



Healthy Lifestyle Program Diet

Month One Diet

Program summary and goals:

- Introducing a 'clean' diet
- Eating regularly
- Increasing water intake (to maximise 'fat burning')
- Increasing protein intake and raising awareness of the importance of protein digestion
- Eating more frequently

DAY ONE:

Breakfast:		
Under 70kg Half-cup of oats One Tbsp blueberries. Scrambled eggs (two whole and one white)	Over 70kg One cup oats One Tbsp blueberries Scrambled eggs (three whole and one white)	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> CARBOHYDRATES Type: STARCHY
Mid Morning:		
Under 70kg Four crackers 100g-150g tuna in spring water	Over 70kg Four crackers 200g-250g tuna in spring water	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> CARBOHYDRATES Type: STARCHY
Lunch:		
Under 70kg 100g-150g Spicy Grilled Chicken Breast Steamed vegetables	Over 70kg 150g-200g Spicy Grilled Chicken Breast Steamed vegetables	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> CARBOHYDRATES Type: FIBROUS
Mid Afternoon:		
Under 70kg BSc Choc-Banana Protein Shake (20g-25 g protein powder)	Over 70kg BSc Choc-Banana Protein Shake (25g-40g protein powder)	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> CARBOHYDRATES Type: FIBROUS <input checked="" type="checkbox"/> EFA'S
Dinner:		
Under 70kg 100g-150g Fish Frenzy Steamed/boiled green vegetables	Over 70kg 150g-200g Fish Frenzy Steamed/boiled green vegetables	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> CARBOHYDRATES Type: STARCHY <input checked="" type="checkbox"/> EFA'S
Before Bed:		
Under 70kg BSc Sweet Dreams Shake (20g- 25g protein powder)	Under 70kg BSc Sweet Dreams Shake (25g-40g protein powder)	<input checked="" type="checkbox"/> PROTEIN



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DAY TWO:

Breakfast:		
Under 70kg One piece whole wheat toast One Tbsp low-cal jam One English muffins 1 Tbsp avocado 100G salmon (tinned/smoked) One cup of freshly squeezed orange juice	Over 70kg Two pieces whole wheat toast Two Tbsp low-cal jam Two English muffins 2 Tbsp avocado 150g salmon One cup of freshly squeezed orange juice	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> CARBOHYDRATES Type: STARCHY <input checked="" type="checkbox"/> EFA'S
Mid Morning:		
Under 70kg One cup of low-fat yoghurt 10 almonds	Over 70kg One cup of low-fat yoghurt 15-20 almonds	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> CARBOHYDRATES Type: FIBROUS
Lunch:		
Under 70kg Pita Delight (100g-150g chicken)	Under 70kg Pita Delight (150g-200g chicken)	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> CARBOHYDRATES Type: STARCHY
Mid Afternoon:		
Under 70kg Choc-Berry Shake (20g-25 g protein powder)	Over 70kg Choc-Berry Shake (25g-40g protein powder)	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> CARBOHYDRATES Type: FIBROUS <input checked="" type="checkbox"/> EFA'S
Dinner:		
Under 70kg 100g-150g Lean Beef and Vegetable Stir Fry	Under 70kg 150g-200g Lean Beef and Vegetable Stir-Fry	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> CARBOHYDRATES Type: FIBROUS
Before Bed:		
Under 70kg BSc Sweet Dreams Shake (20g -25 g protein powder)	Over 70kg BSc Sweet Dreams Shake (25g -40g protein powder)	<input checked="" type="checkbox"/> PROTEIN



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DAY THREE:

