

Week 3 – Instructions and Meal Suggestions

You can set up your ongoing weeks any way you like. However this is what I would like it to look like in a perfect world.

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
FF day	WL day	WL day	WL day	WL day	FREE	WL day
Ex vid	Move	Ex vid	Move	Move	Super 700	Move
	Weigh in			Weekend prep session		Weekly prep session

- Schedule 3 x week exercise into your diary / calendar. Choose from the video options or any choice that A) uses and overloads all muscle groups and B) gets you huffing and puffing
- Tuesday morning – weigh yourself and write down your weight, celebrate or learn from your results. Please post on the Facebook page
- Wear your pedometer every day and aim for 10,000 steps minimum
- Note down any weak moments and share on the Facebook page
- Follow your weekly food diary and make sure you have all meals planned and organized. It should include 1 fat flush day (no complex carbohydrates), 5 weight loss days (keep carbohydrate count to under 100 grams in total) and 1 free day.
- Drink 8 glasses of water per day
- Focus on your goal and believe in yourself

Meal suggestions

Breakfasts

- Veggie frittata (fat flush days ok)
- Eggs on multi-grain toast
- cereal – Weet-bix, all bran, oats, untoasted muesli, special k
- multi grain toast with any lean protein or baked beans or tuna

Lunch

- lean meat or tinned tuna + salad or veg (fat flush days ok)
- left overs from dinner with no carb (fat flush days ok)
- lean protein + salad with multigrain bread
- lean protein + salad wrap with mountain bread
- oven baked fish or chicken (no coating) and chips and salad

Dinner

- san choy bow
- spaghetti Bolognese with hidden veg
- shepherd's pie + veg
- balsamic chicken
- vegetable frittata
- balsamic beef + sweet potato and cauliflower mash

Remember to make extra servings when cooking a meal. Leftovers are easy and convenient.

See snacks list in back of recipe book.