

## Week 2 – Instructions and Meal Suggestions

You can set your 1st week up any way you like, however, this is how I would like it to look in a perfect world.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Food	FF day	FF day	FF day	WL day	WL day	Free day	WL day
Exercise	Ex vid	Move	Ex vid	Move	Move	Super 700	Move
Planning					Weekend strategy session		Weekly prep session

- Sunday morning – weigh yourself and write down your starting weight or measure.

Visualise how you would like. Determine how far you are from your goal and what you would need to achieve each week to get there.

- Pull out your diary and schedule 1 - 3 x week exercise sessions.

Actually make an appointment for yourself and write it down or type it in.

On 2 of those days, you can choose an exercise session from the video library, or any other exercise session

that you love, as long as it uses and over loads all of your muscle groups and gets you huffing and puffing.

### ***IMPORTANT***

***I would rather you choose an exercise session that you love and look forward to. Even if it doesn't fully tick all of the boxes.***

***Rather than choose a perfect exercise session that you have to drag yourself to.***

On the other exercise day you will be completing the “super 700 – fitness test” (attached).

Please use exercise descriptions from the video if you are unsure.

Time yourself and record your time.

You will be repeating this fitness test once each week – in a bid to better your time.

**\*\*\* Remember, it is all about INTENSITY. At the end of your workout, you should feel like you cannot do any more. If you feel like you could keep going, you need to put in more intensity during the workout. When you give 100% effort, you continue to burn fat and calories for hours AFTER your workout as well as during.**

- **Wear your pedometer every day and aim for 10,000 steps minimum**

**You can download a free app to your I Phone called “pedometer free”.**

- **Note down any weak moments. (use the Facebook page to share)**

- **Follow your weekly food diary and make sure you have all meals planned and organised.**

**This week should include**

**up to 3 fat flush days (no complex carbohydrates)**

**3 Weight loss days (carbs 150grams x body weight kgs)**

**1 Free day (eat anything you like)**

- **Drink at least 8 glasses of water per day.**

- **Focus on your goal and believe in yourself.**

# Super 700 Fitness Test – score sheet

Name \_\_\_\_\_

\*\*\* Please do not attempt this test if you have high or very low blood pressure  
Please check with your doctor before starting a new fitness program

Date	Total time	Description – e.g. push ups on knees, Or no low impact star jumps etc. This description is to jog your memory for next time.

# **Super 700 – fitness test**

5 minute general warm up, then time yourself for the following:

**20 star jumps**

**20 squat / jumps**

**20 push ups**

**20 lunge / jumps**

**20 triceps dips**

**20 high knees**

**20 crunches / sit ups**

**Repeat X 5.**

Record your time.

Then cool-down and stretch out your muscles.

## Meal suggestions

### Breakfasts

- omelette, 2 eggs plus variety of veg and lean protein (fat flush days ok)
- protein shake – check label for low carb (fat flush days ok)
- veg frittata – 6 eggs + lots of veg, mix together in a casserole dish, top with small portion of low fat cheese and bake 20-25 minutes (6 serves)
- cereal – small serve of weet-bix, all bran, oats, untoasted muesli + skim milk
- multi grain toast with lean protein or baked beans or tuna

### Lunch

- lean meat or tinned tuna + salad – packet salads are fine (fat flush days ok)
- left over from dinner (fat flush days ok)
- lean protein or substitute + veg – frozen veg is fine (fat flush days ok)
- lean protein + salad wrap with mountain bread

### Dinner

- vegetable and lentil soup (fat flush days ok)
- lean protein + salad or veg (fat flush days ok)
- chicken parmigiana + veg (fat flush days ok)
- shish kebabs (fat flush days ok)
- fish and chips and salad

**\*\*\* Make extra servings when cooking a meal. Leftovers are easy & convenient.**

See list in recipe book for snack suggestions.

Chriss' Tip.

Even though you can choose any meals you like that stay within the fat flush guidelines,

It is my recommendation that you start your program with veggie and lentil or chicken soup for a few days. You can have it for dinner only or lunch as well.

Make one big batch on the weekend, so you are prepared. You can even freeze it for later use.

- It feels like a clean out, both mentally and physically.
- It keeps you full
- It's very low in calories
- Its high in fibre
- High in nutrients
- Low in GI
- High in thermic effect
- And at the end of the 3 day fat flush, you will definitely be using STORED body fat, instead of carbohydrates and excess body fat.
- It also somewhat resets your taste buds and blood sugar levels.

Make the first batch as plain as possible, then add a different flavour to it upon serving each time.

E.g. curry powder, balsamic, chili etc.