Breakfast:		
Under 70kg Two poached eggs One piece whole wheat toast One cup cranberry juice/ Freshly squeezed orange juice	Over 70kg Three poached eggs One piece whole wheat toast One cup cranberry juice/freshly squeezed orange juice	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> CARBOHYDRATES Type: STARCHY
Mid Morning:		
Under 70kg One BSc Protein Bar	Over 70kg One BSc Protein Bar	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> CARBOHYDRATES Type: STARCHY
Lunch:		
Under 70kg 100g-150g tuna OR 100g-150g Spicy Grilled Chicken Breast Small cup brown rice	Over 70kg 150g-200g tuna OR 15-0g-200g Spicy Grilled Chicken Breast Small cup brown rice	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> CARBOHYDRATES Type: STARCHY
Mid Afternoon:		
Under 70kg BSc Choc-Berry Shake (20g-25g protein powder)	Over 70kg BSc Choc-Berry Shake (25g-40g protein powder)	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> CARBOHYDRATES Type: FIBROUS <input checked="" type="checkbox"/> EFA'S
Dinner:		
Under 70kg 100g-150g Mediterranean Grilled Veal/Chicken Breast Small salad	Over 70kg 150g200g Mediterranean Grilled Veal/Chicken Breast Small salad	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> CARBOHYDRATES Type: FIBROUS
Before Bed:		
Under 70kg BSc Bedtime Shake (20g-25g protein powder)	Over 70kg BSc Bedtime Shake (25g-40g protein powder)	<input checked="" type="checkbox"/> PROTEIN



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DAY FOUR:

Breakfast:		
Under 70kg Protein Power Pancakes One cup cranberry juice/freshly squeezed orange juice	Over 70kg Protein Power Pancakes One cup cranberry juice/freshly squeezed orange juice	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> CARBOHYDRATES Type: STARCHY
Mid Morning:		
Under 70kg 150g low-fat yoghurt Handful chopped carrots	Over 70kg One cup low-fat yoghurt Handful chopped carrots	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> CARBOHYDRATES Type: FIBROUS
Lunch:		
Under 70kg 100g-150g Terrific Tuna Salad / OR 100g-150g Spicy Grilled Chicken Breast Handful nuts	Over 70kg 150g-200g Terrific Tuna Salad OR 150g-200g Spicy Grilled Chicken Breast Handful nuts	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> CARBOHYDRATES Type: FIBROUS
Mid Afternoon:		
Under 70kg BSc Choc-Berry Shake (20g-25g protein powder)	Over 70kg BSc Choc-Berry Shake (25g- 40g protein powder)	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> CARBOHYDRATES Type: FIBROUS <input checked="" type="checkbox"/> EFA;S
Dinner:		
Under 70kg 100g-150g Grilled Tasmanian Salmon Small Italian-style side salad	Over 70kg 150g-200g Grilled Tasmanian Salmon Small Italian-style side salad	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> CARBOHYDRATES Type: FIBROUS <input checked="" type="checkbox"/> EFA'S
Before Bed:		
Under 70kg BSc Bedtime Shake (20g-25g protein powder)	Over 70kg BSc Bedtime Shake (25g-40g protein powder)	<input checked="" type="checkbox"/> PROTEIN



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DAY FIVE:

Breakfast:		
Under 70kg Half-cup oats One Tbsp blueberries Scrambled eggs (two whole and one white)	Over 70kg One cup oats Two Tbsp blueberries Scrambled eggs (three whole and one white)	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> CARBOHYDRATES Type: STARCHY
Mid Morning:		
Under 70kg Four crackers 100g-150g tuna	Over 70kg Four crackers 150g-200g tuna	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> CARBOHYDRATES Type: STARCHY
Lunch:		
Under 70kg 100g-150g Mediterranean Chicken Breast Pasta salad Handful nuts	Over 70kg One Mediterranean Chicken Breast Pasta Salad Handful nuts	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> CARBOHYDRATES Type: STARCHY
Mid Afternoon:		
Under 70kg BSc Choc-Berry Shake (20g- 25g protein powder)	Over 70kg BSc Choc-Berry Shake (20g-40g protein powder)	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> CARBOHYDRATES Type: FIBROUS <input checked="" type="checkbox"/> EFA'S
Dinner:		
Under 70kg 100g-150g Steak Supreme Steamed green vegetable	Over 70kg 200 grams Steak Supreme Steamed green vegetables	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> CARBOHYDRATES Type: FIBROUS
Before Bed:		
Under 70kg BSc Sweet Dreams Shake (20g-25g protein powder)	Over 70kg BSc Sweet Dreams Shake (25g-40g protein powder)	<input checked="" type="checkbox"/> PROTEIN



