



Healthy Lifestyle Program Diet

Body Science®		Name:	Date:
HLP Diet Worksheet		Greg	8 August
Time	Planned Activity : Month: <u> 1 </u> Week: <u> 1 </u> Day: <u> 1 </u>	Status = ✓ Done	
6.00 am	SUPPLEMENT 4 x ThermanX Capsules 4 with water. Glass of water . Cup of coffee		
6.30	TRAINING Weights workout: Chest Incline press: 3 x 15 reps, Bench press: 3 x 15 reps, Flies: 3 x 15 reps Shoulders Military press: 3 x 15 reps, Lateral raises 3 x 15 reps, Upright rows: 3 x 15 reps Triceps Extensions: 3 x 15 reps, Bench dips 2 x 15 reps. Glass of water		
	Cardio: 20 mins low intensity on bike/ treadmill AFTER weights. Glass of water		
7.40	MEAL 1 (BREAKFAST) Glass of water One cup oats One Tbsp blueberries Scrambled eggs (three whole and one white) 1 x multivitamin tablet 3 x Omega 3 (or add 1 x tablespoon of Flax seed oil to your first protein shake)		
9.50	SNACK (MEAL 2) Glass of water Four crackers 200g-250g tuna in spring water		
12.50	LUNCH (MEAL 3) 1 x therman X capsule 150g-200g Spicy Grilled Chicken Breast Steamed vegetables Glass of water		
4	SNACK (MEAL 4) BSc Choc-Protein Shake with water (blend with ice if you can) (25g-35g protein powder)		
6.30	DINNER (MEAL 5) 1 x thermanx capsule 150g-200g Fish Frenzy Steamed/boiled green vegetables Glass of water		
8.00	SNACK (MEAL 6) BSc choc Shake Shake with water (blend with ice if you can) (25g-40g protein powder). Glass of water		
	PLANNING SESSION		
	Define my intentions for tomorrow.		
	Fill out tomorrows worksheet.		
	Shopping and pre- prepare meals for tomorrow schedule		



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	SUPPLEMENTS & TRAINING		
	MEAL 1 (BREAKFAST)		
	SNACK (MEAL 2)		
	LUNCH (MEAL 3)		
	SNACK (MEAL 4)		
	DINNER (MEAL 5)		
	SNACK (MEAL 6)		
	PLANNING SESSION		