

3 STEPS TO LEAN LEGS

**Reduce Leg Fat,
Eliminate Cellulite
and Slim Down
Your Muscle For
Lean And
Beautiful Legs**

MESOMORPH

rachael attard



Copyright and Disclaimer

The “3 Steps To Lean Legs - 8 Week Workout And Nutrition Program” (referred to as the “eBook”) is written by Rachael Attard Personal Training Pty Ltd.

The eBook has not been written to suit specific injuries, allergies, nutrient deficiencies or any other medical or health concerns. You must not rely on the information in this eBook as an alternative to medical advice from an appropriately qualified professional. If you have any specific questions about any medical or health concerns, you should consult an appropriately qualified professional.

The workout and nutrition program in this eBook is not intended to replace any advice you may have received from medical professionals. Individuals will have their own specific needs, and the information contained in this eBook is designed as a “guideline” only. This eBook is not individually tailored. The material and content contained in this eBook are for general health improvement recommendations. If you have any health or medical conditions, please seek professional advice.

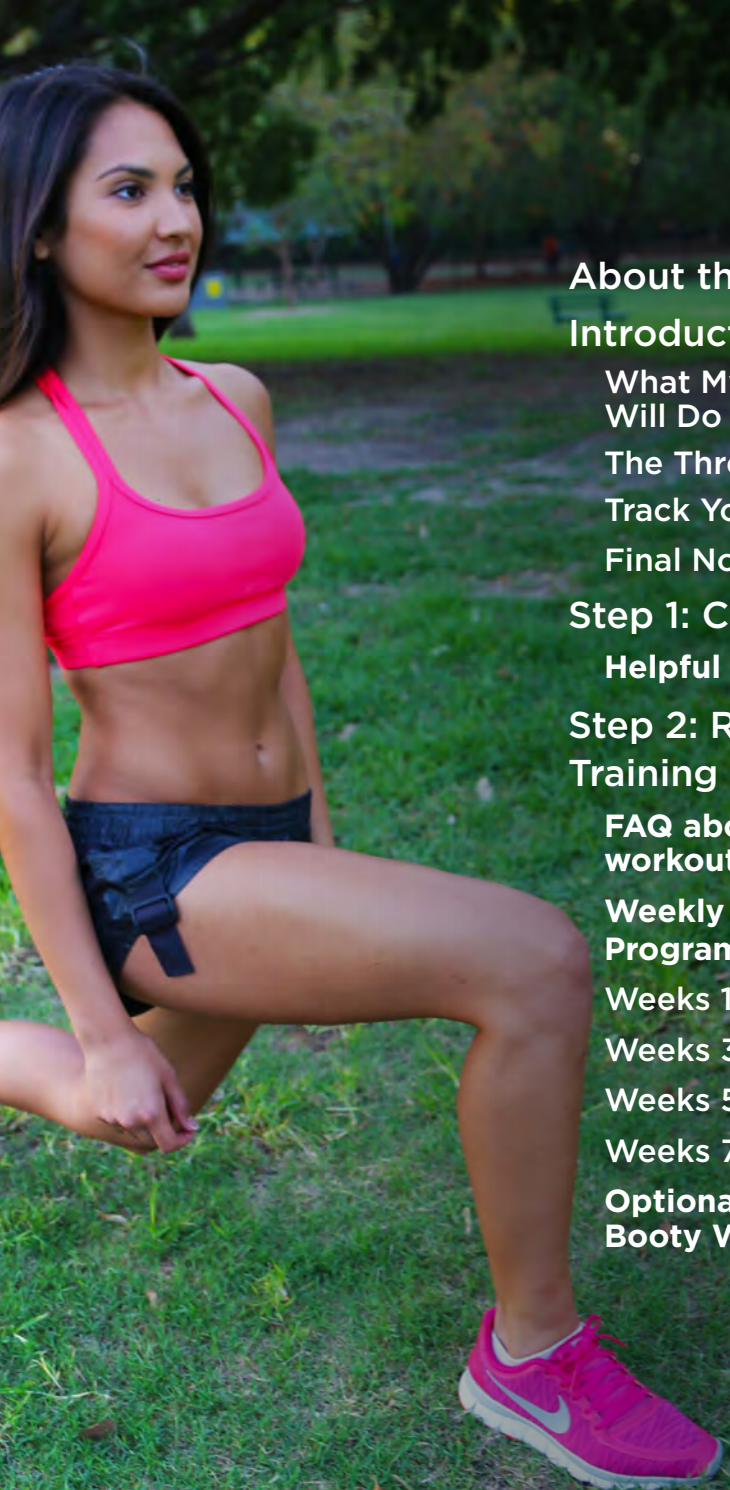
Rachael Attard Personal Training Pty Ltd makes no warranties or representations, express or implied, as to the currency, accuracy, completeness, reliability or suitability of the information contained or referenced in this eBook.

Rachael Attard Personal Training Pty Ltd will not be liable to you for any injury or loss resulting from any action taken or reliance made by you on any of the information or material contained in this eBook. If you use, or otherwise rely on, any of the information in the eBook, you are responsible for ensuring, by independent verification, its currency, accuracy, completeness, reliability and relevance to your own personal and individual circumstances. Rachael Attard Personal Training Pty Ltd does not assume any risk for your use of this information.

The copyright in whole and every part of this document belongs to Rachael Attard Personal Training Pty Ltd. This document must not be used, sold, transferred, copied or reproduced in whole or in part. This document remains the property of Rachael Attard Personal Training Pty Ltd.

Contents

About the Author	1	Step 3: Nutrition	56
Introduction	2	Helpful tips / questions about the nutrition program	62
What My eBook Will Do For You	3	Week 1	64
The Three Key Steps	4	Week 2	68
Track Your Progress	5	Week 3	72
Final Note	7	Week 4	76
Step 1: Cardio	8	Week 5	80
Helpful Tips	11	Week 6	84
Step 2: Resistance Training	16	Week 7	88
FAQ about the workout program	22	Week 8	92
Weekly Workout Program Outline	26	Appendix 1	97
Weeks 1-2	27	Calories and macros for all recipes	97
Weeks 3-4	33	Appendix 2	101
Weeks 5-6	39	How To Calculate Your Calorie And Macronutrient Intake	101
Weeks 7-8	45		
Optional - Booty Workouts	51		





About the Author

Rachael Attard is a 29 year old female fitness expert, who specializes in helping women achieve lean and toned bodies, without the bulky look that lots of women experience when lifting weights.

Rachael originally studied a Bachelor of Science and worked as an environmental scientist. However, after a few years, Rachael realized that this was not her true passion.

Rachael has always loved health and fitness. She grew up in a fit and healthy household (her mum has been a group fitness trainer for over 25 years) and has been training herself for over 10 years.

Rachael went on to become a fully qualified group fitness and personal trainer, receiving her training through the Australian Institute of Fitness. Rachael is also a fully qualified sports nutritionist, receiving her education through the International Society of Sports Nutrition (ISSN).

Rachael has dedicated her career to helping women learn how to exercise the right way for their body types and to achieve the lean and toned goals that so many women are after. Rachael is also very passionate about nutrition and helping women understand how to eat properly and not starve their bodies to lose weight.

Rachael has a health and fitness blog, where she writes articles to help females with their own personal health and fitness.

Check it out at www.rachaelattard.com
if you haven't already!

Rachael has put together this training and nutrition program based on principles that she has used to achieve her own and client results, and those that she has studied and researched.

CARDIO

RESISTANCE
TRAINING

NUTRITION

Introduction

First of all, thank you for purchasing my eBook, and congratulations on taking the first step to achieving your dream legs! I hope that this program will help you achieve the lean and toned legs that you have always wanted.

Please make sure you read through all of the information in this eBook before starting.



CARDIO

RESISTANCE
TRAINING

NUTRITION

What My eBook Will Do For You

My eBook is completely different to any other workout eBooks available. It doesn't have any heavy lifting, or any squats, lunges, deadlifts or burpees. There is less focus on HIIT and more focus on cardio and lighter resistance training.

I have designed the workout program very carefully to make sure that it causes **absolutely no bulkiness**, which can be an undesired side effect of doing too much weight training or HIIT.

This workout program is my solution to help you get a toned body and do resistance training, without having to do traditional weight lifting exercises which can cause bulkiness.

