DELICIOUS E NUTRITIOUS MEALS IN MINUTES



- BREAKFAST -

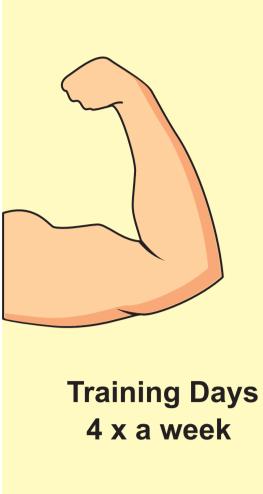
Topping

Grapes

Banana

Blueberries

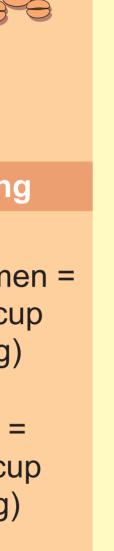
Strawberries

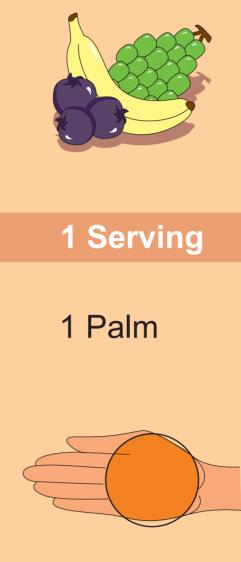




Base

Men = 1/2 cup (75 g)





