

# Easter Fitness and Fat loss Challenge - Week 1.

Remember, the weekly challenges are cumulative.

This week you need to complete preparation week challenges as well as week 1.

This week we are focusing on a healthy dinner.

## Challenge 1. Food

### Colour your world with vegetables

Vegetables are rich in vitamins and nutrients, high in fibre, high in anti oxidants and extremely low in carbs, calories and sugar.

**Basically, they clean out your insides!!**

This week, your **dinner** should be based around vegetables of every colour – excluding potatoes.

Some suggestions below

Broccoli	spinach
Asparagus	snow peas
Cabbage	sprouts
Peas	sea weed
Zucchini	cucumber
Bok choy	beans
Lettuce – all varieties	capsicum
Carrots	chili
Celery	squash
Corn	cauliflower
Tomatoes	asparagus
Pumpkin	Onion

slim pasta – it's made from the vegetable konjac .

[www.slimpasta.com.au](http://www.slimpasta.com.au) for stockists



Think salads, soups and stir-fries.

**\*\*\*\* tip, don't over cook them, they should still have a little "crunch". \*\*\*\***

Add to your veggie meal -

Some low fat, low sugar flavourings and sauces (see list)

And 1 palm size or fist size serve of protein or substitute (see list)

This dinner should be at least 3 hours before bed time, and you should consume nothing else after dinner except for water or green tea.

## Some Protein choices

### Food item content

### protein

100 grams or approx. a palm size serve of

- lean beef or lamb (grass fed where possible) 30 grams
- lean kangaroo 30 grams
- lean pork 30 grams
- lean turkey 28 grams
- lean chicken 28 grams
- lean mince – good quality 20-30 grams
- tuna (1 tin is usually 90 – 100 grams) 18 grams
- salmon ( 1 tin is usually 90 – 100 grams) 20 grams
- fish (usually a hand size including fingers) 20 grams
- prawns 18 grams
- tofu 12 grams
- lentils 7 grams
- low fat ricotta cheese 10 grams
- low fat feta cheese 10 grams
- tinned beans (varied) 7 grams
- chickpeas 7 grams

Other serving sizes

- \* Yoghurt- Forme – 1 small tub 8 grams
- \* Low fat milk 250 mls 9 grams
- \* 1 large egg 7 grams
- \* Protein powder – average – 1 scoop 20 grams

## Some flavourings and sauces

- lemon / juice
  - lime / juice
  - tomato
  - tinned tomatoes
  - vinegar most varieties – including salad dressings – small amount
  - fish sauce
  - wholegrain mustard – small amount
  - oyster sauce
  - garlic
  - soy sauce – high in salt – don't use too regularly
  - all herbs and spices
  - low fat natural yoghurt – (great to take the place of cream in recipes)
  - low fat ricotta smooth cheese (also replaces cream in recipes)
  - taco powder
  - salsa dip
  - light and creamy nestle carnation milk (replaces cream)
  - ginger
  - red wine – small amount
  - chili
- 

\*\*\* Please post a photo of your colourful dinner on the Facebook page.

The best photo (as voted by me) will win a movie voucher for 2.\*\*\*



Last year's winner. Thai beef salad - Julie B

## **Some meal suggestions**

### **Chicken or lentils and vegetable soup**

Diced chicken or a handful of lentils

plus

Tin of tomatoes

Garlic

Vegetables – as many as you can fit in (include celery or leek to combat fluid retention)

Water

Boil on the stove for an hour or so

### **Thai beef salad – serves 4**

400gms of rump steak, 100g baby spinach, 1 red capsicum finely sliced, 1 half cups bean sprouts, 4 spring onions finely sliced, half cup coriander leaves, 2 tsp. chopped mint.

Dressing - 2 tbsp. lime juice, 1 tbsp. fish sauce, 1 tbsp. soy sauce, 1 clove garlic crushed, 1 chili seeded and chopped.

Cook meat to your liking, cover in foil and leave to rest for 5 minutes.

Meanwhile, mix all dressing ingredients into a bowl.

Thinly slice meat across the grain and combine all ingredients

### **Steak or chicken shish kebabs**

100gms of meat cut into cubes.

Zucchini, cherry toms, capsicum, mushrooms, pineapple all cut into small similar sizes.

Thread alternatively onto skewers.

Marinade in your choice (from list) cook on BBQ

Serve on its own or with salad.

### **Packet salad + palm size serve of lean protein**

Easy and convenient, make sure the dressing is low fat and low sugar.

A tin of tuna is a simple, quick and convenient option.

### **Spaghetti Bolognese**

Brown mince and add lentils or beans for fibre, also add grated up veg – carrot, celery, zucchini etc.

Add one tin of tomatoes and garlic and any other herbs and spices to taste.

