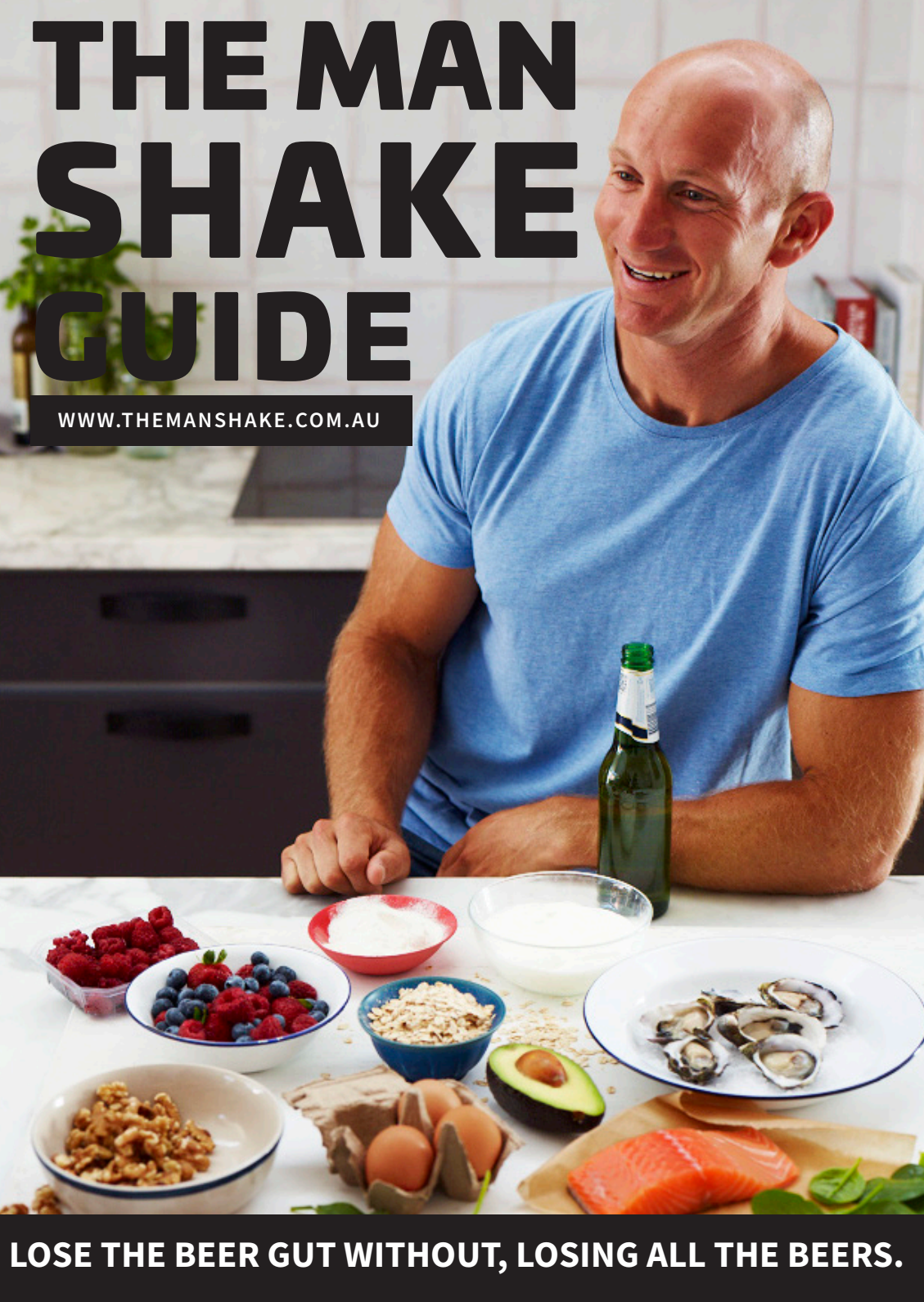


THE MAN SHAKE GUIDE

WWW.THEMANSHAKE.COM.AU



LOSE THE BEER GUT WITHOUT, LOSING ALL THE BEERS.