The workouts in my program will help you achieve the following:

- A round and perky butt, *without bulky legs*;
- Lean legs with less fat and less cellulite; and
- A toned body (it will tone up your entire body, not just your legs), but with a slim frame.

WHAT YOU CAN EXPECT:

- ROUND, PERKY BUTT
- LEAN LEGS WITH
LESS FAT & CELLULITE
- TONED BODY WITH A
SMALLER FRAME
- LESS MUSCLE BULK



CARDIO

RESISTANCE
TRAINING

NUTRITION

If you want to *reduce muscle bulk* on your legs and entire body, my eBook will help you with this too!

I have designed the workout program very carefully to make sure that it causes **absolutely no bulkiness**. Just a slim, toned and gorgeous figure.

The nutrition plan will help you achieve the following:

- Weight loss from your entire body (not just your legs);
- Understanding the right amount of food and the right type of foods to eat for your body type; and
- How to eat a healthy diet.

The Three Key Steps

There are three key steps that are very important in helping you achieve skinny legs.

1. Cardio
2. Resistance Training
3. Nutrition

We will cover these three steps in detail in the coming chapters.

CARDIO

RESISTANCE
TRAINING

NUTRITION





CARDIO

RESISTANCE
TRAINING

NUTRITION

Track Your Progress

This step is often overlooked by many people, but is really important. Sometimes it is hard to see a difference in your body when you look in the mirror, and you can lose motivation. It is not until you actually compare two photos together that you can actually see this difference - and trust me, it motivates you!

Make sure you take *before* photos. I know you are not going to want to (who wants to take photos of their body when they don't feel great about it right?!), but do it for yourself because I promise you will want to look at them afterwards! Use it to help keep you motivated and see how far you've come. Take a photo of your entire body from your head to your toes. You want to take a photo front on, standing to the side, and a photo from behind.

Measurements are another great way to track your progress. I want you to take one measurement around the largest part of your thigh. You can also take additional measurements (for my legs, I like to measure the top of my thigh, mid-thigh and just above my knee).

CARDIO

RESISTANCE
TRAINING

NUTRITION

Your Reward For Sending Me A Progress Photo

If you do take progress photos, send them through to me, and allow me to post on my social media, **I will give you a 100% refund.** So you will get the eBook for free, and the amazing results that go with it!

All you need to do is:

- Take a before and after photo
- Email it to me at info@rachaelattard.com

Conditions:

- The photo must show your legs
- You must have achieved results with the program
- Your pic must be allowed to be shared on my social media

And I will provide you with a 100% refund straight away! So take those progress photos ;)





CARDIO

RESISTANCE
TRAINING

NUTRITION

Final Note

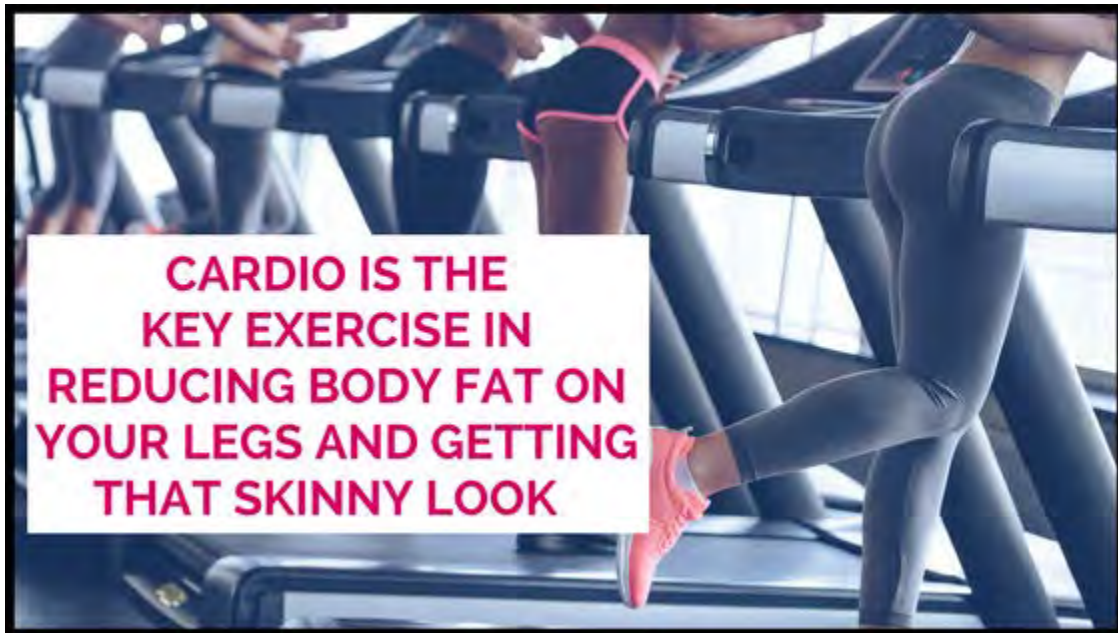
To get results, you need to be 100% committed and consistent. Only kinda wanting it and putting in 50%, is not going to get you the results. It is going to take hard work and it is not going to happen overnight. If you cheat on your diet or skip workouts, your results won't come as quickly.

Now you have everything you need to get your best ever body and change your life for the better, all you need to do is put it into action. It is all up to you – make it happen!

**Now let's get you
those dream legs!**

Step 1: Cardio

OK now let's get into it. Obviously the first step is CARDIO. Cardio really is the KEY exercise in reducing



body fat on your legs and getting that “skinny” look.

I know that there are a lot of women out there with great bodies, who don't do any cardio and just lift heavy weights. But this will usually only work for people who are the ectomorph body type (i.e. naturally very thin and find it hard to gain muscle), have great genetics and/or already have a very low body fat percentage.

If you want skinny and toned legs, you cannot avoid cardio.

Technical information about cardio

Your body creates energy in two basic ways:

- Anaerobically (without oxygen); and
- Aerobically (with oxygen)

Anaerobic Pathway

When your body uses the anaerobic pathway, it uses creatine phosphate and stored glycogen (carbohydrates) to produce energy.

Your body will use the anaerobic pathway for:

- High intensity exercise (including high intensity cardio such as running);
- Weight training; and
- Interval training

So essentially that means that when you are lifting weights or doing HIIT, your body is burning stored carbohydrates, not fat.

Aerobic Pathway

When your body uses the aerobic pathway, it uses stored fat, stored glycogen (carbohydrates) and on occasions, protein to produce energy.

Your body will use the aerobic pathway for:

- Low intensity exercise only (including low intensity cardio, such as walking).

Essentially this means that low intensity exercise burns FAT, and this is why it is such an important exercise when it comes to leaning out your legs.

Cardio for the mesomorph body type

I know I've just talked a lot about walking, but cardio also includes running. Running is an amazing cardio workout because it burns a huge number of calories and helps you to slim down all over. However, running does build some muscle, so you need to be careful not to overdo it.

My program does include running because it is great for overall weight loss and aerobic fitness, however if you experience your legs getting bigger due to running (or you already know that this is an issue for you), I would not do the running. Some mesomorphs are fine with running, while others are not. So please do what is best for you.

If you choose to exclude the running from the program, I would substitute it for more walking. I know that might sound like a lot of walking. However, don't underestimate the power of walking! It still burns a surprisingly high number of calories (even if you don't feel puffed), and the more you can do, the better.

I would not advise substituting the running for other forms of cardio such as cycling, elliptical / cross trainer or step machine. These exercises are great and will burn lots of calories, but may bulk you up. Please avoid them if you can.



HELPFUL TIPS

ABOUT HOW TO DO YOUR CARDIO TO GET THE BEST RESULTS

There are many different ways you can do your cardio (steady state, intervals, uphill, flat surface, outside, treadmill, fasted, after a meal, all at once, split up throughout the day, etc). So hopefully this section will help answer any of these questions, and provide you with the right advice so that you can get the best possible results from your cardio workouts.

Most important tip for cardio

This advice is for both walking and running. For the best results, always try to walk and run on a flat surface. Any uphill walking will contribute to bulkiness because your quads will start to do more of the work. If you're walking or running outside, the occasional hill is fine, but try to find a flat path if you can.



Interval running – should I do it?

