



MANSformation- Week 2 Nutrition



Day	Breakfast	Lunch	Dinner
Monday	Courgette pancakes	Protein Packed Salad (PPS) Or Broccoli and Mint soup with a palm sized piece of meat or fish on the side.	Chilli Chicken with chickpea mash
Tuesday	Almond pancakes/ bowl of berries and a sprinkle of sunflower and pumpkin seeds	PPS or sweet potato mess	Thai turkey wraps or chicken kiev with cauliflower mash (ONE CLOVE OF GARLIC not 3)
Wednesday	Homemade muesli/ Banana and cinnamon omelette	PPS or Prawn Mango and avocado salad	Rosemary, tomato and olive chicken.
Thursday	Scrambled eggs on a bed of spinach and watercress	PPS or chicken, quinoa and mango salad	Coconut chicken or use turkey if you prefer that to chicken.
Friday	Almond pancakes/ bowl of berries and a sprinkle of sunflower and pumpkin seeds	PPS or any of the above	Steak and veggies or Pesto turkey burgers (these are amongst my favourites) – use goats yoghurt for this recipe.
Saturday	Homemade muesli/ Banana and cinnamon omelette	Your choice just make sure everything on the plate at least swam, ran, grew or flew and wasn't made in a factory with chemicals.	Your choice from the 7-day detox and the 30 Days of Fat Loss booklet.
Sunday	Your choice from the 7-day detox and the 30 Days of Fat Loss booklet.	ROAST – yep just go for veggies. Just leave the white potatoes for now.	Your choice from the 7-day detox and the 30 Days of Fat Loss booklet.

You will find the recipe booklet (the 30 Days of Fat Loss) in the attachments from last week and the NEW 7 day detox booklet this week..... If you are intolerant to an ingredient then please leave it out.

Snacks can be as per this video- <https://www.youtube.com/watch?v=IEiFDc-A810>

If you get caught out unprepared or on the road, so long as it swam, ran, grew or flew and wasn't made in a factory with chemicals.....go for it!

**Talking of which here is a video that might help you if you travel a fair bit.....
https://www.youtube.com/watch?v=chxaiZ_tjq0**

Some of the breakfasts have to be tried to be believedyou will not look back. Aim for 1 litre of water per 50lbs of bodyweight as a rough guide. If you find this challenging, add a pinch of celtic sea salt to your water, which helps such frequent pee stops.

To be organised and ready for week 3 please can you order the following supplements/nutritional aids for next week

Tulsi tea- <http://amzn.to/2aj5aWu>

Fish Oils- <http://amzn.to/2aj5cNY>

Magnesium- <http://amzn.to/2aj5ft1>

NO ALCOHOL, CAFFIENE, WHEAT OR DAIRY FROM NOW ON ☺