

# EVOGEN'S RAPID SHRED-Fast CYCLING PLAN

By Hany Rambod, The Pro Creator®

JEREMY BUENDIA  
2014 Olympia Men's  
Physique Champion



PRODUCT	WEEKS 1-2	WEEKS 2-3	WEEKS 3-4
LIPOCIDE™	AM 1 Serving	AM 1 Serving PM 1 Serving	AM 2 Servings PM 1 Serving
CARNIGEN™	AM 1-2 Servings PM 1-2 Servings	AM 1-2 Servings PM 1-2 Servings	AM 2 Servings PM 2 Servings

## SAMPLE DIETS FOR MEN & WOMEN

GOALS	FOR MEN LEAN PHYSIQUE	FOR WOMEN TONED BODY
PRE-BREAKFAST CARDIO	1-2 Servings Lipocide 1-2 Servings Carnigen	1-2 Servings Lipocide 1-2 Servings Carnigen
BREAKFAST	Multivitamin 6 Egg Whites 1 Whole Egg 3/4 cup Oatmeal	Multivitamin 3 Egg Whites 1 Whole Egg 1/2 cup Oatmeal
MID-MORNING SNACK	1 tbsp Natural Peanut Butter 1-2 servings Protein Powder	1 tbsp Natural Peanut Butter 1 serving Protein Powder
LUNCH	Handful of Almonds 8oz. Turkey Breast 3/4 cup Brown Rice 2 Cups Mixed Greens	Handful of Almonds 4oz. Turkey Breast 1/2 cup Brown Rice 1 cup Mixed Greens
MID-AFTERNOON MEAL	1 serving of Lipocide *30-60 min before your meal Handful of Almonds 8oz. Turkey Breast 6oz. Yam 2 Cups Mixed Greens	1 serving of Lipocide *30-60 min before your meal Handful of Almonds 4oz. Turkey Breast 3oz. Yam 2 Cups Mixed Greens
PRE-TRAINING	1-2 servings EVP or EVP Plus 1-2 servings Carnigen	1-2 servings EVP or EVP Plus 1-2 servings Carnigen
DURING TRAINING	1-2 servings Cell KEM	1 serving Cell KEM
POST WORKOUT	1-2 servings Protein Powder 2 servings Glycoject	1 serving Protein Powder 1 serving Glycoject
DINNER	Multivitamin 8oz. Salmon 1/2 cup Brown Rice 1 cup Asparagus	Multivitamin 4oz. Salmon 1/3 cup Brown Rice 1 cup Asparagus

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

† When combined with a proper exercise and nutrition program. Please consult with your physician before using this or any other dietary supplement product.

# THE PRO CREATOR® SHRED-Fast™ Stack LIPOCIDETM + CARNIGEN™



## BURNING FAT WHILE NOT LOSING MUSCLE IS NOT A SKILL, BUT AN ART.

It's something in which the Pro Creator®, Hany Rambod has demonstrated countless times by shaping the most impressive physiques the world has ever seen. The goal, which so many have trouble achieving, is finding the correct balance between increasing metabolic rate, controlling appetite, and shedding fat all while preserving muscle mass. This balance also requires enough energy to power you through intense training sessions while leaving no excess Calories to be stored in your system.

Learning how to achieve this balance can take years of trial and error. Fortunately, Evogen Nutrition takes the guesswork out of the process with the **SHRED-Fast Stack**. This precisely formulated stack was blueprinted after years of working as an aesthetic architect with top physiques. The formulations have contributed to the success of thousands of competitors, and now this stack is finally available to you. When Lipocide and Carnigen are combined, the synergy of these two products is extremely powerful.†\*

## LIPOCIDETM THE WORLD'S MOST INNOVATIVE METABOLIC ACCELERATOR†\*

Use with Carnigen™ for fasted cardio

It's this keen understanding of physique remodeling that lead to the formulation of one of Hany's best kept secrets, Lipocide. This real world tested formulation has been his "go to" tool to get the best athletes in the world shredded and dialed in. By curbing appetite, accelerating your metabolism, and heightening mental drive for hours, Lipocide is a key component of a complete weight loss solution.†\*



## CARNIGEN™ ELITE ENERGY AND RECOVERY CATALYST†\*

Stack with Lipocide™  
to accelerate fat loss

Evogen Nutrition is known for pure innovation and hard-hitting supplements. Carnigen is the latest ultra-premium and potent carnitine blend which utilizes the newest carnitine formulation technology to convert fat to energy. It's the perfect stimulant-free fat-loss solution before cardio or training. Carnigen utilizes four forms of carnitine and tastes truly delicious. Try it and see!†\*

