

## 10 DAY MEAL PLAN

Follow the nutrition plan 100%, however where you see the option brackets '( )' use the big food option list at the end and simple substitute the Protein (P), Energy Carbs (EC) & Colour Carbs (CC) for another from the list provided at the end. Also where you see (O) this mean its option and can be left off your meal planner. Have a protein shake immediately after training and before bed (max x2 per day both optional see 'Buy Protein' for 30% off)

### DAY 1:

#### BREAKFAST

- Green tea (plain, vanilla, lemon or mint) or black coffee or hot water and fresh lemon
- 2 slices of wholemeal bread/toast or protein pancake (GoNutrition)
- 3 large eggs poached/scrambled etc
- At least ¼ litre of filtered/bottled water

#### MID MORNING

- At least ½ litre of filtered/bottled water

#### LUNCH

- 120g tuna or salmon or mackerel
- 50g Mexican style mixed beans (any beans will work except baked beans)
- 2 handfuls of veg mixed (except white potatoes) & 40g low fat hummus
- At least At least ¼ litre of filtered/bottled water plus green tea/hot lemon

#### MID AFTERNOON

- At least ½ litre of filtered/bottled water and green tea or hot lemon

#### DINNER

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

#### MID EVENING

- At least ¼ litre of filtered/bottled water

## **DAY 2:**

### **BREAKFAST**

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

### **MID MORNING**

- At least ½ litre of filtered/bottled water

### **LUNCH**

- Green tea or hot lemon
- 120g full fat cottage cheese or quark
- X2 small golden delicious apples
- 5 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 and green tea or hot lemon

### **DINNER**

- 120g cold turkey or chicken & chopped spinach leaves
- Pour over half a tub of vegetable soup (found in the fridge section)
- At least ¼ litre of filtered/bottled water
- Half frozen sliced banana (look in the freezer) & 2 large tbs 'Fage Total 0%' greek yogurt

### **MID EVENING**

- At least ½ litre of filtered/bottled water
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## DAY 3:

### BREAKFAST

- Green tea or black coffee
- 2 slices of wholemeal bread/toast or protein pancake
- 3 large eggs poached/scrambled etc
- At least ¼ litre of filtered/bottled water

### MID MORNING

- At least ½ litre of filtered/bottled water plus green tea or hot lemon

### LUNCH

- Green tea
- 120g full fat cottage cheese or quark
- X2 small golden delicious apple
- 5 saltine crackers
- At least ¼ litre of filtered/bottled water

### MID AFTERNOON

- At least ½ litre of filtered/bottled water plus green tea or hot lemon

### DINNER

- 160g tuna or salmon or mackerel
- 100g broccoli
- 100g of mixed veg (except white potatoes)
- 40g low fat hummus
- At least ¼ litre of filtered/bottled water
- ½ small honeydew melon & 2 large tbs 0% greek yogurt

### MID EVENING

- At least ½ litre of filtered/bottled water

## THE EXCLUSION LIST

For the next 7 days you must eliminate ALL the following food: - 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!

- BREAD MADE FROM WHEAT
- COWS MILK
- PASTA
- RICE
- COUS COUS
- WHITE POTATOES
- CEREALS
- SUGAR
- COFFEE
- ALCOHOL

And of course that includes anything with the above ingredience:

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

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### Okay, now it's time to move to Days 4 through to 10.

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

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: Cleanse Day

– green tea and hot lemon is still allowed on the following days (2-4 per 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 shake (min 14-18g protein) mixed with water plus handful of melon/apple/pineapple
- 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 ½ 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 ½ litre of filtered/bottled water

## **DAY 5:**

### **BREAKFAST**

- 3 egg omelette (P)
- Goji Berries & 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)
- Portion of sliced strawberries (CC)
- At least ½ litre of filtered/bottled water

### **LUNCH**

- 160g of chicken (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**

- Portion of mixed berries (CC)
- At least ½ litre of filtered/bottled water

### **DINNER**

- 200g of fish (P), with cracked pepper, sea salt and lemon juice
- Handful of courgette and mango (CC)
- At least ¼ litre of filtered/bottled water

### **MID EVENING**

- At least ½ litre of filtered/bottled water
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## DAY 6:

### BREAKFAST

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

### LUNCH

- 160g Grilled salmon, with cracked pepper, sea salt and lemon juice (P)
- Handful of butternut squash (EC)
- Handful quinoa/lentils
- At least ¼ litre of filtered/bottled water

### MID AFTERNOON

- Small apple & tsp peanut butter (CC)
- At least ½ litre of filtered/bottled water

### DINNER

- 200g turkey (P)
- Portion of courgette and ½ portion of mango (CC)
- At least ¼ litre of filtered/bottled water

### MID EVENING

- At least ½ 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 7:**

### **BREAKFAST**

- At least ½ litre of filtered/bottled water
- Fasting...