**SOME PEOPLE
WANT IT TO
HAPPEN.**

**SOME PEOPLE
WISH IT WOULD
HAPPEN.**

**OTHERS MAKE
IT HAPPEN.**

- Michael Jordan

CONGRATULATIONS

On taking the first step to changing your life! When I retired from professional Rugby League, I no longer had the time to prepare lots of meals and train hard. I wanted something I could eat on the run that was great for me, tasted good and most importantly, left me feeling full.

My friends kept asking me how to lose their beer gut without losing the beers. So I decided to make a product that tastes great, you don't have to think about, and YES you will lose that beer gut!

I am a strong believer that you cannot out train a bad diet. What you eat is the most important element in achieving your weight loss goals. We have literally helped over 100,000 Aussie blokes do just this.

It's simple, no thinking required, anyone can do it, and YES you will lose weight! The Man Shake is made for the everyday man, so no more excuses.

Life's too short it's time to start living your best life.

WHAT IS IT?

THE MAN SHAKE is a complete healthy meal in a shake.

It is designed to help you lose weight by providing your body with everything it needs to burn fat and keep hunger at bay.

Packed full of a massive 30grams of protein per serve, low in sugar and high in fibre.

Like most of us blokes we run out of time in the morning and we either eat a sugar filled cereal or skip it all together.

THE MAN SHAKE is here to save the day and is your go to breakfast on the run.

It is also the perfect tool to fend off the arvo sugar cravings and help keep you full till dinner.

HOW TO USE IT.

1 Add 350ml - 450ml of cold water.

2. Add 2 scoops of MAN SHAKE powder.

3. Shake vigorously for 30 seconds.

4. Enjoy!

MAN SHAKE TIP #1

If you like a thickshake add less water.

If you like a milkshake add more water.

WHY IT WORKS!

The Man Shake works because it helps control the amount of calories you eat.

It is also packed full of all the nutrients, vitamins & minerals your body needs to lose weight and be healthy.

Not only will it help the size of your belly but it will make your belly healthy on the inside thanks to the Pre & Probiotics in every serve.

And remember the best diet is the one that is simple and sustainable.

So yes you will still eat real food and enjoy a beer!

WEIGHT LOSS



BREAKFAST
The Man Shake

SNACK

Fruit, yoghurt, Man Bar,
or a handful of nuts



LUNCH
Sandwich on wholemeal bread
with lean meat and salad



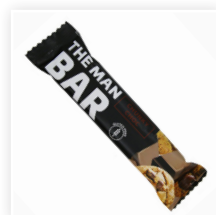
AFTERNOON TEA
The Man Shake



DINNER
Man Burger with sweet potato chips

DESSERT

Small yoghurt, The Man Bar,
handful of nuts, strawberries
and 1 scoop ice cream
(see example meal plan)



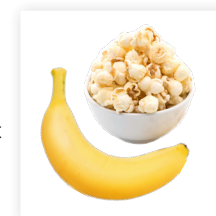
FAST WEIGHT LOSS



Breakfast
The Man Shake

SNACK x 2

2 snacks! yoghurt and fruit,
or a 13g bag
of popcorn and fruit; or a Man Bar and fruit



LUNCH
The Man Shake

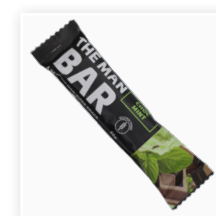
SNACK

1 snack! Yoghurt, fruit, handful nuts
or a Man Bar
(see recommended snacks)



DINNER
Man Burger with sweet potato chips

DESSERT
(see example meal plan)





RECOMMENDED FOODS

What you eat will be the most important thing when it comes to good health and weight loss.

I've listed some of my favourite options to help you make better choices on foods you should avoid.

FOODS TO AVOID FOR BEST RESULTS

Fruit juice drinks, cakes and lollies, processed foods, white bread, white rice and white pasta, vegetable oils, alcohol – just empty calories, soft drinks, cordials.

GOOD PROTEIN

Lean meats, fish, seafood – grilled or fresh (not battered), chicken, turkey, beef, milk, greek yoghurt.

PROTEIN TO AVOID

Sausages, meat pies, sausage rolls, processed meats, bacon, fried foods, cheese, salami, cabanossi.