I have not included any interval runs in this program. Intervals can burn a lot of calories, increase your fitness quicker and get great results. However, interval running builds muscle and because your body can gain muscle and get bulky quickly, it is safer to avoid interval running at this stage.

If you feel like your body can handle intervals without getting bulky, please feel free to include them in this program. I would suggest adding them in about half way through. This is because they are quite difficult, and it is better to have a good base cardio fitness first. I would substitute one of the steady state runs for an interval run. Keep the interval running to once per week at a maximum.

To complete your interval runs, run at a fast pace (not at a sprint) for 2 minutes, and walk (or completely stop) for 1 minute to recover. Repeat this as many times as you can (aim for 5-10 rounds).

What speed should I walk/run at?

Speed will vary depending on your height and length of your legs. Please use this as a guide only.

Walking speed

When you are walking, you want to feel a little bit puffed, but you should still be able to talk. The speed should be something that you can maintain for longer than an hour.

I recommend aiming for a speed between 6km/hr – 7km/hr, which is 3.7mph – 4.3mph.

Running speed

When you are running, you should be feeling puffed and it should be difficult for you to hold a conversation. You may be able to get out the odd sentence, but not a conversation. This speed should be something that you can maintain for at least 30 minutes.

I recommend aiming for a speed between 10km/hr – 12km/hr, which is 6.2mph – 7.5mph. The fitter you are, the faster you should be running.

Interval speed

If you do include interval running, aim for a speed that is faster than your normal run and is quite difficult. At the end of the 2 minutes, you should be absolutely dying for a break.

I recommend aiming for a speed between 12km/hr – 14km/hr, which is 7.5mph – 8.7mph. The 1-minute rest can be at whatever speed you feel comfortable, and slow enough so that you can catch your breath. If you need to, you can completely stop for the 1-minute rest.

Ideal heart rate for walking and running

If you want to get really technical and you have a heart rate monitor or Fitbit, these are the ideal heart rate zones for walking and running.

Maximum heart rate

For these calculations, you will need to know your maximum heart rate. To work out your maximum heart rate, do this simple calculation: 220 minus your age. So for example, I am 29 years old. My maximum heart rate is $220 - 29 = 191$ beats per minute (bpm).

Heart rate for walking

When you are walking, your heart rate should be at 60-70% of your maximum heart rate. This is the ideal “fat burning zone.”

To work out 60% of your maximum heart rate, you multiply your maximum heart rate by 0.6 (60%). So for me, this is $191 \times 0.6 = 115$ bpm.

To work out 70% of your maximum heart rate, you multiply your maximum heart rate by 0.7 (70%). So for me, this is $191 \times 0.7 = 134$ bpm.

That means that my heart rate should be between 115 – 134 beats per minute when I am walking.

Heart rate for running

When you are running, your heart rate should be between 70-80% of your maximum heart rate to improve your fitness. The fitter you are, the faster you should be able to run, and the higher you will be able to get your heart rate.

We already worked out 70% of your maximum heart rate in the calculation above.

To work out 85% of your maximum heart rate, you multiply your maximum heart rate by 0.85 (85%). So for me, this is $191 \times 0.85 = 162$ bpm.



CARDIO

RESISTANCE
TRAINING

NUTRITION

That means that my heart rate should be between 134 - 162 beats per minute when I am running. Now go ahead and work out these calculations for your body 😊

Can I run / walk on the treadmill instead of outside?

Yes, most definitely! Having access to a treadmill is a great way to ensure that you can do your cardio regardless of the weather conditions. I personally enjoy walking and running on a treadmill as I can keep a track of my speed. However, I also love walking and running outside. Both will give you the same results.

Should the cardio be fasted?

You will notice in my program that I have suggested that your walking should be fasted. This is because you might burn a higher percentage of fat when you do your walking fasted, compared to after you have eaten. There is a lot of controversy about this though.

I think that anything that may help you burn more fat and get leaner legs is worth trying. So if you can, try to do the morning walks on an empty stomach. However, it is not necessary. If you can't exercise without eating something, that is fine. Try to eat a small snack such as a piece of fruit before you exercise. Also, if you can't do the walk until the afternoon, that is also fine.

I don't recommend doing your running fasted though. It will make it harder for you to run (as you won't have as much glycogen stored in your muscles for energy), and you won't be able to run for as long or run as fast. It is better to eat something and then be able to really get the most out of your run. This is why I have scheduled all of the runs in the afternoon.

If, however you can only workout in the morning, it is OK to do your run then. Changing the program to suit you is totally fine and it is better to do this, then to not do the workout at all. If you do run in the mornings, try to eat something small such as a piece of fruit beforehand.

Do I need to do the walking all in one session, or can I split it up throughout the day?

I have included the walking as one session because then you don't need to think about it for the rest of the day. And it's so nice to start your day with a walk.

The longer you walk in one session, the more fat your body will burn, and this will help you get lean legs. But you CAN accumulate periods of cardio over the day. For example, you can do 6 x 10 minute walks throughout the day, which equals 60 minutes of cardio. However, if you have a desk job, I would highly recommend doing the morning walk.

Step 2: Resistance Training

The resistance training in this program is different to traditional weight lifting and HIIT circuits. Lifting weights has some fantastic benefits for your body, but can cause unwanted bulkiness.

The method of resistance training in my eBook will help you get toned, but will not cause you to bulk up. Please keep in mind that the resistance training is not designed for you to be lifting heavy or pushing yourself so hard that you are struggling to breathe. The circuits are gentler, but just as effective.

A lot of women look at the resistance training in my program and think it looks too easy. I encourage you to try the workouts before you come to this conclusion.

**THIS WORKOUT IS
VERY DIFFERENT TO
WEIGHT LIFTING,
HIIT & CROSSFIT.**

**IT WILL NOT BULK
YOU UP.**

**PLEASE TRY IT
BEFORE THINKING
IT IS TOO EASY.**



Modifying the resistance training program

Here are some helpful tips if you are modifying my program and combining it with your existing program.

If your goal is to lose some fat and also reduce bulkiness from your legs (from too much muscle), please avoid the following exercises:

- Squats
- Lunges
- Deadlifts
- Heavy weight lifting
- Lower body HIIT exercises such as burpees, box jumps, jump squats or jump lunges
- Crossfit
- HIIT classes
- Cycle classes

A good idea is to try and focus on exercises that tone up your butt, without targeting your quadriceps. If you don't have a problem with bulkiness, you can include some of these exercises but I would try not to do them too much if you want a leaner look.

If you find that you also bulk up easily in your upper body, please avoid the following exercises:

- Chin ups
- Overhead pressing
- Heavy upper body weight lifting

Do I Need A Gym Membership For This Program?

No, all of the workouts can be done from home. However, sometimes having a gym membership might make things easier. For example, they have a range of equipment that you can use, and they have treadmills so you can do your cardio regardless of weather conditions.



What Equipment Is Needed For This Program?

You do need some equipment for my program. They are all small pieces of equipment that are great to have at home (or if you travel) so I think they are worth the investment. However, I will give you some alternatives if you don't want to go and buy anything.

My program uses the following:

- Ankle weights; and
- Gliding discs.

Also, having a yoga mat will make the floor based exercises more comfortable. But it is not necessary.

Information about the ankle weights

The ankle weights that I use are 2 pounds each. If you want to make the exercises a little bit more difficult, you can use 5 pound ankle weights.

You can buy ankle weights in most department and fitness stores now. But I like to get mine from amazon. These are the ankle weights that I use personally.

Ankle weights that I use

You don't need to use ankle weights. All of the exercises can be completed without them and you will still get great results. If you don't want to buy ankle weights, then you can just do all exercises without them.



Information about the gliding discs

Gliding discs can really take your workouts to the next level. They are also very light and are great for travel.

These are the gliding discs that I use. I like these because they work on both hard and carpeted surfaces.

Gliding discs that I use

However, if you don't want to buy gliding discs, there are substitutes. If you do your workouts on a carpeted surface, you can use 2 paper plates. They will work just as well! And if you do your workouts on a hard surface (such as polished floor boards or tiles), you can substitute with two small towels.



Workout Program Summary

This program includes workouts 6 days per week for the first 4 weeks, and then every day for the last 4 weeks.

