



Mansformation Week One Nutrition

Ok chaps, you will see the nutrition booklet that I have attached.

The one with the green cover, download this, print it....pin it to the fridge...make sure it is visible in the kitchen from now on.

This is to help you with ideas for your nutrition between now and SUNDAY and beyond to be honest.

What I want you to do this week, is try them.....if you hate an ingredient.....then leave it out.....there's no force feeding here!

If you have a young family, some of them will love these!

Just one note.....its "teaspoon's" NOT "tablespoons" in the curry and banana omelette.

Note on caffeine.....yes.....this needs to be OUT of the system asap.

If you are mildly addicted.....half it Tuesday, half again Wednesday and leave it out Thursday onwards!

Alcohol.....that is out NOW..... just for the first 6 weeks of this journey.....

Dairy..... we will be leaving this out from Thursday onwards.... So if you need to finish it up please do ☺

I will go into more detail if you want to know....but the body cannot process it and in particular the liver, will struggle to digest the fats it should be if its being stressed by alcohol.

I know you want results and wont mind abstaining for a bit. It is not never again.....but if nothing changes , nothing changes ey!

If you want to write a plan out of the meals you are going to try this week....be my guest.

Ok, so any questions on this please let me know.

Speak soon,

Matt

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