you like (it’ll help you sleep along with all the other benefits listed earlier). You will have this meal in place of their regularly scheduled sixth meal.

Here’s what you’ll eat at this meal: One cup oatmeal (measure your oatmeal before you cook it – once you cook it, it’ll be nearly two cups), or you can substitute one cup cooked brown rice; along with your oatmeal or rice you’ll also eat a five-ounce sweet potato, a small banana, and one-half cup of low carb vegetables. You’ll add one teaspoon of olive oil, almond butter, or regular butter to prolong the positive effects of the carb up meal and stabilize your blood sugar through the night.

Male Summer Shredder Diet Plan

Meal 1

Option A: eight ounces lean beef, chicken breast or turkey breast; three egg whites and one yolk; one grapefruit or one-fourth cantaloupe.

Option B: Omelet – six egg whites, two egg yolks; five ounces lean beef, chicken breast or turkey breast; one cup mixed broccoli, onions, peppers; one-half grapefruit.

Meal 2

Option A: Protein Drink - two scoops Ultimate Muscle Protein or Muscle Provider, two tablespoons healthy fat source (olive oil, flax oil, almond butter) or heavy cream.

Option B: eight ounces chicken breast or tuna; three egg whites, one tomato.

Meal 3

Option A: eight ounces chicken or turkey breast (weighed prior to cooking); four cups salad (lettuce, tomato, carrot, cucumber, green peppers, etc.) or two cups low carb vegetables; three tablespoons “Newman’s Own” dressing (or make your own with two tablespoons cider vinegar and one tablespoon olive oil).

Option B: eight ounces lean beef; two cups low carb vegetables.

Meal 4: same options as meal two (above). If this is the meal preceding or just after training, Muscle Provider is the optimal protein at this time.

Meal 5: ten ounces chicken breast, turkey breast or a very lean steak (filet or flank steak is ideal); two cups low carb vegetables or salad.

Meal 6

Option A: nine egg whites; one cup omelet vegetables (onions, broccoli, peppers).

Option B: Protein pudding – mix two scoops Ultimate Muscle Protein in a bowl with just enough water to make a pudding texture. Add one tablespoon almond butter, walnuts, or heavy cream.

Carb Load Meal: On Monday and Thursday evening you will have a “carb load” meal in place of Meal 6. You can eat this meal right before you go to bed if you like.

Here’s what you’ll eat for your carb meal: One and one-half cups oatmeal (measure your oatmeal before you cook it – once you cook it, it’ll be nearly three cups), or you can substitute one and one-half cups cooked brown rice; you’ll also have a ten-ounce sweet potato, a large banana, and one cup of low carb vegetables. Add one tablespoon of olive oil, flax oil, almond butter, or regular butter to prolong the positive effects of the carb up meal and stabilize your blood sugar through the night.