The resistance training workouts are all full body (not just leg focused).

The program includes is a power walk every morning. This power walk should be for around 45 to 60 minutes, and is better if you do the walk fasted (i.e. before eating breakfast). The reason that there is so much walking in my program is because it is SO important for getting rid of excess fat on your legs.

In the afternoon, there is either a run or a circuit.

So that means that there are 2 workouts per day. If you cannot fit in 2 workouts per day, please read the frequently asked questions section below for an alternative.

I know this is quite intensive, so you can modify the program if you need to. But please keep in mind, the closer you can stick to the program, the better your results will be.

How are the circuits meant to be completed?

Each circuit has 2 mini circuits (circuit 1 and circuit 2).

First of all, you complete circuit 1 by doing exercise 1, 2 and 3 straight after each other, with as little rest as possible. Once you have completed 1 round, you can rest if you need to. You then complete this another 2 times so that you have done circuit 1 3 times in total.

After you have completed circuit 1 3 times, rest for 1-2 minutes or as long as you need to. Then complete circuit 2 in the exact same way.

For each exercise, you can complete 12 reps if you are a beginner, or 15-20 reps if you are more advanced.

Modifications for beginner

If you are new to exercise, I would not start with 6 days per week. I would aim for 3-4 workouts per week and as much power walking as you can fit in. Please try to complete 2 resistance training circuits and 1-2 runs per week.

In the second half of the program, you can increase your workouts to 5-6 times per week. Please try to complete 3 resistance training circuits and 2-3 runs per week.

Modifications for intermediate / advanced

If you have been exercising for a while, but might still find it hard to workout 6-7 times per week, I would aim for 5 workouts per week and as much power walking as you can fit in. Please try to complete 3 resistance training circuits and 2 runs per week.

HIIT Circuits

There is 1 HIIT circuit per week. The HIIT circuits should not cause you to bulk up, and should be suitable for the mesomorph body type. However, if you bulk up very easily or don't want to do the HIIT circuits, you can swap them out for a booty workout (which you can find in the bonus section below). If you are trying to reduce bulk in your calves or your calves bulk up very easily, I would not do the HIIT circuits, and would do the booty circuits instead.

Workout videos

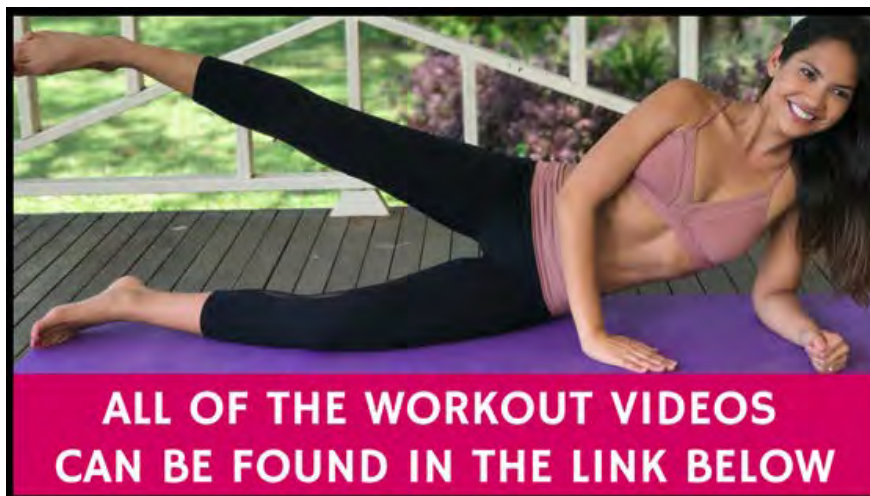
You can watch me demonstrating each exercise here: <https://vimeo.com/album/4609702/> You will need a password to access this folder. The password is SLWorkouts143. It is case sensitive (i.e. you will need to use the capital letters in this password, otherwise it won't work).

Please note that these are not full length follow at home videos. They are demonstration videos only.

Warm Up / Stretching

Please make sure you do a warm up before the resistance training workouts, and stretch after each workout. There is a warm up video and stretching video in the workout video folder.

Vimeo Links



Link — <https://vimeo.com/album/4609702/>
Password — SLWorkouts143

You can also view the workout videos by clicking the “Watch Workout Video” button on each workout page.

FAQ

about the workout program

Are there 2 workouts per day?

Yes, there are 2 workouts per day. These workouts consist of a morning power walk for 45 to 60 minutes, and then a run or circuit in the afternoon.

What if I can't do 2 workouts per day?

If you can't exercise twice per day, you can combine the morning power walk with the run or circuit. I would suggest doing the run or circuit, and then finishing with 20-30 minutes of power walking (or as long as you can). This can be done at whatever time of the day suits you. If you do the run and / or circuit in the morning, I would advise to eat something small such as piece of fruit beforehand.

Walking is actually more important for slimming down your legs than running, so it's important to do a lot of it. If you can't do 2 workouts per day, please try to keep track of your steps on your phone. If you have an iPhone, the Health app will track this for you (as long as you carry your phone with you). If you have an Android, there are free apps such as Pedometer and Noom Walk Pedometer that have the same function. If you have a different type of phone, please look into getting a free pedometer app. There are lots of free ones available.

You want to aim for at least 10,000 steps per day, but the more the better!

If I do a lot of walking throughout the day, do I need to do the morning power walk?

It depends on what is considered "a lot". If you do 10,000 steps per day, then no you do not need to do the morning power walk.

However, if you have a desk job, or if you don't even come close to 10,000 steps per day, then yes I would suggest doing the morning power walk if you can.

How long are the morning power walks supposed to be?

For the first 4 weeks, the morning power should be 45 minutes. And for the last 4 weeks, the morning power walk should be 60 minutes.

The more power walking you can do the better, so if you can do 60 minutes from week 1, please feel free to do this.

If you are struggling to complete 45 minutes, that is OK. Start with whatever you can manage (even 20 minutes is better than nothing!) and try to build up from there.

Is the run only 20 minutes?

Yes, the run starts at 20 minutes and increases to 30 minutes at the end of the program. You don't need to be running for a really long time to get the benefits. In fact, overdoing it with running can cause more issues and can even cause your legs to bulk up.

If you're used to running slower and for a longer period of time, please try to increase your speed and decrease your time to 20-30 minutes.

What if I don't have the equipment?

I have mentioned this above under the resistance training section. So please have a read for more detailed information.

Otherwise, you can substitute the equipment with the following:

- Ankle weights - do exercises without them
- Gliding discs - paper plates on carpeted surfaces and 2 small towels for hard surfaces

How are the circuits meant to be completed?

Each circuit has 2 mini circuits (circuit 1 and circuit 2).

First of all, you complete circuit 1 by doing exercise 1, 2 and 3 straight after each other, with as little rest as possible. Once you have completed 1 round, you can rest if you need to. You then complete this another 2 times so that you have done circuit 1 3 times in total.

After you have completed circuit 1 3 times, rest for 1-2 minutes or as long as you need to. Then complete circuit 2 in the exact same way.

For each exercise, you can complete 12 reps if you are a beginner, or 15-20 reps if you are more advanced.

HIIT Circuits

The HIIT circuits are completed for 40 seconds and then you rest for 20 seconds, before moving to the next exercise.

The HIIT circuit should be completed 3-5 times, depending on your fitness level. It is not designed for you to have a rest after you have completed each round. But you can rest if you need to.

I use the free app called IntervalTimer to set the 40 seconds on / 20 seconds off. It makes it easy because it counts down and beeps when the time is up. There are also plenty of other free timer apps that you can use.

Can I move around the workouts to suit my schedule?

Yes, definitely!

Where can I watch the workout videos?

You can watch me demonstrating each exercise here: <https://vimeo.com/album/4609702/>

You will need a password to access this folder. The password is SLWorkouts143. It is case sensitive (i.e. you will need to use the capital letters in this password, otherwise it won't work).

