



# Healthy Lifestyle Program Diet

## Month Three Diet

### Program summary and goals:

- Adjusted carbohydrate cycling – three-day cycles (low, medium, high), followed by three days of normal eating before repeating the carbohydrate cycling plan
- Maintaining appropriate protein levels
- Precise and relevant (to goals) supplement timing and use.
- Maintaining adequate hydration levels to maximise ‘fat burning’
- Continue to develop an understanding of the importance of post-workout nutrition
- Introduction of new foods/meals

### DAY ONE: LOW CARBOHYDARTE INTAKE

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

Breakfast:		
<b>Under 70kg</b> One to half cup oats/muesli One Tbsp blueberries Scrambled eggs (two whole and one white)	<b>Over 70kg</b> One to two cups oats/muesli Two Tbsp blueberries Scrambled eggs (three whole and one white)	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> CARBOHYDRATES Type: STARCHY
Mid Morning:		
<b>Under 70kg</b> 100g-150g Terrific Tuna/Salmon Salad	<b>Over 70kg</b> 150g-200g Terrific Tuna/Salmon Salad	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> CARBOHYDRATES Type: FIBROUS
Lunch:		
<b>Under 70kg</b> 100g-150g Spicy Grilled Chicken Breast	<b>Over 70kg</b> 150g-200g Spicy Grilled Chicken Breast	<input checked="" type="checkbox"/> PROTEIN
Mid Afternoon:		
<b>Under 70kg</b> BSc Protein Shake (25g -30g protein powder)	<b>Over 70kg</b> One BSc Protein Shake (30g-40g protein powder)	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> EFA'S
Dinner:		
<b>Under 70kg</b> Fish Frenzy Broccoli and/or asparagus	<b>Over 70kg</b> 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:		
<b>Under 70kg</b> Sweet Dreams Shake (20g-25 g protein powder)	<b>Over 70kg</b> Sweet Dreams Shake (25g-40 grams 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:		
<b>Under 70kg</b> One piece whole wheat toast One Tbsp low-cal jam One English muffins One Tbsp avocado 100g salmon One cup freshly squeezed orange juice or one banana.	<b>Over 70kg</b> Two pieces whole wheat toast Two Tbsp low-cal jam Two English muffins with some 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:		
<b>Under 70kg</b> One cup low-fat yogurt 10 almonds	<b>Over 70kg</b> One cup low-fat yoghurt 15-20 almonds	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> CARBOHYDRATES Type: STARCHY
Lunch:		
<b>Under 70kg</b> 100g-150g Spicy Grilled Chicken Breast Steamed vegetables	<b>Over 70kg</b> 150g-200g Spicy Grilled Chicken Breast Steamed vegetables	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> CARBOHYDRATES Type: FIBROUS
Mid Afternoon:		
<b>Under 70kg</b> Chocolate Supreme Protein Shake (25g-30g protein powder)	<b>Over 70kg</b> Chocolate Supreme Protein Shake (30g-40g protein powder)	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> EFA'S
Dinner:		
<b>Under 70kg</b> 100g-150g Spicy Grilled Veal/Chicken Breast Small salad	<b>Over 70kg</b> 200g Spicy Grilled Veal/Chicken Breast Small salad	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> CARBOHYDRATES Type: FIBROUS <input checked="" type="checkbox"/> EFA'S
Before Bed:		
<b>Under 70kg</b> BSc Bedtime Shake (20g-25g protein powder)	<b>Over 70kg</b> 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:		
<b>Under 70kg</b> Protein Power Pancakes One piece fruit	<b>Over 70kg</b> Protein Power Pancakes Two pieces fruit	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> CARBOHYDRATES Type: STARCHY
Mid Morning:		
<b>Under 70kg</b> One cup low-fat yoghurt Handful chopped carrots	<b>Over 70kg</b> One cup low-fat yoghurt Handful chopped carrots	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> CARBOHYDRATES Type: FIBROUS
Lunch:		
<b>Under 70kg</b> 100g-150g Chinese Chicken Breast Stir-Fry	<b>Over 70kg</b> 150g-200g Chinese Chicken Breast Stir-Fry	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> CARBOHYDRATES Type: STARCHY
Mid Afternoon:		
<b>Under 70kg</b> Choc-Berry Protein Shake (20g-25g protein powder)	<b>Over 70kg</b> 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:		
<b>Under 70kg</b> 100g-150g Steak Supreme Green vegetables	<b>Over 70kg</b> 200g Steak Supreme Green vegetables.	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> CARBOHYDRATES Type: FIBROUS
Before Bed:		
<b>Under 70kg</b> Sweet Dreams Shake (20g-25g protein powder)	<b>Over 70kg</b> Sweet Dreams Shake (25g-40g protein powder)	<input checked="" type="checkbox"/> PROTEIN



# Healthy Lifestyle Program Diet

DAY FOUR:  
Normal eating

Breakfast:		
<b>Under 70kg</b> Half-cup oats One Tbsp blueberries. Scrambled eggs (two whole and one white)	<b>Over 70kg</b> 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:		
<b>Under 70kg</b> One BSc low-fat protein bar	<b>Over 70kg</b> One BSc low-fat protein bar	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> CARBOHYDRATES Type: STARCHY
Lunch:		
<b>Under 70kg</b> 100g-150g Spicy Grilled Chicken Breast(half) One cup steamed vegetables	<b>Over 70kg</b> Spicy Grilled Chicken Breast(half) One cup steamed vegetables	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> CARBOHYDRATES Type: FIBROUS
Mid Afternoon:		
<b>Under 70kg</b> BSc Choc-Banana Protein Shake (20g-25g protein powder)	<b>Over 70kg</b> 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:		
<b>Under 70kg</b> Fish Frenzy Steamed/boiled green vegetables	<b>Over 70kg</b> Fish Frenzy Steamed/boiled green vegetables	<input checked="" type="checkbox"/> PROTEIN <input checked="" type="checkbox"/> CARBOHYDRATES Type: FIBROUS <input checked="" type="checkbox"/> EFA'S
Before Bed:		
<b>Under 70kg</b> BSc Bedtime Shake (20g-25g protein powder)	<b>Under 70kg</b> BSc Bedtime Shake (25g-40g protein powder)	<input checked="" type="checkbox"/> PROTEIN



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DAY FIVE:  
Normal eating

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



# Healthy Lifestyle Program Diet

DAY SIX:  
Normal eating

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



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### DAY SEVEN: REPEAT CYCLE

#### Motivational Tips

- Try a new activity you may not have had the confidence to do previously – maybe you've always wanted to try yoga or take ballroom dancing lessons.
- Buy a meditation CD and take some time out each day to totally relax and refocus on your goals and how much better you are looking and feeling.
- Spend time with positive and confident people (and keep away from negative people).
- Reward yourself for your hard work and achievements – how about a trip to a spa, new outfit, weekend away with someone special, or a manicure and pedicure.
- Although you've finished the 12-week program, that doesn't mean that you should now go back to any bad, old habits. Look at what you've achieved in just 12 weeks – how you look and feel – and know that you can maintain this by simply continuing to use the strategies outlined in the plan, and ensuring they become part of a new healthy lifestyle.