

# JIM STOPPANI'S 6-WEEK **SHORTCUT TO SHRED**

## **SUPPLEMENTATION TIMING AND DOSAGE**

### **MORNING**

WHEY PROTEIN: 1 SCOOP  
FISH OIL: 2-3 GRAMS  
CAFFEINE: 200 MILLIGRAMS  
GREEN TEA EXTRACT: 500-1,000 MG  
ACETYL L-CARNITINE: 1.5-2 G  
YOHIMBE: 500-2,000 MG  
CLA: 2-3 G

### **LATE MORNING/EARLY AFTERNOON**

CAFFEINE: 200-300 MG  
GREEN TEA EXTRACT: 500-1,000 MG  
ACETYL L-CARNITINE: 1.5-2 G  
YOHIMBE: 500-2,000 MG

### **30-45 MINUTES PRE-WORKOUT**

CAFFEINE: 200-300 MG  
GREEN TEA EXTRACT: 500-1,000 MG  
ACETYL L-CARNITINE: 1.5-2 G  
YOHIMBE: 500-2,000 MG  
BCAAS: 5 G  
CREATINE: 1 SERVING  
BETA-ALANINE: 1.5-3 G

### **IMMEDIATELY PRE-WORKOUT**

WHEY PROTEIN: 1/2 SCOOP  
CASEIN PROTEIN: 1/2 SCOOP

### **IMMEDIATELY POST-WORKOUT**

WHEY PROTEIN: 1 SCOOP  
CASEIN PROTEIN: 1 SCOOP  
BCAAS: 5 G  
CREATINE: 1 SERVING  
BETA-ALANINE: 1.5-3 G  
L-CARNITINE: 2 G

### **WITH DINNER**

FISH OIL: 2-3 G  
CLA: 2-3 G

### **WITH FINAL MEAL**

FISH OIL: 2-3 G  
CLA: 2-3 G

### **BEFORE BED**

CASEIN PROTEIN: 1 SCOOP

## **NOTES**

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