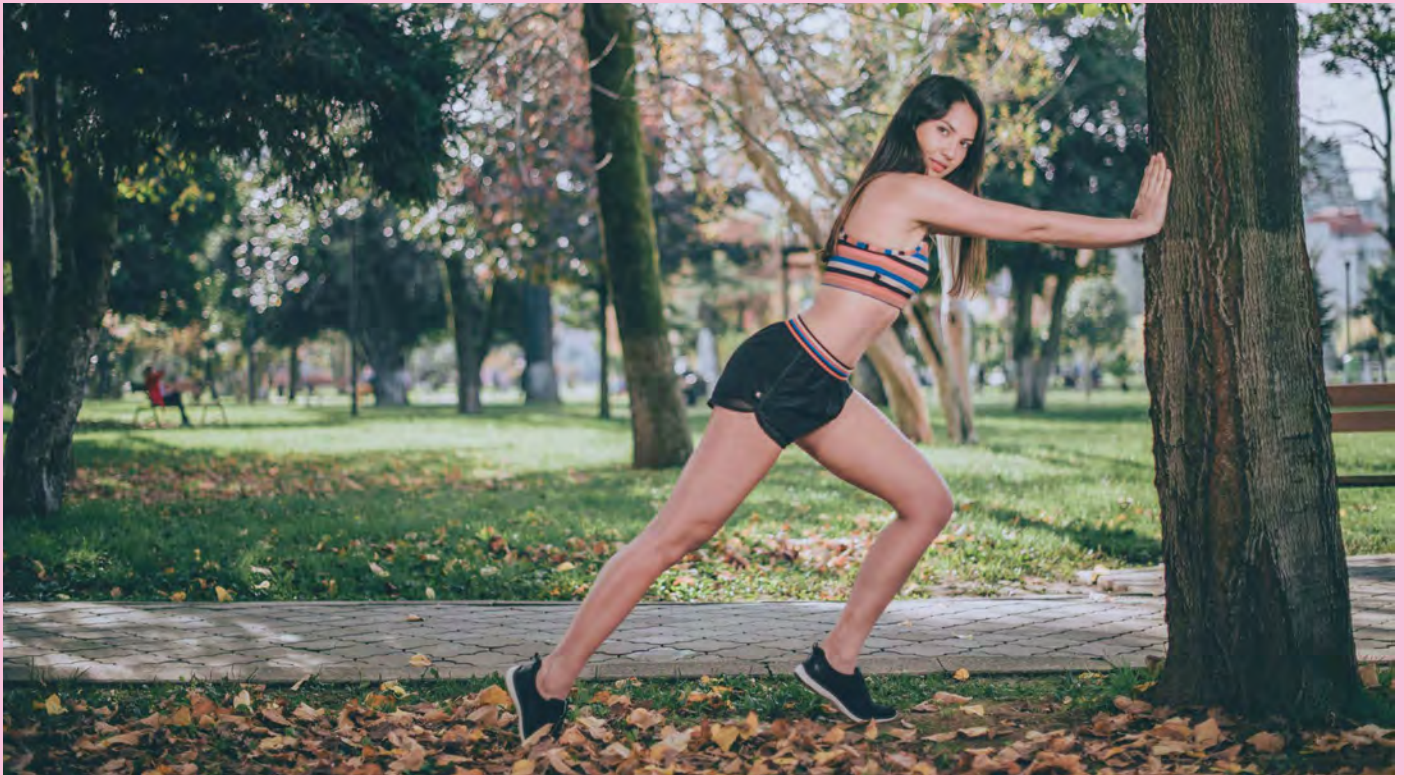
Please note that these are not full length follow at home videos. They are demonstration videos only.

What do I do once I've finished the program? Do I start again?

After you have completed the 8 weeks, I recommend taking an entire week off exercise. This workout program is quite intensive so it is a good idea to give your body a chance to rest and recover.

After your week off, you can start the program again. You will notice that all of the circuits include a lower body, upper body and core exercise. So you can start mixing up some of the exercises if you like. Otherwise you can complete it again just as it is.

Also, you might notice that I have included a few bonus booty workouts. These workouts are designed to target your hip, butt and thighs, *without increasing the size of your legs*. You can add some of these into your program, or even substitute one of the circuits for a booty workout.





Weekly Workout Program Outline:

Weeks 1-4

- Monday: morning power walk 45 minutes | afternoon circuit
- Tuesday: morning power walk 45 minutes | afternoon run
- Wednesday: morning power walk 45 minutes | afternoon HIIT
- Thursday: morning power walk 45 minutes | afternoon run
- Friday: morning circuit
- Saturday: run
- Sunday: REST

Notes

- I have only included a morning circuit on Friday because I know most people don't feel like exercising on a Friday afternoon! If you are very dedicated, you can do a morning walk on Friday and then complete the circuit in the afternoon.
- The run on Saturday can be completed at any time of the day. If your body is feeling too fatigued, you can swap the run for a 45-minute power walk.

Weeks 5-6

- Monday: morning power walk 60 minutes | afternoon circuit
- Tuesday: morning power walk 60 minutes | afternoon run
- Wednesday: morning power walk 60 minutes | afternoon HIIT
- Thursday: morning power walk 60 minutes | afternoon run
- Friday: morning power walk 60 minutes (or rest)
- Saturday: circuit and 20-minute power walk
- Sunday: run and 20-minute power walk

Notes

- If you are feeling very fatigued, you can exclude Friday's power walk and keep this as a rest day instead.
- I know you probably only want to do 1 workout on Saturday and Sunday, so I suggest completing the required run or circuit, and then walking afterwards for a minimum of 20 minutes (but remember the longer the better!).
- Please note that morning power walk has now increased to 60 minutes. You can keep this at 45 minutes if you need to, but the more the better.

WEEKS 1-2

Morning – 45-minute power walk
Afternoon – full body circuit

MONDAY

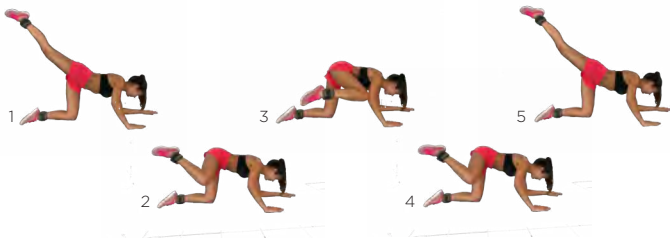
BEGINNERS 12-15 REPS • ADVANCED 20 REPS

Watch
Workout
Video

CIRCUIT 1

Complete this circuit 2-3 times before moving on to circuit 2

Knee to elbow donkey kick extension (each leg)



Push ups (on knees)



C Crunches



CIRCUIT 2

Complete this circuit 2-3 times

Standing single arm / leg extension (each side)



Rotator cuff combo



Straight leg roll ups



WEEKS 1-2

Morning – 45-minute power walk
Afternoon – run

TUESDAY

Exercise

Time

Power walk (warm up)

5 minutes

Run / jog at a medium fast pace

As long as you can - up to 20 minutes. If you can't run for a full 20 minutes, run for as long as you can and then walk for a few minutes, and then keep repeating.

Power walk (cool down)

5 minutes



WEEKS 1-2

Morning – 45-minute power walk
Afternoon – full body HIIT Circuit

WEDNESDAY

Watch
Workout
Video

Complete 3-5 rounds, depending on your fitness level.

High knee runs

Time On
40 seconds

Time Off
20 seconds



Bench hops

Time On
40 seconds

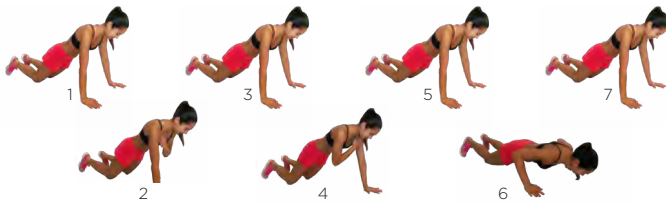
Time Off
20 seconds



Shoulder tap push ups (knees or toes)

Time On
40 seconds

Time Off
20 seconds



Suicide runs

Time On
40 seconds

Time Off
20 seconds



Bicycle crunches

Time On
40 seconds

Time Off
20 seconds



Plank star jumps

Time On
40 seconds

Time Off
20 seconds



WEEKS 1-2

Morning – 45-minute power walk
Afternoon – run

THURSDAY

Exercise

Time

Power walk (warm up)

5 minutes

Run / jog at a medium fast pace

As long as you can - up to 20 minutes. If you can't run for a full 20 minutes, run for as long as you can and then walk for a few minutes, and then keep repeating.