FRUITS & VEGETABLES

Fruits & vegetables are vital to good health. However if weightloss is your priority you should limit the consumption of starchy vegetables like potato, sweet potato, pumpkin. As fruit is high in natural sugar you should also limit your intake to 1 serve a day.

RECOMMENDED FRUITS

Strawberries, blueberries, oranges, mangoes, apples, peaches, pears, lemons and limes (great to squeeze into your water for added taste!)

GOOD VEGETABLES

Lettuce, eggplant, spinach, cucumber, celery, tomatoes, mushrooms, asparagus, cabbage, bok choy, broccoli, zucchini, cauliflower, sprouts, avocado, onions, snow peas, carrots.

GOOD CARBOHYDRATES

Fresh fruit and vegetables, sourdough or whole wheat bread / wraps (brown and multigrain), rice, oats, sweet potato, lentils, beans.

CARBOHYDRATES TO AVOID

White bread, pasta, fruit juice, potato chips, soft drinks, biscuits, cakes.

GOOD FATS

Nuts, Avocado, chia seeds, Extra virgin olive oil, Salmon, Whole eggs, Coconut oil.

FATS TO AVOID

Vegetable oils, Margarine, Fast foods, Hot chips, biscuits & cake.

TO LOSE WEIGHT QUICKER AND EASIER, TRY TO ELIMINATE MOST CARBOHYDRATES (APART FROM FRUIT AND VEGETABLES) AT NIGHT AS IT IS ARGUED YOU DON'T NEED THEM FOR ENERGY AND THEY WILL JUST STORE AS FAT!

TREAT MEALS

One day a week have one guilt free treat meal!

Not a whole day or whole weekend... just one meal.

So yes..pizza and beers is ok once a week.

The weekend is recommended as that's when we usually find it hardest to eat healthily.

This will help kickstart your metabolism to help you lose more fat and will allow you to still enjoy life.

RECOMMENDED SNACKS

- 1 natural yoghurt (160 grams)
- 1 of our Man Bars
- 1 small handful of unsalted nuts (walnuts, cashews, macadamias, almonds)
- 13g Bag of Popcorn
- 165g baked beans
- 1 small tin of tuna
- 2 rice cakes with tomato or 1/4 avocado
- A handful of olives
- Single serve of beef jerkey
- Celery / carrot sticks with hummus
- A piece of fruit

TIME TO CREATE NEW, GOOD HABITS

Did you know it is scientifically proven that it only takes a maximum of 21 days to break a bad habit, so even though it feels hard now, keep going!!! After 21 days you will have created a new habit and it will be easy.

Motivation alone won't keep you going as motivation comes and goes but habits last forever.

The best way to break bad habits is to replace them with good ones. So whenever you are hungry and are heading for the fridge or biscuit tin – have The Man Shake instead...better to have two extra shakes a day than two meat pies!!

SET GOALS

A big part of my Rugby League career was all about goal setting. It was all about working out what I wanted to achieve and then focusing 100% on making it happen.

This doesn't just apply to sport, it is just as important in every day life. You can't achieve anything worthwhile in life without a goal. My advice is don't make it too difficult otherwise it's too easy to quit when it gets hard.

For example if you want to lose 20kg total weight set a weekly goal of 3-4kg. Tell your goal to all your family and friends that are supportive of you as we are more inclined to stick to our goal if we know people are watching.



TIPS TO HELP

- Drink up to 2L of water a day.
- If you are still hungry after eating, have a glass of water and wait at least 20mins, it takes your brain about 20 minutes to register you're full.
- Throw all junk food away in your home.
- If you walk 30 minutes a day you will lose weight quicker.
- Don't skip meals - Especially breakfast is the most important meal of the day.
- Stop eating 2-3 hours before you go to bed. And try to eat all your food within a 10-hour window.
- Avoid fruit juice (250ml) it has approx. 288 calories. That's nearly 1.5 schooners!
- Fat-free doesn't mean sugar-free. So avoid sugar and look for good fats.
- To lose weight quicker and easier, try to eliminate most carbohydrates (apart from fruit and vegetables)
- Make sure you are getting at least 7 or more hours of sleep a night.

