

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
BREAKFAST Post Training Meal / Non Training Meal	BREAKFAST Intermittent fast or if you really cant manage it go for the any meal given so far.	BREAKFAST Post Training Meal / Non Training Meal	BREAKFAST The 3 egg surprise (detox book)	BREAKFAST Post Training Meal / Non Training Meal	BREAKFAST Any smoothie. Cooked meats/fish with a spice on it.	BREAKFAST Intermittent fast or if you really cant manage it go for the any meal given so far.
OPTIONAL Berry Choice + Nut/seed (optional)	OPTIONAL Berry Choice + Nut/seed (optional)	OPTIONAL Fruit Choice + Nut/seed (optional)	OPTIONAL Berry Choice + Nut/seed (optional)	OPTIONAL Berry Choice + Nut/seed (optional)	OPTIONAL Fruit Choice + Nut/seed (optional)	
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LUNCH 3 vegetables – ideally 2 raw. Protein source Fat source Good Carb	LUNCH 3 vegetables – ideally 2 raw. Protein source Fat source Good Carb	LUNCH 3 vegetables – ideally 2 raw. Protein source Fat source Good Carb	LUNCH 3 vegetables – ideally 2 raw. Protein source Fat source Good Carb	LUNCH 3 vegetables – ideally 2 raw. Protein source Fat source Good Carb	LUNCH 3 vegetables – ideally 2 raw. Protein source Fat source Good Carb	LUNCH 3 vegetables – ideally 2 raw. Protein source Fat source Good Carb
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DINNER Any evening meal that you have enjoyed so far	DINNER Post Training Meal / Non Training Meal	DINNER Anything you like from the plan so far.	DINNER Post Training Meal / Non Training Meal	DINNER Any evening meal that you have enjoyed so far	DINNER Anything you like from the plan so far.	DINNER FREE CHOICE- yep today is a free choice...if you want roast potatoes and gravy, then today is the day!!!

The idea behind this structure in the last 6 weeks

So, I am the first to acknowledge that most meal planners don't work long term for most people. When I say most, I mean the ones that are really rigid, with prescriptions like 72g of oats, 34g of banana, 24g of protein powder.....you get my drift.....

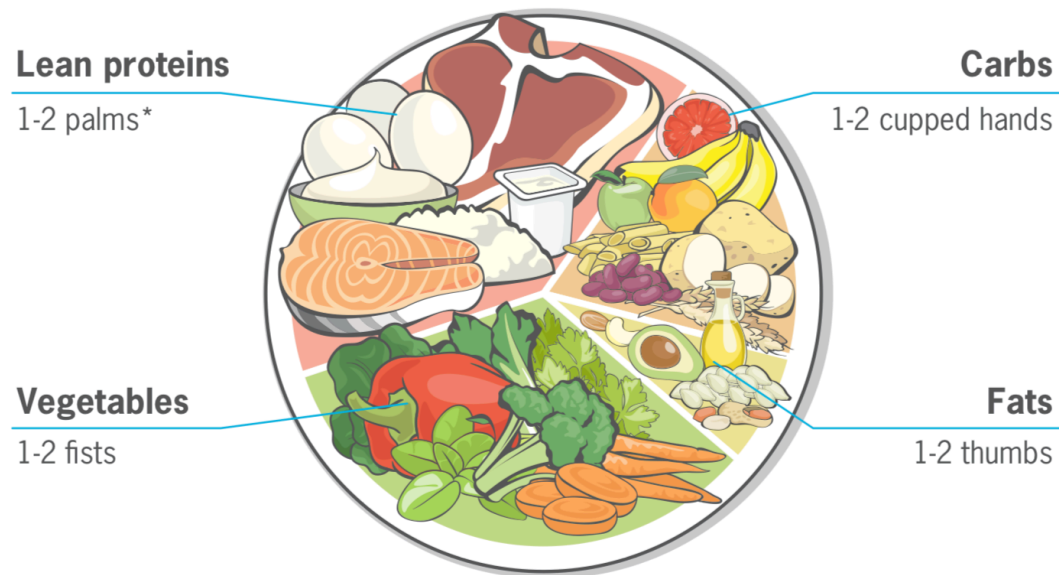
That's not realistic or helpful long term. Now if you are aiming for a competition of some description and your body fat/ weight is of real importance then that approach will help you achieve that. That's assuming you get your numbers right.