Power walk (cool down)

5 minutes



WEEKS 1-2

FRIDAY

Morning – circuit

Afternoon – rest

Note – you can do a 45-minute walk in the morning and complete this circuit in the afternoon if you wish.

BEGINNERS 12-15 REPS • ADVANCED 20 REPS

Watch
Workout
Video

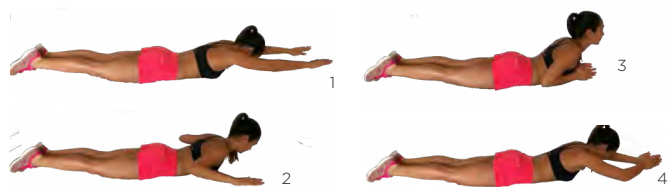
CIRCUIT 1

Complete this circuit 2-3 times before moving on to circuit 2

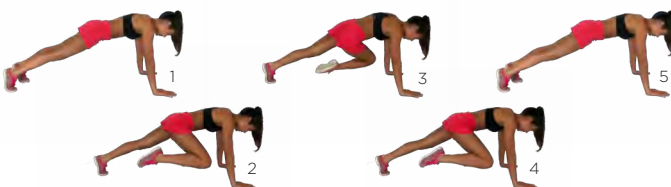
Bird donkey + knee to elbow extension
(each leg) 6-10 reps per side



Breast stroke



3 knee planks
(6-10 each side)



CIRCUIT 2

Complete this circuit 2-3 times

Standing pendulum
(each side)



Scorpion press
(6-10 each side)



Single leg v ups
(each side)



WEEKS 1-2

Any time of day – run

SATURDAY

Exercise

Time

Power walk (warm up)

5 minutes

Run / jog at a medium fast pace

As long as you can - up to 20 minutes. If you can't run for a full 20 minutes, run for as long as you can and then walk for a few minutes, and then keep repeating.

Power walk (cool down)

5 minutes



WEEKS 3-4

Morning – 45-minute power walk
Afternoon – full body circuit

MONDAY

BEGINNERS 12-15 REPS • ADVANCED 20 REPS

Watch
Workout
Video

CIRCUIT 1

Complete this circuit 2-3 times before moving on to circuit 2

Knee to nose donkey kick extension (each leg)



CIRCUIT 2

Complete this circuit 2-3 times

Halfway lunge combo (each leg)



Bear crawls (each step counts as a rep)



Palms up arm circles (each direction)



Pyramid planks 6-10 reps per side



Russian twists (each side)



WEEKS 3-4

Morning – 45-minute power walk
Afternoon – run

TUESDAY

Exercise

Power walk (warm up)

Time

5 minutes

Run / jog at a medium fast pace

As long as you can - up to 25 minutes. If you can't run for a full 25 minutes, run for as long as you can and then walk for a few minutes, and then keep repeating.

Power walk (cool down)

5 minutes



WEEKS 3-4

Morning – 45-minute power walk
Afternoon – full body HIIT circuit

WEDNESDAY

Watch
Workout
Video

Complete 3-5 rounds, depending on your fitness level.

Alternating kicks

Time On
40 seconds

Time Off
20 seconds



Star air jumps

Time On
40 seconds

Time Off
20 seconds



Alternating rope climbers

Time On
40 seconds

Time Off
20 seconds



Butterfly crunches

Time On
40 seconds

Time Off
20 seconds



Straight punches

Time On
40 seconds

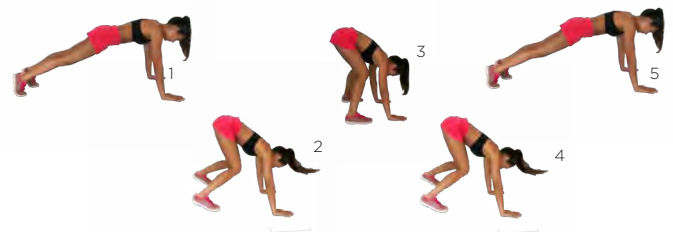
Time Off
20 seconds



In and out snap jumps

Time On
40 seconds

Time Off
20 seconds



WEEKS 3-4

Morning – 45-minute power walk
Afternoon – run

THURSDAY

Exercise

Time

Power walk (warm up)

5 minutes

Run / jog at a medium fast pace

As long as you can - up to 25 minutes. If you can't run for a full 25 minutes, run for as long as you can and then walk for a few minutes, and then keep repeating.

Power walk (cool down)

5 minutes



WEEKS 3-4

FRIDAY

Morning – circuit

Afternoon – rest

Note – you can do a 45-minute walk in the morning and complete this circuit in the afternoon if you wish.

Watch
Workout
Video

BEGINNERS 12-15 REPS • ADVANCED 20 REPS

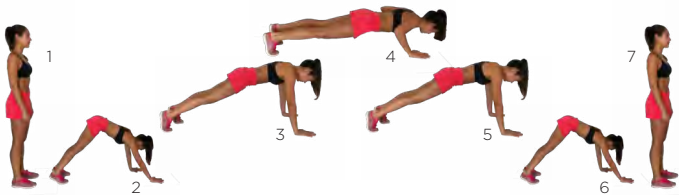
CIRCUIT 1

Complete this circuit 2-3 times before moving on to circuit 2

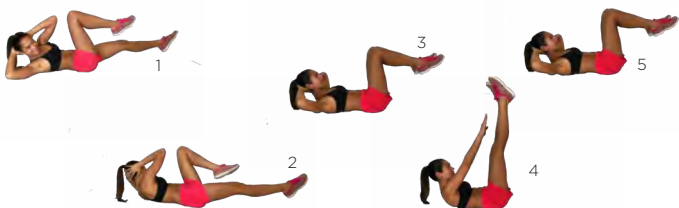
Standing 3/4 circles (each leg)



Walk out push up



Bicycles + toe touch combo



CIRCUIT 2

Complete this circuit 2-3 times

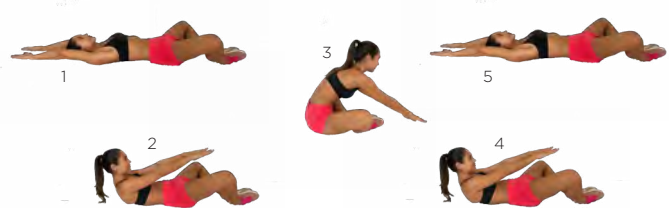
Clamshell (each leg)



Bird dog (each side)



Butterfly crunches



WEEKS 3-4

Any time of day – run

SATURDAY

Exercise

Time

Power walk (warm up)

5 minutes

Run / jog at a medium fast pace

As long as you can - up to 25 minutes. If you can't run for a full 25 minutes, run for as long as you can and then walk for a few minutes, and then keep repeating.

Power walk (cool down)

5 minutes



WEEKS 5-6

Morning – 60-minute power walk
Afternoon – full body circuit

MONDAY

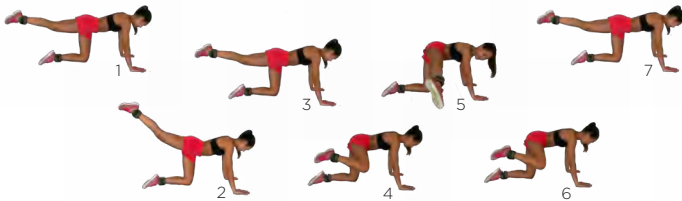
BEGINNERS 12-15 REPS • ADVANCED 20 REPS

Watch
Workout
Video

CIRCUIT 1

Complete this circuit 2-3 times before moving on to circuit 2

Donkey kick lift + flick (each leg)



CIRCUIT 2

Complete this circuit 2-3 times

Lying knee to elbow kicks (each leg)



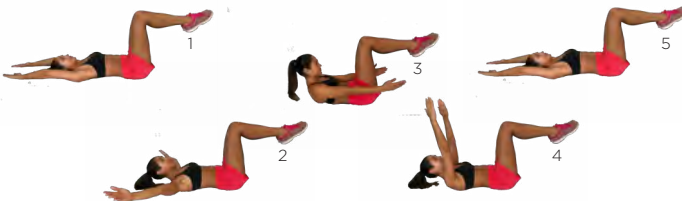
Swimmers



4 straight punches + 4 scissor jump combo



90 degree crunch + arm combo



C crunches



WEEKS 5-6

Morning – 60-minute power walk
Afternoon – run

TUESDAY

Exercise

Time

Power walk (warm up)

5 minutes

Run / jog at a medium fast pace

As long as you can - up to 30 minutes. If you can't run for a full 30 minutes, run for as long as you can and then walk for a few minutes, and then keep repeating.

