

Lifestyle Meal Plan

30 Day Nutrition Plan

Follow the nutrition plan 100%, however where you see the option brackets '()' use the option guide at the end and simply substitute the Protein (P), Energy Carbs (EC) & Colour Carbs (CC) for another from the list provided. Also where you see (O) this means it's optional and can be left off your meal planner. Option to switch mid-morning/afternoon snacks for treats see the option list

Vegetarians replace meats & fish & dairy with other vegetarian options

If breast feeding only use Go Nutrition 100% natural protein range

DAY 1:

BREAKFAST

- Green tea (plain, vanilla, lemon or mint) or black coffee
- 50gs Oatibix/Corn Flakes/Alpen/Wholegrain Cheerios
- Unsweetened rice/oat/coconut/almond milk
- At least ¼ litre of filtered/bottled water

MID MORNING - At least ¼ litre of filtered/bottled water

LUNCH

- Green tea
- 120g tuna or salmon or mackerel
- 50g Mexican style mixed beans
- Handful of raw veg mixed (except white potatoes)
- 40g low fat hummus
- At least At least ¼ litre of filtered/bottled water

MID AFTERNOON - At least ¼ litre of filtered/bottled water

DINNER

- 120g cold turkey or chicken
- 100g broccoli
- 5-6 cherry tomatoes
- Small tsp. low fat green or red pesto
- At least ¼ litre of filtered/bottled water
- Small golden delicious apple & 2 large tbs 'Fage Total 0%' Greek yogurt

MID EVENING

- At least ¼ litre of filtered/bottled water

DAY 2:

BREAKFAST

- Green tea or black coffee
- Half a large banana (peel, slice and wrap the other half in tin foil – leave in freezer)
- 1 slice of wholemeal bread/toast
- 1 large or 2 small eggs poached/scrambled etc
- At least ¼ litre of filtered/bottled water

MID MORNING

- At least ¼ litre of filtered/bottled water

LUNCH

- Green tea
- 120g full fat cottage cheese/quark
- Small golden delicious apple
- 5 squares of saltine crackers – dorianos or delsa (last resort use low fat cream crackers)
- At least ¼ litre of filtered/bottled water

MID AFTERNOON

- At least ¼ litre of filtered/bottled water

DINNER

- 120g cold turkey or chicken
- 100g broccoli
- 100g of mixed veg (except white potatoes)
- Small tsp. green or red pesto
- At least ¼ litre of filtered/bottled water
- Half frozen sliced banana (look in the freezer) & 2 large tbls 'Fage Total 0%' Greek yogurt/Grahams Protein 22/Nestles Lindahls Kvarg

MID EVENING

- At least ¼ litre of filtered/bottled water

DAY 3:

BREAKFAST

- Green tea or black coffee
- 1 slice of wholemeal bread/toast
- 1 large or 2 small eggs poached/scrambled etc
- At least ¼ litre of filtered/bottled water

MID MORNING

- At least ¼ litre of filtered/bottled water

LUNCH

- Green tea
- 120g full fat cottage cheese/quark
- Small golden delicious apple
- 5 squares of saltine crackers
- At least ¼ litre of filtered/bottled water

MID AFTERNOON

- At least ¼ litre of filtered/bottled water

DINNER

- 120g tuna or salmon or mackerel
- 100g broccoli
- 100g of mixed veg (except white potatoes)
- 40g low fat hummus or tsp pesto
- At least ¼ litre of filtered/bottled water
- ½ small honeydew melon & 2 large tbsl 'Fage Total 0%' Greek yogurt/Grahams Protein 22/Nestles Lindahls Kvarg

MID EVENING

- At least ¼ litre of filtered/bottled water

THE EXCLUSION LIST

For the next 27 days you must eliminate ALL the following food (except feast days/meals): - My advice, chuck them out, give them away, feed them to the dog...if you have them in your home the temptation can become too much!

- COWS MILK
- PASTA
- COUS COUS
- WHITE POTATOES
- CEREALS
- SUGAR
- COFFEE
- ALCOHOL

And of course that includes anything with the above ingredients:

- SWEET
- CAKES
- CRISPS
- RICE CAKES ETC...

You will now be eating one protein portion and one carb portion at each meal.

Portion Control

A portion of protein is equal to the thickness of a deck of playing cards and the size of the palm of your hand. A portion of (cooked) carbs is just smaller than the size of your clenched fist (handful) – this can be 2-3 different carbs measuring altogether the size of your fist.