Spinach

Salmon

Tomato

Chicken

Avocado

Mushroom



Salt

Pepper

Olive Oil

Chilli Flakes

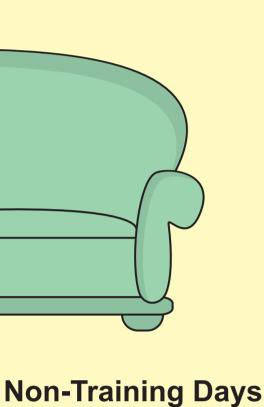
Extras

Cinnamon

Salt



MINIMAL

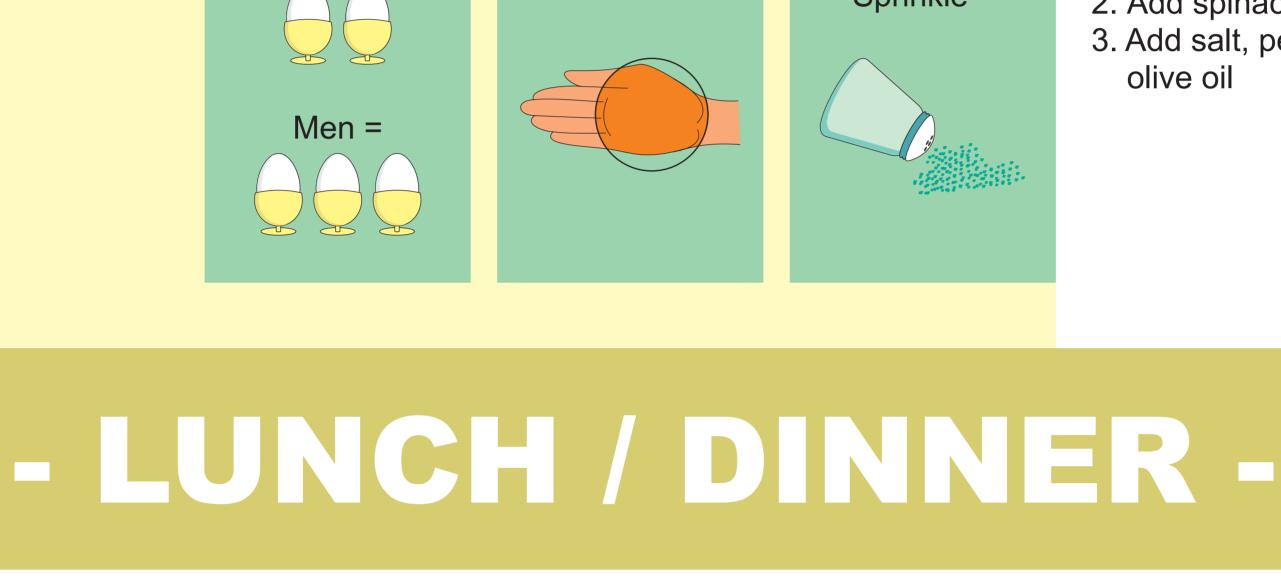


3 x a week



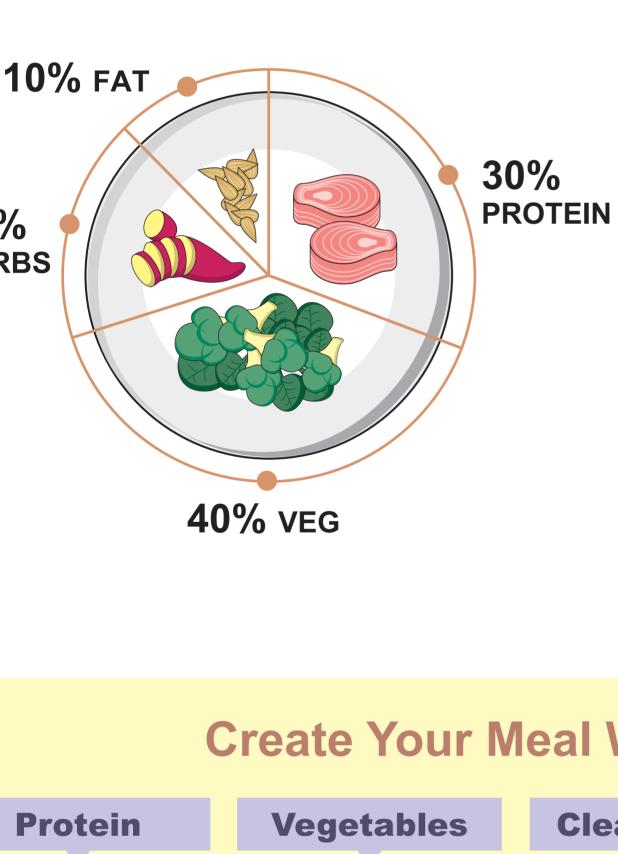
Eggs

Men =



Training Days

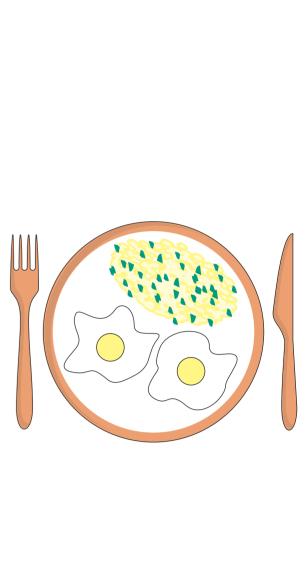
4 x a week

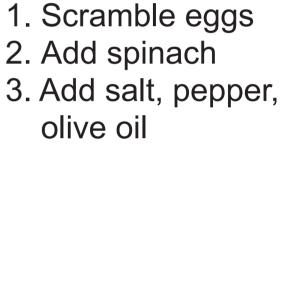


1 Serving Large Palm

1 Serving Small

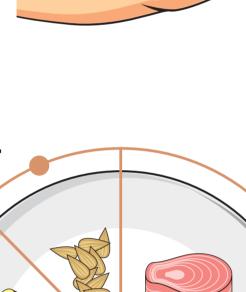
Sprinkle





HOW to Cook

10%



20%

CARBS

Prawns

Turkey

Mince

Lamb

Tuna



Cauliflower

Asparagus

Cabbage

Broccoli

Carrots

Beef Spinach Pork Beans Cod Salad Peas Eggs Kale - SUSTAINABLY SLIMMING SNACKS -**Protein** Salmon