Power walk (cool down)

5 minutes



WEEKS 5-6

Morning – 60-minute power walk
Afternoon – full body HIIT circuit

WEDNESDAY

Watch
Workout
Video

Complete 3-5 rounds, depending on your fitness level.

Lunge hop

(20 seconds each leg)

Time On
40 seconds

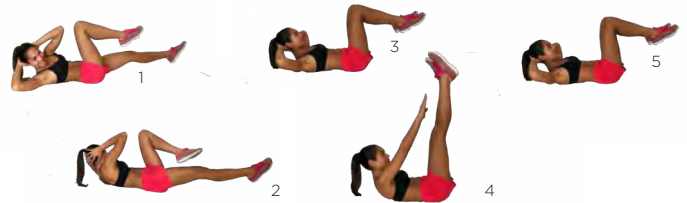
Time Off
20 seconds



Bicycles + toe touch combo

Time On
40 seconds

Time Off
20 seconds

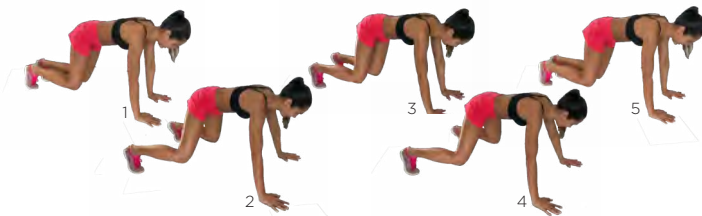


Crab crawls

(2 left, 2 right)

Time On
40 seconds

Time Off
20 seconds



Broad jump + 4 high knee runs

Time On
40 seconds

Time Off
20 seconds



Speed skaters

Time On
40 seconds

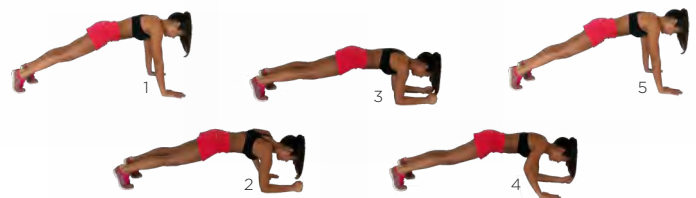
Time Off
20 seconds



Commandos

Time On
40 seconds

Time Off
20 seconds



WEEKS 5-6

Morning – 60-minute power walk
Afternoon – run

THURSDAY

Exercise

Time

Power walk (warm up)

5 minutes

Run / jog at a medium fast pace

As long as you can - up to 30 minutes. If you can't run for a full 30 minutes, run for as long as you can and then walk for a few minutes, and then keep repeating.

Power walk (cool down)

5 minutes

FRIDAY

Morning – power walk or
optional rest day



WEEKS 5-6

SATURDAY

Any time of day – full body circuit
+ 20-minute power walk

HINT – the longer you can power walk, the better!

Watch
Workout
Video

BEGINNERS 12-15 REPS • ADVANCED 20 REPS

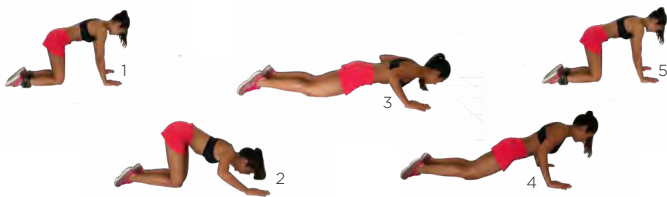
CIRCUIT 1

Complete this circuit 2-3 times before moving on to circuit 2

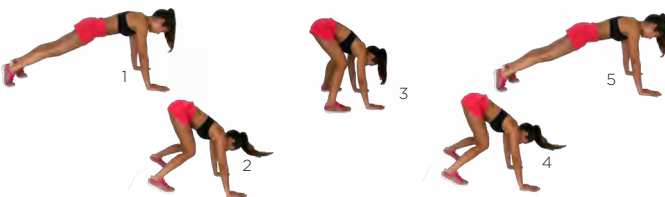
Lying zig zag leg lifts (each leg)



Sliding push ups (on knees)



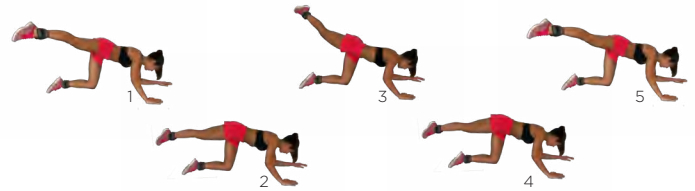
Snap jumps



CIRCUIT 2

Complete this circuit 2-3 times

Smiley face donkey kicks (each leg)



Reverse plank tricep dips



Mountain climbers on gliding discs



WEEKS 5-6

Any time of day – run
+ 20-minute power walk

SUNDAY

Exercise

Time

Power walk (warm up)

5 minutes

Run / jog at a medium fast pace

As long as you can - up to 30 minutes. If you can't run for a full 30 minutes, run for as long as you can and then walk for a few minutes, and then keep repeating.

Power walk (cool down)

20 minutes



WEEKS 7-8

Morning – 60-minute power walk
Afternoon – full body circuit

MONDAY

BEGINNERS 12-15 REPS • ADVANCED 20 REPS

Watch
Workout
Video

CIRCUIT 1

Complete this circuit 2-3 times before moving on to circuit 2

Feet elevated glute bridge



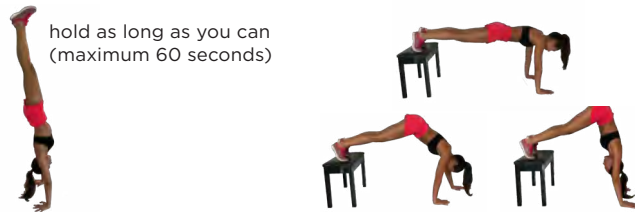
CIRCUIT 2

Complete this circuit 2-3 times

3 legged dog press (each leg) 6-10 reps per side



Handstand (against wall) + alternative



Reach + knee combo (each side)



Sit up + alternating toe tap (6-10 each side)



Half tuck + pike



WEEKS 7-8

Morning – 60-minute power walk
Afternoon – run

TUESDAY

Exercise

Time

Power walk (warm up)

5 minutes

Run / jog at a medium fast pace

As long as you can - up to 30 minutes. If you can't run for a full 30 minutes, run for as long as you can and then walk for a few minutes, and then keep repeating.

Power walk (cool down)

5 minutes



WEEKS 7-8

Morning – 45-minute power walk
Afternoon – full body HIIT circuit

WEDNESDAY

Watch
Workout
Video

Complete 3-5 rounds, depending on your fitness level.

Alternating kicks

Time On
40 seconds

Time Off
20 seconds



Advanced toe touches

Time On
40 seconds

Time Off
20 seconds



4 straight punches + 4 scissor jumps combo

Time On
40 seconds

Time Off
20 seconds



Bench hops

Time On
40 seconds

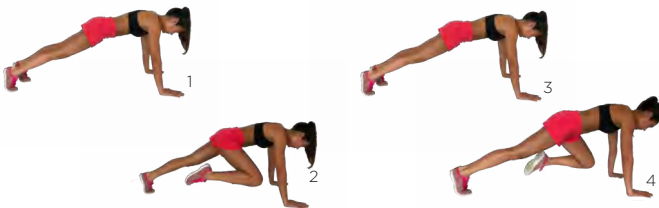
Time Off
20 seconds



Mountain climbers

Time On
40 seconds

Time Off
20 seconds



Tricep dips

Time On
40 seconds

Time Off
20 seconds



WEEKS 7-8

Morning – 60-minute power walk
Afternoon – run

THURSDAY

Exercise

Time

Power walk (warm up)

5 minutes

Run / jog at a medium fast pace

As long as you can - up to 30 minutes. If you can't run for a full 30 minutes, run for as long as you can and then walk for a few minutes, and then keep repeating.

