

Free Bonus #4!

Sample Nutrition Plan

- ⇒ Continue to keep water intake up to 2 – 3 litres daily (remember water flushes out fat!!)
- ⇒ Stick to the meal plan .
- ⇒ Use flaxseed oil/tablets/powder every day. 1 tbsp 1 – 2 x per day (add to meals)
- ⇒ Jazz your meals up by using balsamic vinegar, natural spices, lemon & garlic
- ⇒ No alcohol or cheat meals for first 4 weeks
- ⇒ Black coffee, Green tea, or dandelion tea only. Can have 1x trim flat white per day.

BREAKFAST – Meal 1

Option One

- 1 Cup Eggcel™ Liquid Egg Whites – eggwhite omelette
- 1/2 cup tomatoes & onions
- 1 tbsp pumpkin seeds mixed in
- 1 slice wholemeal/spelt toast (dry)

Option Two

- 1 cup Eggcel™ Liquid Egg Whites - shake
- 1/2 banana or 1/2 cup frozen/fresh berries

Option Three – on training days only

- 1/2 cup rolled oats (cooked with water)
- 1 tbsp almond slithers
- 1 tsp cinnamon

*To increase protein level, stir in 1/3 cup Eggcel™ on oats after cooked.

MID MORNING SNACKS

Option One – limit 2 a week

Low fat, low sugar RTD Protein Drink

Option Two – 3 times a week on Training Days

- 10 raw almonds
- 1 tbsp protein powder (for flavour)
- 1 cup Eggcel™
- Flaxseed 1 tbsp
- Blend all together to make a Smoothie (or eat almonds separately)
- +1 small apple

Option Three – Limit 1/2 bar

Go-Slim, Doc's Carbrite – only high protein, low or zero carb protein bars

Sample Nutrition Plan

AFTER TRAINING MEAL

Option One - Eggcel™ Shake

1 1/2 cups Eggcel™

1 tbsp protein powder/hot choc mix etc (for flavour only)

LUNCH MEALS – Meal 3 Portions are size of your hand

Option One - Training Days

1 – 2 Boneless chicken breast grilled

1 cup veges: broccoli, cauli, spinach, beans

1 small kumara

~ or ~ green salad

Can have in a wholemeal pita (on days you didn't have toast with breakfast or decide not to have kumara)

Option Two – remaining days

100g Terakihi/Hoki (or salmon/tuna)

2 cups salad: Lettuce, onions, capsicums, mushrooms etc

Flaxseed 1 tbsp

The salad can be switched for green vegetables

FAST FOOD OPTIONS FOR LUNCH OR DINNER: (3 x per week max)

Subway Tuna or Roasted Chicken Salad with extra meat

Nando's Chicken Salad with extra meat

Wendy's Mandarin Chicken Salad with extra meat, no crispy noodles

MID-AFTERNOON MEALS – Meal 4

Option One

Eggcel Shake

1 cup Eggcel

1 tbsp protein powder (for flavour only)

+ 10 almonds (raw/plain/lightly roasted)

Option Two – Training Days

Chicken / Tuna Salad.

Sunflower seeds

Use a balsamic dressing

1 small apple

DINNER MEALS – Meal 5

Option One

Grilled chicken breast or Salmon or Lean red meat (each once per week)

2 cups green veges (or salad)

* Red meat to be cooked medium rare/rare to digest easier

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Option Two

Fish (non battered!)

2 cups green veges (or salad)

Option Three - Omelette

Especially when eating late at night, this is easier to digest.

1 1/2 cups Eggcel

1 cup tomatoes, 1/2 onion, mushrooms, capsicum or veges of choice

Pumpkin seeds 1 tbsp – mixed in

REMEMBER TO EAT AT LEAST EVERY 2.5 - 3 HOURS ☺

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