If you like to calorie count use one of these 2 method if you do not wish to use the above method:

1 – Reduce all your calories you usually eat by 15%, easy!

2 – Times your body weight in lbs x 9 i.e. if you weight 12st or 168lbs = 168 x 9 = 1512 cal per day

I recommend you never go less than 1000cals for more than 1 days or less than 1200cals for more than 5 days.

I have split your carbs into 2 categories Colour Carbs (CC) and Energy Carbs (EC) - see lists for food options. Always have at least one or two Colour Carbs as vegetables rather than fruits.

Important Points: You may substitute a protein shake for any meal if you prefer. Each shake is one protein portion. You can also have a protein shake after a workout – max x2 shakes per day. Use water for your shakes, filtered if possible. Likewise, you do not have to have a shake, except on your cleanse days! Also you can have a max of x3 green teas per day and/or x1 solstic slim.

DAY 4:

BREAKFAST

- 30-40g Porridge, ½ scoop protein & small tsp. peanut butter powder (P)
- 1 small sliced apple (CC) & a few goji berries (EC)
- At least ¼ litre of filtered/bottled water

MID MORNING

- 90g (half a small tub) Greek or natural yogurt (P) Portion of sliced strawberries (CC)
- At least ¼ litre of filtered/bottled water

LUNCH

- Tuna steak (P) seasoned with chilli, lemon juice, sea salt and cooked in coconut oil
- Handful of butternut squash (EC)
- At least ¼ litre of filtered/bottled water

MID AFTERNOON

- Protein shake (min 14-18g protein) mixed with water (P)
- Handful of mixed berries (CC)
- At least ¼ litre of filtered/bottled water

DINNER

- Grilled salmon, with cracked pepper, sea salt and lemon juice (P)
- Handful of courgette and mango (CC)
- At least ¼ litre of filtered/bottled water

MID EVENING

- At least ¼ litre of filtered/bottled water

DAY 5: Cleanse Day

BREAKFAST

- 30-40g Rolled oats mixed with: Water. Plus, any or all of the following...
- Cinnamon
- Pinch of sea salt
- 1/2 teaspoon of coconut oil
- Psyllium and/or wheat germ
- Shot of protein powder (only use vanilla here)
- Drizzle with oat/coconut/rice/almond milk
- At least ¼ litre of filtered/bottled water

MID MORNING

- Protein (max 18g protein) smoothie mixed 1 handful fruit (apple, pineapple or melon) & 300ml coconut water
- At least ¼ litre of filtered/bottled water

LUNCH

- Protein shake (min 14-18g protein) mixed with water
- Handful of raw vegetables/salad with half an avocado and small tsp. green pesto
- At least ¼ litre of filtered/bottled water

MID AFTERNOON

- Protein shake (min 14-18g protein) mixed with water
- Handful of vegetables
- At least ¼ litre of filtered/bottled water

DINNER

- Protein shake (min 14-18g protein) mixed with water
- Cup of vegetables
- At least ¼ litre of filtered/bottled water

MID EVENING

- Handful of vegetables and 40g low fat hummus or tsp. pesto
- At least ¼ litre of filtered/bottled water

DAY 6:

BREAKFAST

- 2 egg omelette (P)
- Small apple & small tbs. peanut butter (EC)
- At least ¼ litre of filtered/bottled water

Or choose anything from the recipe book breakfasts

MID MORNING

- 90g (half a small tub) Greek or natural yogurt (P)
- Portion of sliced strawberries (CC)
- At least ¼ litre of filtered/bottled water

LUNCH

- Chicken breast (P) seasoned with chilli, lemon juice, sea salt and cooked in coconut oil
- Handful of beans and/or lentils (EC)
- At least ¼ litre of filtered/bottled water

MID AFTERNOON

- Protein shake (min 18g protein) mixed with water (P)
- Portion of mixed berries (CC)
- At least ¼ litre of filtered/bottled water

DINNER

- Portion of sword fish, with cracked pepper, sea salt and lemon juice (P)
- Handful of courgette and mango (CC)
- At least ¼ litre of filtered/bottled water

MID EVENING

- At least ¼ litre of filtered/bottled water

DAY 7:

BREAKFAST

- 30-40g Porridge (EC), ½ scoop protein & small tsp. peanut butter (P)
- ½ small sliced banana (EC)
- At least ¼ litre of filtered/bottled water