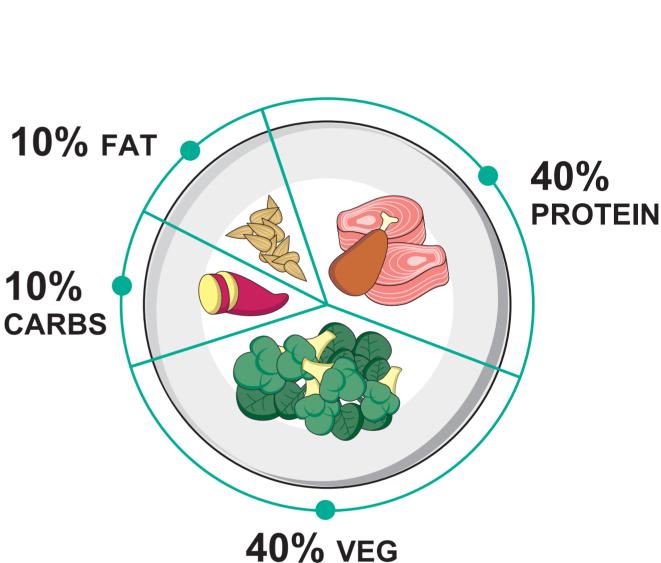
Chick Peas Quinoa

Bulgur Wheat

Black Beans

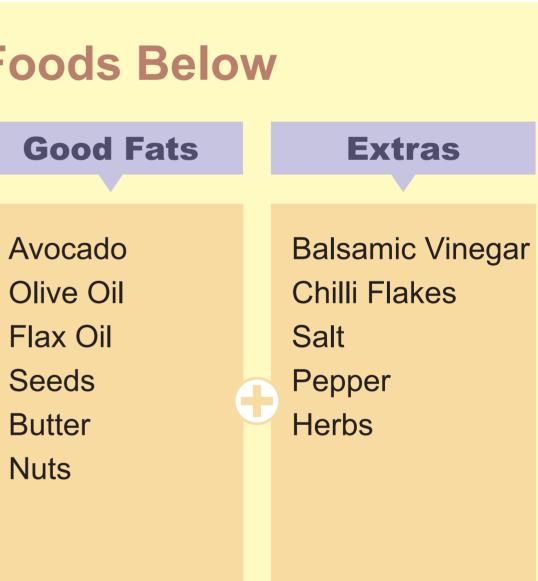
Brown Rice





Non-Training Days

3 x a week



Hummus

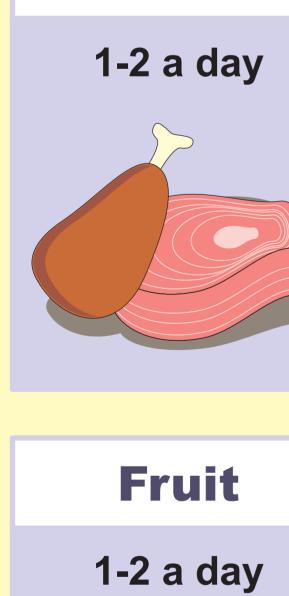
Organic and free range

where possible

protein shake

Natural ingredients

Protein Shake



Nuts/Seeds

1 per day

Treats

2-3 a week

Grapes Apple Banana

Brazils

Almonds Walnuts

Cashews Pecans

No dried fruit

Raw, Un-processed,

Turkey

Tuna

Eggs

Clementine Organic where possible

Strawberries

Blueberries

Greek Yogurt + Fruit

(real fruit added)

Skyr Yogurt + Fruit

Dark Chocolate (85%)

Non-salted, Non-roasted

Peanuts Sunflower Seeds

Pumpkin Seeds

(4 squares max) Green & Blacks or Lindt

Base

Still Water

Tap Water

Sparkling

1 Serving = Palm size

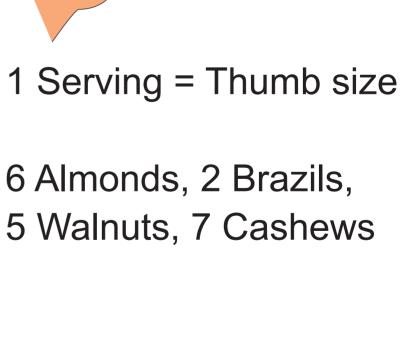
1 x Apple

Example Snacks

Hummus + Carrots

Hard boiled Eggs

Tin of Tuna with Salad



170 g 0% Greek Yogurt

85% Chocolate

+ Small Palm Blueberries

2 Squares Green & Blacks



1-2 cups a day

Water

2-3 litres a day

Breakfast Tea

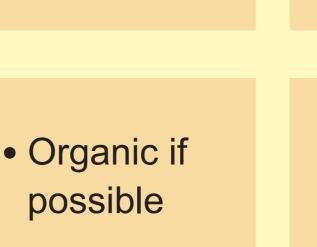


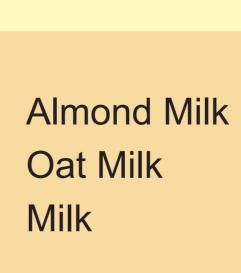


Freshly

Roasted

NO Instant



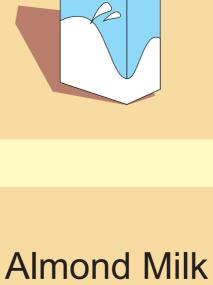


Extras

Lemon

Lime

Mint









Coffee

