



Healthy Lifestyle Program Diet

Month Two Diet

Program summary and goals:

- Cycling carbohydrate intake (low, medium and high) over three days, then repeating the cycle
- Maintaining appropriate protein levels
- Precise and relevant (to goals) supplement timing and use
- Maintaining adequate hydration levels for 'fat burning'
 - **See the HLP hydration article for further information**
- Understanding post-workout nutrition and its importance

DAY ONE: LOW-CARBOHYDRATE INTAKE

Three (3) carbohydrate meals (one starchy, two fibrous)

Breakfast:		
Under 70kg Half to one cup oats/muesli One Tbsp blueberries Scrambled eggs (two whole and one scrambled)	Over 70kg One to two cups oats/muesli Two Tbsp blueberries Scrambled eggs (three whole and one scrambled)	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> CARBOHYDRATES Type: STARCHY
Mid Morning:		
Under 70kg 100g-150g salmon/ tuna Green salad Mushrooms	Over 70kg 150g-200g salmon/tuna Green salad Mushrooms	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> CARBOHYDRATES Type: FIBROUS <input checked="" type="checkbox"/> EFA'S
Lunch:		
Under 70kg 100g-150g Spicy Grilled Chicken Breast	Over 70kg Spicy Grilled Chicken Breast	<input checked="" type="checkbox"/> PROTEIN
Mid Afternoon:		
Under 70kg One BSc protein drink (25g -30g protein powder)	Over 70kg One BSc protein drink (25g-40g protein powder)	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> EFA'S
Dinner:		
Under 70kg Lean Beef and Vegetable Stir-Fry	Over 70kg Lean Beef and Vegetable Stir-Fry	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> CARBOHYDRATES Type: FIBROUS
Before Bed:		
Under 70kg One BSc Bedtime Shake (20g -25g protein powder)	Over 70kg One BSc Bedtime Shake (25g -40g protein powder)	<input checked="" type="checkbox"/> PROTEIN



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DAY TWO: MEDIUM CARBOHYDRATE INTAKE
 Four (4) carbohydrate meals (two starchy, two fibrous)

Breakfast:		
Under 70kg One piece whole wheat toast One Tbsp low-cal jam Two English muffins One Tbsp avocado 100g salmon One cup freshly squeezed orange juice or one banana	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 or one banana	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> CARBOHYDRATES Type: STARCHY <input checked="" type="checkbox"/> EFA'S
Mid Morning:		
Under 70kg One cup low-fat yogurt 10 almonds	Over 70kg One cup of low-fat yogurt 15-20 almonds	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> CARBOHYDRATES Type: FIBROUS
Lunch:		
Under 70kg 100g-150g BSc Special Grilled Chicken Breast Steamed vegetables	Over 70kg 150g-200g BSc Special Grilled Chicken Breast Steamed vegetables	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> CARBOHYDRATES Type: FIBROUS
Mid Afternoon:		
Under 70kg BSc Protein Power Shake (25g -30g protein powder)	Over 70kg BSc Protein Power Shake (30g -40g protein powder)	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> EFA'S
Dinner:		
Under 70kg Fish Frenzy Broccoli and/or asparagus	Over 70kg Fish Frenzy Broccoli and/or asparagus	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> CARBOHYDRATES Type: FIBROUS <input checked="" type="checkbox"/> EFA'S
Before Bed:		
Under 70kg One BSc Bedtime Shake (20g -30g protein powder)	Over 70kg One BSc Bedtime Shake (25g -40g protein powder)	<input checked="" type="checkbox"/> PROTEIN



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DAY THREE: HIGH CARBOHYDRATE INTAKE

Five (5) carbohydrate meals (two starchy, three fibrous)