MID MORNING

- 90g (half a small tub) 0% Greek yogurt (P)
- Portion of mixed berries (CC)
- At least ¼ litre of filtered/bottled water

LUNCH

- Grilled salmon, with cracked pepper, sea salt and lemon juice (P)
- Handful of Tilda wholegrain brown basmati rice (EC)
- At least ¼ litre of filtered/bottled water

MID AFTERNOON

- Protein shake (min 14-18g protein) mixed with water (P)
- Small apple (CC)
- At least ¼ litre of filtered/bottled water

DINNER

- Cooked chopped chicken (P)
- Half a tub of Glorious SkinnyLicious Thai carrot soup (any soup from the fridge will do Aldi do a great Greens soup) (CC)
- At least ¼ litre of filtered/bottled water

MID EVENING

- At least ¼ litre of filtered/bottled water
- FASTING...

Try and eat your dinner as late as possible (6-7.30pm) and then you will begin your first fast... Look at the clock once you have finished your meal and set your phone alarm for at least 15 hours time – 18 hours if possible. If you finish at 7pm then your alarm will be set for between 10am & 1pm the next day.

DAY 8:

BREAKFAST

- At least ¼ litre of filtered/bottled water
- Fasting...

MID MORNING

- At least ¼ litre of filtered/bottled water
- Fasting...

LUNCH/LATE LUNCH DEPENDING ON END OF FASTING

- Portion of smoked mackerel (P)
- Portion of Sweet Potatoes (EC) & Handful Pearly Barley (EC)
- At least ¼ litre of filtered/bottled water

MID AFTERNOON

- Protein (max 18g protein) smoothie mixed 1 handful fruit (apple, pineapple or melon) & 300ml coconut water
- At least ¼ litre of filtered/bottled water

DINNER

- Spicy beef, seasoned with chilli, cumin, sea salt, black pepper (P)
- Handful of spinach & broccoli (CC)
- At least ¼ litre of filtered/bottled water

Or choose anything from the recipe book

MID EVENING

- Option of 14-18g of protein shake
- At least ¼ litre of filtered/bottled water

DAY 9:

BREAKFAST

- 30-40g Porridge (EC), ½ scoop of protein and small tsp. peanut butter (P)
- At least ¼ litre of filtered/bottled water

MID MORNING

- 90g (half a small tub) Greek or natural yogurt (P)
- Portion of sliced strawberries (CC)
- At least n ¼ litre of filtered/bottled water

LUNCH

- Portion of chicken (P) seasoned with herbs, sea salt and cooked in coconut oil
- Handful of butternut squash (EC)
- Handful Quinoa (EC)
- At least ¼ litre of filtered/bottled water

MID AFTERNOON

- Protein shake (min 18g protein) mixed with water (P)
- Portion of mixed berries (CC)
- At least ¼ litre of filtered/bottled water

DINNER

- X1-2 Grilled Buffalo burger and lemon juice (P)
- Handful of courgette and mango (CC)
- At least ¼ litre of filtered/bottled water

MID EVENING

- At least ¼ litre of filtered/bottled water

DAY 10:

BREAKFAST

- 2 egg omelette (P)
- Small banana (EC) & small tbs. peanut butter (P)
- At least ¼ litre of filtered/bottled water

MID MORNING

- 90g (half a small tub) 0% Greek yogurt (P)
- Portion of mixed berries (CC)
- At least ¼ litre of filtered/bottled water

LUNCH

- Portion of chicken (P) seasoned with chilli, sea salt and cooked in coconut oil
- Handful of spinach (CC) and handful Quinoa (EC)
- At least ¼ litre of filtered/bottled water

MID AFTERNOON

- Protein shake (min 14-18g protein) mixed with water (P)
- Peach (CC)
- At least ¼ litre of filtered/bottled water

DINNER

- Grilled salmon, with cracked pepper, sea salt and lemon juice (P)
- Portion of courgette and mango (CC)
- At least ¼ litre of filtered/bottled water

MID EVENING

- At least ¼ litre of filtered/bottled water

DAY 11:

BREAKFAST

- 30-40g Porridge (EC), ½ scoop protein & small tsp. peanut butter (P)
- ½ small sliced banana (EC)
- At least ¼ litre of filtered/bottled water

MID MORNING

- 90g (half a small tub) Greek or natural yogurt (P)
- Portion of sliced strawberries (CC)
- At least ¼ litre of filtered/bottled water