### **MID MORNING**

- At least ½ litre of filtered/bottled water
- Fasting...

### **LUNCH/LATE LUNCH DEPENDING ON END OF FASTING**

- 160g of smoked mackerel (P)
- Portion of Sweet Potatoes (EC) & Handful Pearly Barley (EC)
- At least ¼ litre of filtered/bottled water

### **MID AFTERNOON**

- 85g cottage cheese (P)
- Portion of grapes (CC)
- 1 Nectarine (CC)
- At least ½ litre of filtered/bottled water

### **DINNER**

- 200g 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 14-18g of protein shake
- At least ¼ litre of filtered/bottled water



## **DAY 8:**

### **BREAKFAST**

- 0-40g 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)
- Banana (EC)
- At least n ½ litre of filtered/bottled water

### **LUNCH**

- 160g 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**

- Portion of mixed berries (CC)
- Apple (CC)
- At least ½ litre of filtered/bottled water

### **DINNER**

- 200g Fish and lemon juice (P)
- Handful of courgette and mango (CC)
- At least ¼ litre of filtered/bottled water

### **MID EVENING**

- At least ½ litre of filtered/bottled water
- FASTING...

## **DAY 9:**

### **BREAKFAST**

- Fasting
- At least 1 litre of filtered/bottled water

### **MID MORNING**

- Optional/Fasting - 90g (half a small tub) 0% greek yogurt (P)
- Optional/Fasting - Portion of mixed berries (CC)
- At least ½ litre of filtered/bottled water

### **LUNCH**

- 160g of chicken (P) seasoned with chilli, sea salt and cooked in coconut oil
- Handful of chopped courgette (CC)
- Handful of spinach (CC) and handful Quinoa (EC)
- At least ¼ litre of filtered/bottled water

### **MID AFTERNOON**

- Small apple (CC)
- Peach (CC)
- At least ½ litre of filtered/bottled water

### **DINNER**

- 200g 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 ½ litre of filtered/bottled water
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## **DAY 10:**

### BREAKFAST

- 3 eggs scrambled, boiled, poached, omelette (P) & Chopped bell peppers (CC)
- 1 banana (EC)
- At least ½ litre of filtered/bottled water

### MID MORNING

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

### LUNCH

- 160g 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 ½ litre of filtered/bottled water

### DINNER

- 180g 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

- At least ¼ litre of filtered/bottled water

Weight yourself in the morning and send me your results to [david@my-fitnesstrainer.com](mailto:david@my-fitnesstrainer.com), also please spend 1 minute and leave a short review for me at

<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
Bluefish	Red snapper
Buffalo	Sablefish
Chicken breast	Salmon
Clams	Sardines
Cod	Scallops
Cornish hen	Scrod
Cottage cheese	Shrimp
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)	Turkey sausage
Lobster	Veal
Mackerel	Venison
Mahimahi	Whitefish
Mussels	Wild Alaskan salmon
Tofu	Yellow tail
Oysters	Yogurt Greek/Natural*

Colour Carb (CC) Options	Colour Carb (CC) Options
Apples	Kiwi
Apricots	Lettuce
Artichoke	Lime
Asparagus	Mango
Baby Corn	Mushrooms
Bamboo shoot	Nectarines
Beans (string)	Onions
Bean sprouts	Oranges
Beets	Papaya
Berries	Peach
Broccoli	Pear
Brussels sprouts	Peas
Cabbage	Pea pods
Cauliflower	Peppers (bell or hot)
Courgette	Pineapple
Celery	Plums
Carrots	Prunes
Cherries	Pumpkin
Chestnuts (water)	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 (Merchant Gourmet ready made)	

## 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	