BUT for most of us, we want to have more energy, sleep better, look healthy and feel like we can live the fullest version of our lives!

So we need to approach our nutrition along some simple parameters moving forwards.

Your Plate:

Keeping things simple from here on in will help you.



Making Your Own Super Shakes:

STEPS TO MAKING YOUR SUPER SHAKE

Go through the steps below, selecting one or two items from each category.

STEP 1: PICK A LIQUID

Less liquid = thick shakes
More liquid = thin shakes

4-8 oz

is a good starting point for each serving.



- Water
- Almond milk (unsweetened)
- Cow's milk
- Soy milk (unsweetened)
- Hemp milk (unsweetened)
- Iced green tea

STEP 2: PICK A PROTEIN POWDER

25-50 g

1-2 scoops should be sufficient for each serving.



- Whey protein
- Casein protein
- Rice protein
- Pea protein
- Hemp protein
- Other proteins or protein blend

Find a protein supplement that tastes good and digests well.

STEP 3: PICK A VEGGIE

1-2 handfuls

Use raw or roasted veggies.



- Dark leafy greens: Spinach / Swiss chard / kale
- Pumpkin / sweet potato
- Beets / beet greens
- Cucumber / celery
- Powdered greens supplement

Spinach works well in any Super Shake since it's virtually undetectable.
Pair canned or roasted pumpkin with vanilla.
Try pairing peeled, roasted beets with chocolate.
When including celery or cucumber, reduce the amount of liquid you add.

STEP 4: PICK A FRUIT

1-2 handfuls

You can use fresh or frozen fruit.



- Apples
- Bananas
- Berries
- Cherries
- Dates
- Pineapple / mango
- Powdered fruit supplement

Toss in half a banana to give the shake excellent texture.
Dates are very sweet. Make sure to get rid of the pit first.
Apples provide sweet and tart notes. Simply remove the core and slice.

STEP 5: PICK A HEALTHY FAT

1-2 thumb-sized portions

should be sufficient for each serving.



- Walnuts
- Flax, hemp, chia seeds
- Cashews
- Almonds
- Peanut and nut butters

When blended well, nuts and seeds offer a nice, rich consistency.

STEP 6: PICK A TOPPER

Try cinnamon with vanilla and pumpkin.
Add oats if you need extra carbs.
Incorporate yogurt if you want more protein and a smoother texture.
With toppers, a little goes a long way.



- Coconut
- Cacao nibs / dark chocolate
- Yogurt
- Oats / granola
- Cinnamon
- Ice (if using fresh fruit)

Post Training Meal Ideas:

Option 1 : Banana Omelette (from the 30 days of fat loss cookbook). Ideal cooked the night before and eaten at work if you are in a rush.

Option 2: 2-4 eggs scrambled with a bed of spinach

Option 3: banana plus a palm sized portion of meats for the ladies and 2 palms for the men plus a bed of greens

Option 4: almond milk, banana, almond/cashew butter (tablespoon), spinach and berries in a smoothie.

Non Training Meal (for the times when you haven't trained)- as per the lunches below or any of the evening meals you have had so far.

Lunches:

These apply to the whole day but this will help you :

Raw Veggies - peppers, celery, cucumber, carrot, avocado and tomatoes (technically fruits). There are many more I am sure but there are a few that will get you going on the raw veggies.

Protein sources- beef, turkey, fish, chicken, game, rabbit, pork (but please know where this was sourced and go for leaner cuts)

Fat Sources- avocado, flaxseed oil (great for salads), brazil nuts, almonds, pumpkin seeds, sunflower seeds

Good Carbs - - oats, quinoa, buckwheat, bulgur wheat, brown rice, wild rice, sweet potato

Greens drink- same format as last week

Fruit choice – berries, cherries, banana and melon (after training), apple with a nut butter on it.