LUNCH

- Portion of smoked mackerel (P)
- Portion of mushrooms & tomatoes (CC) & small handful of pearl barley (EC)
- At least ¼ litre of filtered/bottled water

MID AFTERNOON

- 85g cottage cheese (P)
- Portion of grapes (CC)
- At least ¼ litre of filtered/bottled water

Or choose a snack from the recipe book

DINNER

- Spicy beef, seasoned with chilli, cumin, sea salt, black pepper (P)
- Handful of spinach & broccoli (CC)
- At least ¼ litre of filtered/bottled water

MID EVENING

- Option of 14-20g of protein shake
- At least ¼ litre of filtered/bottled water
- FASTING

DAY 12:

BREAKFAST

- At least ¼ litre of filtered/bottled water
- Fasting...

MID MORNING

- At least ¼ litre of filtered/bottled water
- Fasting...

LUNCH/LATE LUNCH DEPENDING ON END OF FASTING

- Portion of chicken (P) seasoned with chilli, lemon juice, sea salt and cooked in coconut oil
- Handful of butternut squash (EC)
- Handful Quinoa (EC)
- At least ¼ litre of filtered/bottled water

MID AFTERNOON

- Protein shake (min 14-18g protein) mixed with water (P)
- Portion of pear slices (CC)
- At least ¼ litre of filtered/bottled water

DINNER

- Cooked chopped chicken (P)
- Half a tub of Glorious SkinnyLicious Thai carrot soup (CC)
- At least ¼ litre of filtered/bottled water

MID EVENING

- At least ¼ litre of filtered/bottled water

DAY 13:

BREAKFAST

- 2 eggs scrambled, boiled, poached, omelette (P)
- 4 small cubes of feta cheese (P)
- Mixed beans (EC)
- At least ¼ litre of filtered/bottled water

MID MORNING

- 90g (half a small tub) Greek or natural yogurt (P)
- Portion of sliced apple (CC)
- Banana (EC)
- At least ¼ litre of filtered/bottled water

LUNCH

- Portion of salmon (P)
- Handful of butternut squash (EC)
- Handful Pearl Barley (EC)
- At least ¼ litre of filtered/bottled water

MID AFTERNOON

- Protein shake (min 14-18g protein) mixed with water (O)
- Portion of mixed berries (CC)
- At least ¼ litre of filtered/bottled water

DINNER

- Steak, with cracked pepper, sea salt (P)
- Portion of asparagus & cauliflower (CC)
- Small tsp. pesto
- At least ¼ litre of filtered/bottled water

MID EVENING

- At least ¼ litre of filtered/bottled water

DAY 14:

FEAST MEAL DAY

Choose either breakfast, lunch or dinner and eat and drink whatever you desire...enjoy it and DO NOT feel guilty it's all part of the plan ...you deserve it and you've earned it - so please enjoy it! Plus, only x1 workout today!!!

BREAKFAST

- 1-2 eggs scrambled, boiled, poached, omelette (P)
- 3-4 small cubes of feta cheese
- Handful of quinoa (EC)
- At least ¼ litre of filtered/bottled water

MID MORNING

- 90g (half a small tub) Greek or natural yogurt (P)
- Portion of sliced strawberries (CC)
- X2 Ryvita (EC)
- At least ¼ litre of filtered/bottled water

Or choose a snack from the recipe book

LUNCH

- Portion of chicken (P) seasoned with chilli, lemon juice, sea salt and cooked in coconut oil
- Handful of butternut squash (EC)
- Handful Lentils (EC)
- At least ¼ litre of filtered/bottled water

MID AFTERNOON

- Protein shake (min 14-18g protein) mixed with water (O)
- Small handful mixed nuts
- At least ¼ litre of filtered/bottled water

DINNER

- Grilled sword fish, cracked pepper corn & lemon juice (P)
- Handful of courgette and mango (CC)
- At least ¼ litre of filtered/bottled water

MID EVENING

- At least ¼ litre of filtered/bottled water
- FASTING

DAY 15:

BREAKFAST

- At least ¼ litre of filtered/bottled water
- You can now reintroduce x1 black coffee to your diet if you wish (try it with coconut oil)
- Fasting...

MID MORNING

- At least ¼ litre of filtered/bottled water
- Fasting...