WHAT HAPPENS ONCE I'VE LOST THE WEIGHT?

The Man shake is simply a complete meal in a shake packed with all your vitamins, minerals, pre, and probiotics to keep you healthy and maintain your new healthy frame.

Whether your goal is to stay healthy, stay organized, or have more time for the things that matter - adding The Man shake to your day will help.

Once you reach your goal weight we recommend at least one Man Shake per day in your maintenance phase. Breakfast is ideal as you want a high protein, low sugar breakfast to kick start your day and keep you fuller for longer.

Whilst weight loss is important - keeping the weight off is key which is why the man shake is the perfect way to start your day.



MEAL PLAN 1 – This is just an example of what your weekly plan should look like.

Go to www.themanshake.com.au for full recipes and different options.

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	DESSERT
MON	Man Shake	Snack	Chicken Wrap	Man Shake	Salmon and Salad or Vegetables	Strawberries and 4 squares dark chocolate
TUE	Man Shake	Snack	Prawn Salad	Man Shake	Steak and Salad or Vegetables	Paddle Pop
WED	Man Shake	Snack	Tuna or Ham Wrap	Man Shake	Man Pie and Salad or Vegetables	Man Bar or Fruit Salad and 1 Serve of Greek Yoghurt
THU	Man Shake	Snack	Man Pie Leftovers	Man Shake	Chicken and Salad or Vegetables	Yoghurt
FRI	Man Shake	Snack	Prawn and Avocado Salad	Man Shake	Stir Fry	Strawberries and 1 Scoop of Ice Cream
SAT	Man Shake	Snack	Chicken Wrap	Man Shake	TREAT NIGHT	Man Shake
SUN	2 Poached Eggs + 1 Wholemeal Toast	Man Shake	Snack	Man Shake	Lean Meat and Salad or Vegetables	Fruit Salad and 1 Scoop Ice Cream or Yoghurt

MEAL PLAN 2 – This is just an example of what your weekly plan should look like.

Go to www.themanshake.com.au for full recipes and different options.

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	DESSERT
MON	Man Shake	Snack x 2	Man Shake	Snack	Salmon and Salad or Vegetables	Strawberries and 4 squares dark chocolate
TUE	Man Shake	Snack x 2	Man Shake	Snack	MAN Pie and Salad or Vegetables	1 Serve of Greek Yoghurt
WED	Man Shake	Snack x 2	Man Shake	Snack	Stir Fry	MAN Bar or Fruit Salad and 1 Scoop of Ice Cream
THU	Man Shake	Snack x 2	Man Shake	Snack	Steak and Salad or Vegetables	Yoghurt
FRI	Man Shake	Snack x 2	Man Shake	Snack	Chicken and Salad or Vegetables	Strawberries and 1 Scoop of Ice Cream
SAT	Man Shake	Snack x 2	Man Shake	Snack	TREAT NIGHT	N/A
SUN	2 Poached Eggs + 1 Wholemeal Toast	Snack x 2	Man Shake	Snack	Low Fat Meat and Salad or Vegetables	Fruit Salad and 1 Scoop Ice Cream or Yoghurt

WEEK 1

Current Weight The main reason I want to lose weight is.....
 Goal Weight If I don't lose weight I will feel.....

WEEK 2

Current Weight The main reason I want to lose weight is.....
 Goal Weight If I don't lose weight I will feel.....

B / FAST SNACK LUNCH SNACK DINNER SNACK

MON

TUE

WED

THU

FRI

SAT

SUN

MON

TUE

WED

THU

FRI

SAT

SUN

B / FAST SNACK LUNCH SNACK DINNER SNACK

**RECORD
AT THE
END OF
EACH
WEEK**

**WEIGHT
(KG)**

**PANT
SIZE**

**WAIST
(CM)**

**SHIRT
SIZE**

**THIGH
(CM)**

I FEEL

**RECORD
AT THE
END OF
EACH
WEEK**

**WEIGHT
(KG)**

**PANT
SIZE**

**WAIST
(CM)**

**SHIRT
SIZE**

**THIGH
(CM)**

I FEEL

THE MAN SHAKE

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