Breakfast:		
Under 70kg Protein Power Pancakes One piece of fruit	Over 70kg Protein Power Pancakes Two pieces fruit	<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 150g-200g tuna in spring water	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> CARBOHYDRATES Type: STARCHY
Lunch:		
Under 70kg 100g-150g Mediterranean Chicken and Pasta salad Handful of nuts	Over 70kg 150g-200g Mediterranean Chicken and Pasta Salad Handful of nuts	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> CARBOHYDRATES Type: FIBROUS
Mid Afternoon:		
Under 70kg Choc-berry protein shake (20g- 25g chocolate protein powder mixed with half water/half skim milk ,crushed ice, mixed berries and one tsp flaxseed oil)	Over 70kg Choc-berry protein shake (25g-40g protein powder mixed with half water/half skim milk ,crushed ice, mixed berries and one tsp flaxseed oil)	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> CARBOHYDRATES Type: FIBROUS <input checked="" type="checkbox"/> EFA'S
Dinner:		
Under 70kg Steak Supreme (100g) Green vegetables	Over 70kg Steak Supreme (200g) Green vegetables	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> CARBOHYDRATES Type: FIBROUS
Before Bed:		
Under 70kg One BSc Bedtime Shake (20g -30g protein powder)	Over 70kg One BSc Bedtime Shake (25g – 40g protein powder)	<input checked="" type="checkbox"/> PROTEIN



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DAY FOUR: LOW CARBOHYDARTE INTAKE

Three (3) carbohydrate meals (one starchy, two fibrous)

Breakfast:		
Under 70kg One piece whole wheat toast One Tbsp low-cal jam Two English muffins One Tbsp avocado 100g salmon One cup freshly squeezed orange juice	Over 70kg Two pieces whole wheat toast Two Tbsp low-cal jam Two English muffins One Tbsp avocado 150g salmon One cup 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 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 Spicy Grilled Chicken Breast	Over 70kg 150g-200g Spicy Grilled Chicken Breast	<input checked="" type="checkbox"/> PROTEIN
Mid Afternoon:		
Under 70kg Chocolate Supreme Protein Shake (25g-30 grams protein powder)	Over 70kg Chocolate Supreme Protein Shake (30g- 40g protein powder)	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> EFA'S
Dinner:		
Under 70kg 100g -150g Mediterranean Grilled Veal/Chicken Breast Small salad	Over 70kg 200g 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 FIVE: MEDIUM CARBOHYDRATE INTAKE

Four (4) carbohydrate meals (two starchy, two fibrous)

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 Zorba the Greek salad with 100g-150g Chicken/turkey Beans/ lentils (optional)	Over 70kg Zorba the Greek salad 150g-200g chicken/turkey Beans or lentils (optional)	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> CARBOHYDRATES Type: FIBROUS
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 Protein Drink (25g -30g protein powder)	Over 70kg BSc Protein Drink (30g-40g protein powder)	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> EFA'S
Dinner:		
Under 70kg Fish Frenzy Small baked potato Steamed/boiled green vegetables	Over 70kg Fish Frenzy Small baked potato 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 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 SIX: HIGH CARBOHYDRATE INTAKE

Five (5) carbohydrate meals (two starchy, three fibrous)

Breakfast:		
Under 70kg Protein Power Pancakes One piece of fruit	Over 70kg Protein Power Pancakes Two pieces of fruit	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> CARBOHYDRATES Type: STARCHY
Mid Morning:		
Under 70kg One cup low-fat yogurt Handful chopped carrots	Over 70kg One cup low-fat yogurt Handful chopped carrots	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> CARBOHYDRATES Type: FIBROUS
Lunch:		
Under 70kg 100g-150g Chinese Chicken Stir-Fry	Over 70kg 150g-200g Chinese Chicken Stir-Fry	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> CARBOHYDRATES Type: STARCHY
Mid Afternoon:		
Under 70kg Choc-Berry Protein Shake (20g-25g protein powder)	Over 70kg Choc-Berry 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 Steak Supreme (100g-150g) Green vegetables	Over 70kg Steak Supreme (200g) Green vegetables	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> CARBOHYDRATES Type: FIBROUS
Before Bed:		
Under 70kg Sweet Dreams Shake (20g-25g protein powder)	Over 70kg Sweet Dreams Shake (25g-40g protein powder)	<input checked="" type="checkbox"/> PROTEIN

REPEAT CYCLE