LUNCH/LATE LUNCH DEPENDING ON END OF FASTING

- Portion of chicken (P) seasoned with chilli, lemon juice, sea salt and cooked in coconut oil
- Handful of butternut squash (EC)
- Tilda Quinoa, pumpkinseed & sunflower seeds brown whole grain rice (EC)
- At least ¼ litre of filtered/bottled water

MID AFTERNOON

- Protein shake (min 14-18g protein) mixed with water (P)
- Portion of pear slices (CC)
- ½ tsp peanut butter (EC)
- At least ¼ litre of filtered/bottled water

DINNER

- Smoked Mackerel, with cracked pepper, sea salt and lemon juice (P)
- Handful of courgette and mango (CC)
- At least ¼ litre of filtered/bottled water

MID EVENING

- At least ¼ litre of filtered/bottled water



DAY 16:

BREAKFAST

- 2-3 eggs scrambled, boiled, poached, omelette (P)
- 1 banana (EC)
- At least ¼ litre of filtered/bottled water

MID MORNING

- 90g (half a small tub) Greek or natural yogurt (P)
- Crushed oat cakes & Goji berries (EC)
- At least ¼ litre of filtered/bottled water

LUNCH

- Portion of chopped cooked chicken (P)
- Half tub of Glorious carrot butternut squash & ginger super soup (EC)
- At least ¼ litre of filtered/bottled water

MID AFTERNOON

- Protein shake (min 18g protein) mixed with water (O)
- Very small handful mixed raw nuts (P)
- At least ¼ litre of filtered/bottled water

DINNER

- Grilled tuna steaks, with cracked pepper, sea salt and lemon juice (P)
- Handful of courgette and mango (CC)
- At least ¼ litre of filtered/bottled water

Or choose any meal from the recipe book

MID EVENING

- At least ¼ litre of filtered/bottled water

DAY 17:

BREAKFAST

- 30-40g Porridge (EC), ½ scoop protein & small tsp. peanut butter (P)
- At least ¼ litre of filtered/bottled water

MID MORNING

- 90g (half a small tub) Greek or Quark (P)
- Ryvita (EC)
- At least ¼ litre of filtered/bottled water

LUNCH

- Portion of chicken (P) seasoned with chilli, lemon juice, sea salt and cooked in coconut oil
- Handful of Tilda Mexican Bean & Chilli steamed rice (EC)
- At least ¼ litre of filtered/bottled water

MID AFTERNOON

- Protein shake (min 14-18g protein) mixed with water (O)
- Portion of pear slices (CC)
- At least ¼ litre of filtered/bottled water

DINNER

- Grilled salmon, with cracked pepper, sea salt and lemon juice (P)
- Handful of courgette and broccoli (CC)
- At least ¼ litre of filtered/bottled water

MID EVENING

- At least ¼ litre of filtered/bottled water

DAY 18:

BREAKFAST

- 2-3 eggs scrambled, boiled, poached, omelette (P)
- 1 banana (EC)
- At least ¼ litre of filtered/bottled water

MID MORNING

- 90g (half a small tub) Greek or cottage cheese (P)
- Crush oat cakes & Goji berries (EC)
- At least ¼ litre of filtered/bottled water

LUNCH

- Portion of chopped cooked turkey (P)
- Half tub of Glorious SkinnyLicious Butternut Squash soup(EC)
- At least ¼ litre of filtered/bottled water

MID AFTERNOON

- Protein shake (min 18g protein) mixed with water (O)
- Portion of mixed berries (CC)
- At least ¼ litre of filtered/bottled water

DINNER

- Grilled tuna steaks, with cracked pepper, sea salt and lemon juice (P)
- Handful of courgette and mango (CC)
- At least ¼ litre of filtered/bottled water

MID EVENING

- At least ¼ litre of filtered/bottled water
- FASTING

DAY 19:

BREAKFAST

- At least ¼ litre of filtered/bottled water

MID MORNING

- 90g (half a small tub) Greek or natural yogurt (P)
- Goji berries & ryvita (EC)
- At least ¼ litre of filtered/bottled water

LUNCH

- Portion of chicken (P) seasoned with chilli, lemon juice, sea salt and cooked in coconut oil
- Handful of Tilda Mexican Bean & Chilli steamed rice (EC)
- At least ¼ litre of filtered/bottled water

MID AFTERNOON

- Protein shake (min 14-18g protein) mixed with water (O)
- Portion of pear slices (CC)
- At least ¼ litre of filtered/bottled water