Cook Slimpasta as per packet instructions -

Serve with a side salad

## **San choy bow**

Ingredients (serves 4)

- 1 iceberg lettuce
- 1 tablespoon olive oil
- 3 green onions, thinly sliced diagonally
- 500g pork mince
- 1 small carrot, peeled, grated
- 1 zucchini, grated
- 1 small red capsicum, deseeded, finely diced
- Half a packet of bean sprouts
- 1/3 cup Lee Kum Kee Panda brand Oyster Sauce

## **Method**

1. With core of lettuce facing down, bang core on a flat surface. This will make it easy to remove whole core by twisting and pulling out. Remove damaged outer leaves. Discard. Separate leaves and place in a large bowl of icy cold water. Refrigerate until required.
2. Heat oil in a frying pan over medium heat. Add green onions. Cook for 1 minute. Increase heat to high. Add pork. Cook, stirring, for 4 minutes or until browned.
3. Add carrot, zucchini, capsicum, corn and bean sprouts. Stir well. Add oyster sauce to mince mixture. Stir well. Bring to the boil. Reduce heat. Simmer for 2 minutes.
4. Drain lettuce leaves. Pat dry with paper towel. Place lettuce cups on a platter. Spoon mince mixture into lettuce cups. Serve

## Challenge 2 – Fitness. 100 Rep challenge.

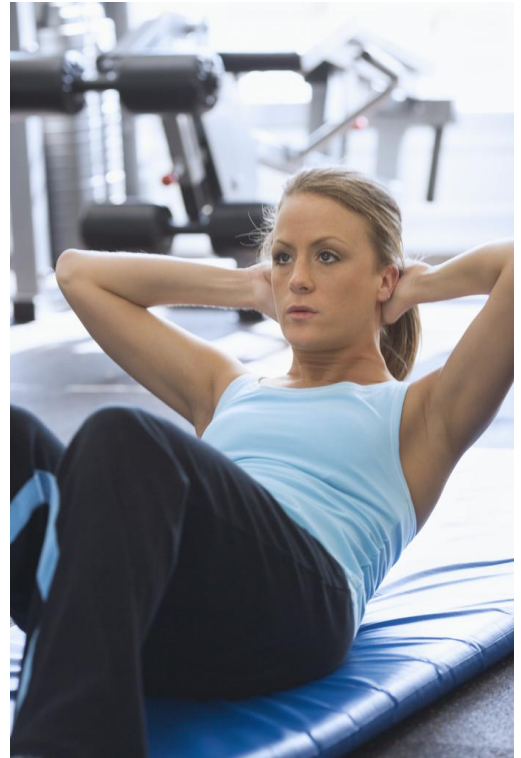
YES, you read that right 100 bodyweight exercises per day.

Perform each exercise slow and controlled, concentrating on perfect form.

Do as many as you can in one set, then stop and rest.

Then another set of as many as you can do,

Stop and rest. Repeat until you have reached 100.



### Monday 100 squats / jumps

See first part of this video for squat instructions

[http://youtu.be/FRfAZhYve\\_s](http://youtu.be/FRfAZhYve_s)

\*\*\* Note- if you want to make your squat tougher, but you experience joint pain when jumping, then you can add a weight. Just hold something heavy (bag of fruit) at chest height or higher whilst performing your 100 squats. \*\*\*

### Tues – 100 Push ups

See first part of this video for push up instructions

<http://youtu.be/54C4id7NfWw>

### Wednesday – 100 Lunges (50 on each leg)

See first part of this video for push up instructions

<http://youtu.be/pFsQx1VE7y8>

\*\*\* Note- if you want to make your lunges tougher, but you experience joint pain when jumping, then you can add a weight. Just hold something heavy (bag of fruit) at chest height or higher whilst performing your 100 lunges\*\*\*

### Thursday – 100 Tricep dips

<http://youtu.be/9XeNNVqiqQ8>

### Friday – 100 sit ups

<http://youtu.be/V-5skPtPDo0>

### Saturday – 100 back towel pulls

<http://youtu.be/jdagpAuLpp0>

\*\*\* Note – you should **never** feel pain through a joint.

If you do... **STOP**  
And contact me for an alternate exercise

### **Challenge 3 – Feel Good**

Write a list of at least 10 things you LOVE about yourself and / or your life.

Read the list EVERY MORNING. Feel the emotions of gratitude whilst you are reading.



Please contact me asap if you have any queries or concerns

Good luck.

Chriss

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[www.facebook.com/bodsquadpersonaltraining](https://www.facebook.com/bodsquadpersonaltraining)



**This fun Easter challenge is a small taste test of the full version**  
**[www.4weekfatflush.com.au](http://www.4weekfatflush.com.au)**