Nuts/seeds choice- same format as last week

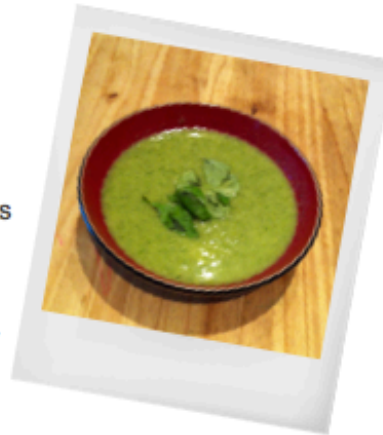
Intermittent fast- In simple terms this means eat your evening meal and then just drink your herbal teas, water and take your supplements as prescribed until midday the next day. Then eat as normal there after. I can give you all the science behind it if you want, just let me know.

Detox Soup Serves 2

You can enjoy this soup knowing you are having a real greens hit, I like to add a dash of coconut milk in for a creamy variation.

Ingredients

- 1 tsp coconut oil
- 2 cloves of garlic, chopped
- 2 leeks, washed and chopped finely
- 1 cm fresh ginger, peeled and chopped
- 1 small head of broccoli, broken into florets
- 100g cauliflower florets
- 1 bag of fresh spinach
- 1 parsnips, peeled and chopped
- 1 stick of celery, washed and chopped finely
- 1 tsp chopped basil
- 2 pints of vegetable stock
- Sea salt and ground pepper, to taste
- Juice of 1 lemon



Method

1. Heat the oil over medium heat and stir in the garlic, onion, and ginger to season the oil.
2. Add in the broccoli, cauliflower, parsnips and celery then fry off for 2 minutes before adding in the vegetable stock.
3. Simmer with lid on for 10 minutes before adding in spinach.
4. Blitz the soup to a smooth consistency then taste for seasoning.
5. Stir in shredded basil and serve.

Green Power Smoothie Serves 1

Ingredients

- 150ml cold filtered water
- 150ml coconut milk
- ½ ripe avocado
- 20g fresh spinach
- 20g fresh watercress
- 1 inch cucumber
- Sprig of fresh mint
- 1 teaspoon coconut oil
- Lime of 1 juice
- Cinnamon to dust



Method

1. Liquidize all ingredients until smooth – simple!

Avocado, Mango and Quinoa Salad Serves 2

Ingredients

- 1 tsp of coconut oil
- 50g quinoa
- 1 mango – peeled and chopped
- ¼ cucumber – finely chopped
- 1 yellow pepper, chopped
- 1 avocado, chopped
- Large handful of spinach and mixed leaves
- 5 mint leaves chopped finely
- 20g unsalted plain cashews
- 1 tsp of extra virgin olive oil
- Juice of a half a lime
- 1 tsp of chilli flakes



Method

For Quinoa

1. Add 1 tsp of coconut oil to a medium heated saucepan.
2. Once oil is melted add 50g of quinoa and stir until all quinoa is covered and very lightly golden.
3. Then add boiling water to the pan and cover quinoa by ½ an inch.
4. Leave to simmer on a low-medium heat (mark 3).
5. Remove once quinoa goes fluffy and soaks up all water and leave to cool.
6. Please note that the small white strands should all detach from the quinoa balls once cooked properly.

For Salad

1. Combine lime juice, oil and chilli flakes together.
2. Mix all other ingredients together in a bowl and dress with oil mixture.
3. Then add the quinoa and mix well.
4. serve on a big bed of watercress and spinach
5. Season if needed.

Sunrise Smoothie Serves 1

Ingredients

- 1 ripened banana
- 150ml coconut milk (rice or almond milk also work well)
- 1 tsp organic cashew nut butter
- 1 tsp coconut oil
- ½ tsp raw cacao powder
- Hand full of fresh spinach
- 2 -3 ice cubes



Method

1. Place all ingredients into a blender with ice cubes and blend until smooth.
2. Serve immediately.

Apricot and Cashew Smoothie Serves 2

Ingredients

- 75g raw cashews or 2-3 tsp of cashew butter
- 240ml of coconut or almond milk
- 1 tsp pure vanilla extract or essence
- 1 banana, peeled and cut into chunks
- 8 un-sulfured dried apricots
- Add a pinch of cinnamon too!