DINNER

- Grilled salmon, with cracked pepper, sea salt and lemon juice (P)
- Handful of courgette and mango (CC)
- At least ¼ litre of filtered/bottled water

MID EVENING

- At least ¼ litre of filtered/bottled water



DAY 20:

BREAKFAST

- 2 egg omelette (P)
- Small apple & small tbs. peanut butter (EC)
- At least ¼ litre of filtered/bottled water

MID MORNING

- 90g (half a small tub) Greek or natural yogurt (P)
- Very small handful raw mixed nuts (CC)
- At least ¼ litre of filtered/bottled water

LUNCH

- Chicken breast (P) seasoned with chilli, lemon juice, sea salt and cooked in coconut oil
- Small handful mixed Mexican beans (EC)
- At least ¼ litre of filtered/bottled water

MID AFTERNOON

- Protein shake (min 18g protein) mixed with water (P)
- Portion of mixed berries (CC)
- At least ¼ litre of filtered/bottled water

DINNER

- Portion of cod, with cracked pepper, sea salt and lemon juice (P)
- Handful of courgette and mango (CC)
- At least ¼ litre of filtered/bottled water

MID EVENING

- At least ¼ litre of filtered/bottled water

DAY 21:

BREAKFAST

- 30-40g Porridge (EC), ½ scoop protein & small tsp. peanut butter (P)
- At least ¼ litre of filtered/bottled water

MID MORNING

- 90g (half a small tub) 0% Greek yogurt (P)
- Portion of mixed berries (CC)
- At least ¼ litre of filtered/bottled water

LUNCH

- Grilled salmon, with cracked pepper, sea salt and lemon juice (P)
- Handful of Tilda wholegrain coconut brown basmati rice (EC)
- At least ¼ litre of filtered/bottled water

MID AFTERNOON

- Protein shake (min 14-18g protein) mixed with water (P)
- Small apple (CC)
- At least ¼ litre of filtered/bottled water

DINNER

- Cooked chopped chicken (P)
- Half a tub of Glorious SkinnyLicious Thai carrot soup (CC)
- At least ¼ litre of filtered/bottled water

MID EVENING

- At least ¼ litre of filtered/bottled water

DAYs 22-27:

By now you should have a grasp of what and how to eat, so for days 22-27 you can have a feast DAY (this must be followed by a cleanse day). You can have this feast day any day between days 22-27, whatever works best with your life.

This leaves 4 days which I want you to plan your own meals, this will consist of at least 1 high cal day and at least 1 low cal day, use the format below to work out your meal plans and also throw in x1 fasted morning, also use at least 1 breakfast, 1 snack, 1 shake and 1 main meal from the recipe book – GOOD LUCK!

2 Possible Examples

Day 22: low cal

Day 23: low cal

Day 24: Feast Day

Day 25: Cleanse Day

Day 26: high cal

Day 27: high cal

Day 22: high cal

Day 23: high cal

Day 24: low cal

Day 25: low cal

Day 26: Feast Day

Day 27: Cleanse Day

LOW CAL DAY

BREAKFAST

- (P)
- (CC)
- At least ¼ litre of filtered/bottled water

MID MORNING

- (P)
- (CC)
- At least ¼ litre of filtered/bottled water

LUNCH

- (P)
- (EC)
- At least ¼ litre of filtered/bottled water

MID AFTERNOON

- (P)
- (CC)
- At least ¼ litre of filtered/bottled water

DINNER

- (P)
- (CC)
- At least ¼ litre of filtered/bottled water

MID EVENING

- At least ¼ litre of filtered/bottled water

HIGH CAL DAY

BREAKFAST

- (P)
- (EC)
- At least ¼ litre of filtered/bottled water

MID MORNING

- (P)
- (EC)
- At least ¼ litre of filtered/bottled water

LUNCH

- (P)
- (EC)
- At least ¼ litre of filtered/bottled water

MID AFTERNOON

- (P)
- (CC)
- At least ¼ litre of filtered/bottled water

DINNER

- (P)
- (CC)
- At least ¼ litre of filtered/bottled water

MID EVENING

- At least ¼ litre of filtered/bottled water



FEAST DAY & CLEANSE DAY:

Feast day is where you can eat whatever you wish all day (good or bad), plan it for a day or evening out, or a special occasion, but it must be followed by the cleanse day.

Cleanse Day - You need to complete min x3 separate 10 min workouts. This will burn your maximum fat!

