

Week 4 – 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	WL day	WL day
Ex vid	Move	Ex vid	Move	Move	Super 700	Move
	Weigh in			Weekend prep session		Weekly prep session

- Schedule a minimum of 3 x week exercise into your diary / calendar.
- Tuesday morning, weigh yourself and write down your weight, determine how far you are from your goal and what you would need to achieve each week to get there.
- Wear your pedometer every day and aim for 10,000 steps minimum (more if possible)
- 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 1.5grams X bw in kgs) and 1 free day.

- **Drink 8 glasses of water per day**
- **Focus on your goal and believe in yourself**

Chriss' Tip.

Today, as well as giving you some super easy meal suggestions, I would like you to come up with a few combinations to design meals of your own.

Simply choose 1 serving from Carb choices, 1 serving from protein choices and add as many vegetables and salad as you like. Combine with sauces and flavourings

I really want to stress the point that you can eat anything on this plan as long as you follow some simple rules.

I really don't want you to think of your plan as a "diet".

Just good old fashioned real food in the correct portion sizes.

Super easy and convenient meal suggestions

Vegetable frittata

Combine any veggies (frozen veg is also fine) with 3 eggs and 3 egg whites, into a baking tray.

Top with small amount of grated low fat cheese and diced light ham

Bake in oven until golden.

Can be served hot or cold.

Serves 6.

*** add a tin of salmon or tuna for extra flavour and protein ***

Fish or tuna and salad

Grilled fish or a tin of tuna for the lazier option,
served with lettuce, cherry toms, carrot, beans, snow peas and capsicum.

*** get a packet salad from the supermarket for extra laziness.

Use lemon or vinegar for flavour. No sauces. No crumbs or batter on the fish

Lean meat (or substitute) and packet salad

Choose a palm sized serve of lean meat,

Grill or BBQ and serve with a packet salad (choose a different variety)

Season with balsamic vinegar.

Chicken (or any protein) stir fry.

Cook lean chicken pieces in a wok or pan with a (very) small amount of oil.

Add in broccoli, carrots, snow peas, bok choy (optional) , shallots (optional)

And at the last minute or two, add shredded cabbage (it should stay crunchy)

The cabbage takes the place of noodles / rice.

** lazier option – use a packet of dry coleslaw salad mix.

For sauce / flavour use 2 tbsp lime juice, 2tsp fish sauce, garlic, chili, 2 tbsp soy sauce.

** lazier option – use a bottle of sauce / marinade, but halve the amount, add some water and garlic.

**** Add a serve of rice, pasta, bread roll or wrap for family members (especially kids) who are NOT looking for weight loss.