Method

1. Grind cashew nuts until smooth.
Set aside.
2. In a blender, process the apricots and coconut/Almond milk until smooth.
3. Add all the other ingredients and blend until creamy.
4. Serve in a cool glass and enjoy!



Poached Eggs on Sautéed Spinach & Garlic Serves 2

Ingredients

- 4 large eggs
- 1 tbsp coconut oil
- 1 bag of fresh spinach – washed
- 1 clove garlic
- 2 tsp sesame seeds
- Dash of vinegar

Method

1. Bring a large pot of water to a rolling boil; add in a splash of vinegar.
2. Pre-crack the eggs in to separate remaining dishes.
3. While the water is boiling heat the oil in the pan, add in the spinach, garlic and sesame seeds; turn on a low heat and cover.
4. Meanwhile turn the water down and create a whirlpool by stirring the water.
5. Pour the eggs directly in to the middle of the whirlpool one by one, put back on a high heat, but do not allow the water to boil.
6. Leave 2-3 minutes depending on how you like your eggs.
7. Use a slotted spoon to remove the eggs one at a time and turn out on to kitchen paper.
8. Turn the spinach out onto two plates, placing two eggs on top of each.



Breakfast Berry Quinoa Serves 1

Ingredients

- 100ml coconut milk
- 100ml water
- 30g raw red quinoa
- 1 whole vanilla pod, split
- 100g mixed berries (frozen berries will also work)
- ½ tsp ground cinnamon
- ½ tsp ground nutmeg
- 3 walnuts, chopped
- 3 almonds, chopped



Method

1. Combine milk, water, vanilla pod and quinoa in a medium saucepan.
2. Bring to the boil, lower heat, cover and simmer for 10 – 15 minutes until most of liquid has been absorbed.
3. Take off heat and let stand for 10 minutes.
4. While quinoa is standing, heat a small frying pan and dry fry berries for 2 -3 minutes taking care not to burn it.
5. Remove vanilla pod from quinoa and stir in berry mixture.
6. Serve in a bowl sprinkled with chopped nuts.

Masala Omelette Serves 1

You will need a deep frying pan for this dish; it can also be done in a bowl rather than in a blender

Ingredients

- 3 eggs, beaten
- Pinch of curry powder
- 1 clove garlic, crushed
- ½ red chilli pepper, deseeded
- ½ red onion, chopped roughly
- 4 cherry tomatoes
- Few sprigs of coriander
- 1 tsp coconut oil, to fry
- Pinch of himalayan sea salt
- Black pepper to taste
- Spinach to serve



Method

1. Preheat grill to medium-high heat.
2. Place eggs into a blender and pulse until they are well beaten.
3. Add in all other ingredients except oil and coriander.
4. Pulse in blender until mixture is pale in color and slightly frothy.
5. Melt oil in frying pan and pour in mixture, swirling to edges to ensure even cooking.
6. Cook for 3 minutes until eggs start to set.
7. Sprinkle over coriander leaves then place under a hot grill for another 3 minutes or until cooked.
8. Place on a plate, top with spinach, fold over and enjoy.

Targeting Areas:

Stomach- its stress related. It comes in all sorts of forms, as you know!!!;)

Avoid citrus fruits this week, obviously sugars (artificial) and stay off grains just to see how it helps you (it normally does). Add beetroot, olives, avocados, and more oily fish.

Add liquorice tea, its excellent at re-dressing the hormone imbalance that has occurred to make you store fat around the middle.

Bra Strap- again just stick with veggies as your carb source and foods high in fibre.

Back of the arms- get yourself in the sauna, this is an excellent way to speed up the detox and a lot of the toxins that build up tend to stick around the alpha fat cells which there are many on the back of the upper arm.

Love Handles- I want you to lie down for 15 minutes per day, in absolute silence. It can be done, even with children, I have had parents do this before.

I want you to keep your fruit to in and around exercise.

Drink Green tea.

Eat pumpkin seeds and choose lean beef.

Use cinnamon to help regulate blood sugar levels.