BREAKFAST

- 30-40g Rolled oats mixed with Water. Plus, any or all of the following...
- Cinnamon
- Pinch of sea salt
- Psyllium and/or wheat germ
- Shot of protein powder (only use vanilla here) - Drizzle with oat/coconut/rice/almond milk
- At least ¼ litre of filtered/bottled water

MID MORNING

- Protein shake (min 14-18g protein) mixed with water
- Handful of vegetables
- At least ¼ litre of filtered/bottled water

LUNCH

- Protein shake (min 14-18g protein) mixed with water
- Handful of raw vegetables/salad with half an avocado and small tsp. green pesto
- At least ¼ litre of filtered/bottled water

MID AFTERNOON

- Protein shake (min 14-18g protein) mixed with water
- Handful of vegetables
- At least ¼ litre of filtered/bottled water

DINNER

- Protein shake (min 14-18g protein) mixed with water
- Handful of vegetables
- At least ¼ litre of filtered/bottled water

MID EVENING

- Handful of vegetables and 40g low fat hummus or tsp. pesto
- At least ¼ litre of filtered/bottled water

DAY 28:

BREAKFAST

- Green tea (plain, vanilla, lemon or mint) or black coffee
- 50gs Oatabix/Corn Flakes/Alpen/Wholegrain Cheerios
- Unsweetened rice/oat/coconut/almond milk
- At least ¼ litre of filtered/bottled water

MID MORNING

- At least ¼ litre of filtered/bottled water

LUNCH

- Green tea
- 120g tuna or salmon or mackerel
- 100g Mexican style mixed beans
- At least ¼ litre of filtered/bottled water

MID AFTERNOON

- At least ¼ litre of filtered/bottled water

DINNER

- 120g cold turkey or chicken
- 100g broccoli
- 5-6 cherry tomatoes
- 40g low fat hummus or ½ tsp pesto
- At least ¼ litre of filtered/bottled water
- Small golden delicious apple & 2 large tbls 'Fage Total 0%' Greek yogurt

MID EVENING

- At least ¼ litre of filtered/bottled water

DAY 29:

BREAKFAST

- Green tea or black coffee
- Half a large banana (peel, slice and wrap the other half in tin foil – leave in freezer)
- 1 slice of wholemeal bread/toast
- 1 large or 2 small eggs poached/scrambled etc
- At least ¼ litre of filtered/bottled water

MID MORNING

- At least ¼ litre of filtered/bottled water

LUNCH

- Green tea
- 120g full fat cottage cheese/quark
- 5 squares of saltine crackers – dorianos or delsa (last resort use low fat cream crackers)
- At least ¼ litre of filtered/bottled water

MID AFTERNOON

- At least ¼ litre of filtered/bottled water

DINNER

- 120g cold turkey or chicken
- 100g broccoli
- 100g mixed veg (except white potatoes)
- 40g low fat hummus or ½ tsp pesto
- At least ¼ litre of filtered/bottled water
- Half frozen sliced banana (look in the freezer) & 2 large tbls 'Fage Total 0%' Greek yogurt/Grahams Protein 22/Nestles Lindahls Kvarg

MID EVENING

- At least ¼ litre of filtered/bottled water

DAY 30: FINAL DAY!!!

Well done you've made it 30 days!!!

BREAKFAST

- Green tea or black coffee
- 1 slice of wholemeal bread/toast
- 1 large or 2 small eggs poached/scrambled etc
- At least ¼ litre of filtered/bottled water

MID MORNING

- At least ¼ litre of filtered/bottled water

LUNCH

- Green tea
- 120g full fat cottage cheese/quark
- Small golden delicious apple
- 5 squares of saltine crackers
- At least ¼ litre of filtered/bottled water

MID AFTERNOON

- At least ¼ litre of filtered/bottled water

DINNER

- 120g tuna or salmon or mackerel
- 100g broccoli
- 100g mixed veg (except white potatoes)
- 40g low fat hummus or ½ tsp pesto
- At least ¼ litre of filtered/bottled water
- ½ small honeydew melon & 2 large tbs 'Fage Total 0%' Greek yogurt/Grahams Protein 22/Nestles Lindahls Kvarg

MID EVENING

- At least ¼ litre of filtered/bottled water

Weigh yourself tomorrow morning and please send me your results (with before & after photos if you have any) to david@my-fitnesstrainer.com or post them to my IN10SITY Facebook page <https://www.facebook.com/thein10sityworkout/> or tag me on Instagram @MyFitnessTrainer