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DAY SIX:

Breakfast:		
Under 70kg One piece whole wheat toast One Tbsp low-cal jam One English muffins One Tbsp avocado 100g salmon One cup freshly squeezed orange juice	Over 70kg Two pieces whole wheat toast 2 Tbsp low-cal jam Two English muffins Two Tbsp avocado 150g salmon One cup freshly squeezed orange juice	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> CARBOHYDRATES Type: STARCHY
Mid Morning:		
Under 70kg One medium apple 100g cottage cheese	Over 70kg One large apple 150g cottage cheese	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> CARBOHYDRATES Type: STARCHY
Lunch:		
Under 70kg 100g-150g Mediterranean Chicken Breast Pasta Salad 10 almonds Pine nuts	Over 70kg 150g-200g Mediterranean Chicken Breast Pasta Salad 10-15 almonds Pine nuts	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> CARBOHYDRATES Type: STARCHY
Mid Afternoon:		
Under 70kg BSc Choc-Berry Shake (20g- 25g protein powder)	Over 70kg BSc Choc-Berry Shake (25g-40g protein powder)	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> CARBOHYDRATES Type: FIBROUS <input checked="" type="checkbox"/> EFA'S
Dinner:		
Under 70kg 100g-150g Steak Supreme Steamed vegetables	Over 70kg 200g Steak Supreme Steamed vegetables	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> CARBOHYDRATES Type: FIBROUS
Before Bed:		
Under 70kg BSc Sweet Dreams Shake (20g-25g protein powder)	Over 70kg BSc Sweet Dreams Shake (25g-40g protein powder)	<input checked="" type="checkbox"/> PROTEIN



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DAY SEVEN:

Breakfast:		
Under 70kg Two poached eggs One piece whole wheat toast One cup of cranberry juice/freshly squeezed orange juice	Over 70kg Three poached eggs One piece whole wheat toast One cup cranberry juice/freshly/squeezed orange juice	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> CARBOHYDRATES Type: STARCHY
Mid Morning:		
Under 70kg 150g low fat yoghurt 10 unsalted almonds.	Over 70kg One container low fat yoghurt 10-15 unsalted almonds	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> CARBOHYDRATES Type: STARCHY
Lunch:		
Under 70kg One Pita Delight (100g-150g chicken/turkey)	Over 70kg One Pita Delight (150g-200g chicken /turkey)	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> CARBOHYDRATES Type: STARCHY
Mid Afternoon:		
Under 70kg BSc Choc-Berry Shake (20g- 25g protein powder)	Over 70kg BSc Choc-Berry Shake (25g-40g protein powder)	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> CARBOHYDRATES Type: FIBROUS <input checked="" type="checkbox"/> EFA'S
Dinner:		
Under 70kg 100g -150g Spicy Grilled Veal/ Chicken Breast Small salad	Over 70kg 200g Spicy Grilled Veal/Chicken Breast Small salad	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> CARBOHYDRATES Type: FIBROUS
Before Bed:		
Under 70kg BSc Bedtime Shake (20g-25g protein powder)	Over 70kg BSc Bedtime Shake (25g-40g protein powder)	<input checked="" type="checkbox"/> PROTEIN

Motivational tips:

- Read through your goals – based on your progress to date, are they still realistic, or do they need to be adjusted?
- Treat yourself to something special (not food!) as a reward for sticking to your plan. Suggestions include: a massage, facial, new outfit, movie and coffee with friends, a new book, perfume/cosmetics – anything that makes you feel good.