Protein (P) Options	Protein (P) Options
Anchovies	Pork (lean)
Bass	Protein Pancakes (max x1 per week)
Beef (extra-lean)	Quorn / Tofu / (Protein Alternatives)
Bluefish	Red snapper
Buffalo	Sablefish
Chicken breast	Salmon
Clams	Sardines
Cod	Scallops
Cornish hen	Scrod
Cottage cheese or Quark	Shrimp or Prawns
Crab	Sirloin (ground)
Egg whites or egg substitutes	Sole
Elk	Springbok
Flounder	Steak (all fat trimmed)
Grouper	Swordfish
Haddock	Tilapia
Halibut	Trout
Herring	Tuna (water-packed)
Kefir	Turkey bacon
Lamb loin	Turkey breast (lean ground or whole)
Liver (beef, calf, or chicken)	Tofu
Lobster	Veal
Mackerel	Venison
Mahi-mahi	Whitefish
Mussels	Wild Alaskan salmon
Orange roughy	Yogurt Greek/Natural*
Oysters	Protein Shake

Watch out for the low fat one as they have MORE sugar!



Colour Carb (CC) Options	Colour Carb (CC) Options
Apples	Kiwi
Apricots	Lemon
Artichoke	Lettuce
Asparagus	Lime
Baby Corn	Mango
Bamboo shoot	Mushrooms
Beans (string)	Nectarines
Bean sprouts	Onions
Beets	Oranges
Berries	Papaya
Broccoli	Peach
Brussels sprouts	Pear
Cabbage	Peas
Cauliflower	Pea pods
Courgette	Peppers (bell or hot)
Celery	Pineapple
Carrots	Plums
Cherries	Prunes
Chestnuts (water)	Pumpkin
Collard or mustard greens	Radish
Cucumber	Rhubarb
Garlic	Spinach
Grapefruit	Squash
Grapes	Tangerine
Green beans	Tomato
Honeydew melon	Turnip
Kale	Watermelon

ENERGY CARB (EC) OPTIONS	GOOD FAT OPTIONS - keep these to a minimum
Bananas	Almonds
Barley/Pearl Barley	Avocados
Beans and lentils (dried) (Merchant Gourmet ready to eat lentils)	Brazil nuts
Buckwheat	Coconut oil
Butternut Squash	Flax oil
Crackers (whole wheat only like Ryvita)	Peanut butter (organic/natural)
Corn tortillas	Pine nuts – great to dry fry
Cream of wheat (not instant)	Pistachios
Goji berries/Wolf berries	Pumpkin seeds and oil
Oat cakes	Walnuts
Oatmeal (whole grain, not instant)	You will also be getting good fats from the fish in your diet
Porridge Oats	
Sweet potatoes	
Quinoa/Wholegrain Rice (packet pre-cooked)	

TREATS. As stated at the start you have the option to miss out your mid-morning and afternoon snack max once a week and replace them at any time of the day with a treat/dessert from the selection below. No treats swap on days without mid-morning/afternoon snacks

*download for free from the front page of the website.

Treats (use wisely)	
Anything from the healthy dessert recipe book *	Cup tea & x1 biscuit
1-2 units of alcohol	YuMM Protein Crunchers 23g (Aldi)
50g chocolate	Cup of tea and butter/jam on toast
Wheyhey Protein Ice Cream 125ml	1 small bag of any crisps
Real Eat Hummus Chips (Aldi) 1 bag	1 small handful of any nuts
Real Eat Lentil Chips (Aldi) 1 bag	Cheese on toast (max 2 slices)
Real Eat Quinoa Chips (Aldi) 1 bag	Bacon buttie (small)

HERBS & SPICES

Lastly try these to spice up your meals, add them to meat prior to/while cooking, add them to quinoa and porridge or sprinkle over veg or fruit

Herbs & Spices	
Anise	Ginger
Basil	Lemon balm
Bay leaf	Marjoram
Caraway	Mint
Cardamom	Nutmeg
Cayenne	Oregano
Celery seed	Paprika
Chilli flakes	Parsley
Chives	Peppercorns
Chervil	Rosemary
Cilantro	Sage
Cinnamon	Saffron
Cloves	Tarragon
Coriander	Turmeric
Cumin	Thyme
Dill	Vanilla bean
Fennel	