Power walk (cool down)

5 minutes

FRIDAY

Morning – power walk or
optional rest day



WEEKS 7-8

SATURDAY

Any time of day – full body circuit
+ 20-minute power walk

HINT – the longer you can power walk, the better!

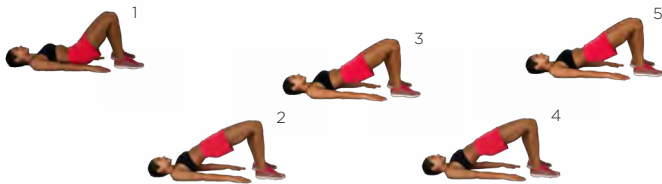
Watch
Workout
Video

BEGINNERS 12-15 REPS • ADVANCED 20 REPS

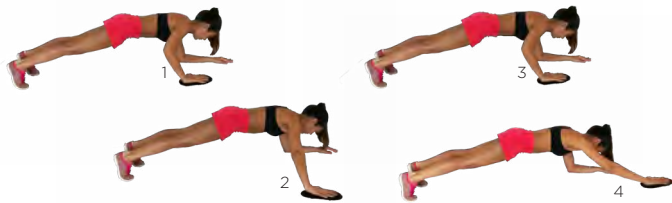
CIRCUIT 1

Complete this circuit 2-3 times before moving on to circuit 2

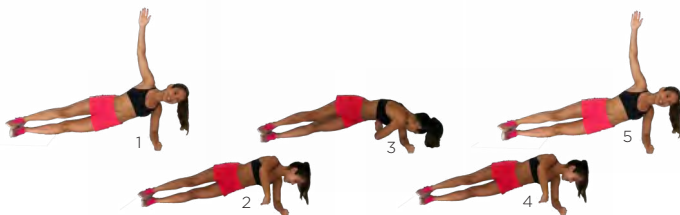
3 pulse glute bridges



Plank arm extensions (6-10 each side)



Side plank rotations (6-10 each side)



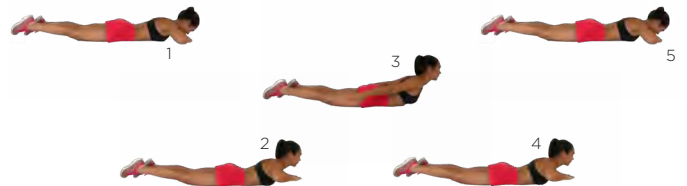
CIRCUIT 2

Complete this circuit 2-3 times

Skaters on gliding discs (each leg)



T back extensions



3 pulse crunches



WEEKS 7-8

Any time of day – run
+ 20-minute power walk

SUNDAY

Exercise

Time

Power walk (warm up)

5 minutes

Run / jog at a medium fast pace

As long as you can - up to 30 minutes. If you can't run for a full 30 minutes, run for as long as you can and then walk for a few minutes, and then keep repeating.

Power walk (cool down)

20 minutes



OPTIONAL – BOOTY WORKOUTS



I know that lots of you love booty workouts and want to get a perky, toned and tight butt! So these workouts are perfect to help you do just that, without increasing the size of your legs.

You can swap out one of the circuits for a booty workout each week. Or you can add it on after a walk or run. The choice is yours.

I hope you enjoy them!

OPTIONAL – BOOTY WORKOUTS

BOOTY WORKOUT 1

Watch
Workout
Video

2-3 rounds

Complete 10 reps of these 4 exercises on your left leg, before moving onto your right.

Lunge pulse
(back foot turned out)



Lunge slide
(back foot turned out)



Lunge pulse
(back foot straight)

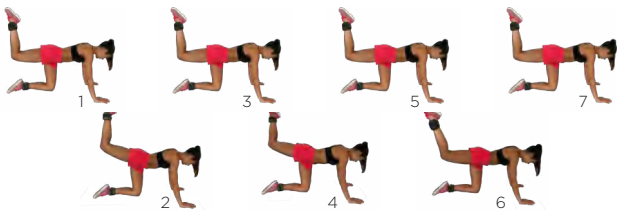


Lunge slide
(back foot straight)

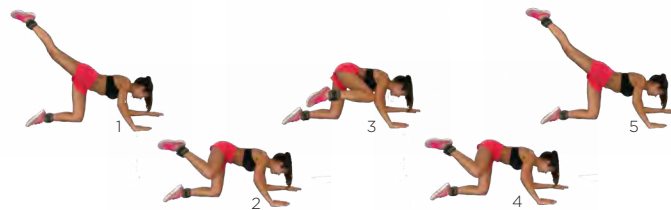


Complete 10 reps of these 4 exercises on your left leg, before moving onto your right.

Donkey kicks pulses 3 directions



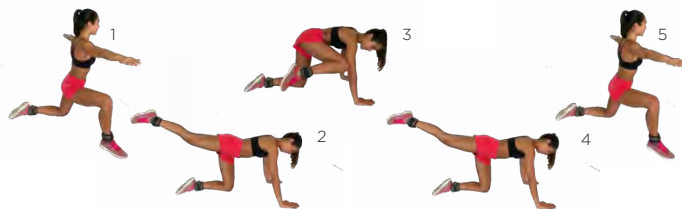
Knee to elbow donkey kicks



Fire hydrant circles



Bird donkey extensions
(each leg)



Once you have finished, rest for 1-2 minutes. Complete 2-3 rounds in total.

OPTIONAL – BOOTY WORKOUTS

BOOTY WORKOUT 2

Watch
Workout
Video

2-3 rounds

Complete 10 reps of these 4 exercises on your left leg, before moving onto your right.

Standing side
leg lifts



Standing side
leg kicks



Standing back
leg lifts



Standing donkey
kicks



Complete 10 reps of these 4 exercises on your left leg, before moving onto your right.

3 legged dog press



Lying knee to elbow kicks



Lying leg lifts



Clamshell



Once you have finished, rest for 1-2 minutes. Complete 2-3 rounds in total.

OPTIONAL – BOOTY WORKOUTS

BOOTY WORKOUT 3

Watch
Workout
Video

2-3 rounds

Complete each exercise on your left leg before moving onto your right.
Complete each exercise for 45 seconds.

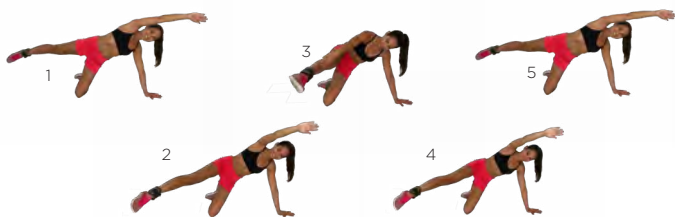
Standing slides



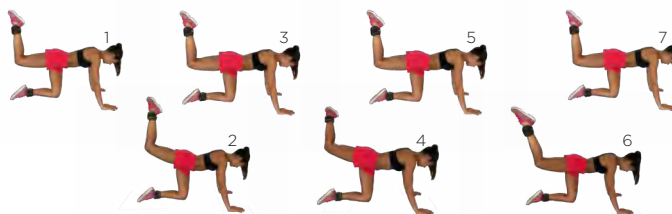
Alternating straight leg donkey kicks



Star kicks



Donkey kick 3 directions (15 seconds each direction)



4 lying leg lift + 4 front tap combo



OPTIONAL – BOOTY WORKOUTS

BOOTY WORKOUT 4

Watch
Workout
Video

2-3 rounds

Complete each exercise on your left leg before moving to your right leg.

Complete each exercise for 90 seconds. I know that might sound like a lot, but keep the reps slow and controlled (they shouldn't be too fast). You can rest if you need to, but try to maintain the exercise for the full 90 seconds.

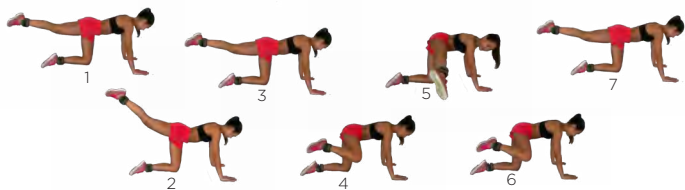
Smiley face donkey kicks (each leg)



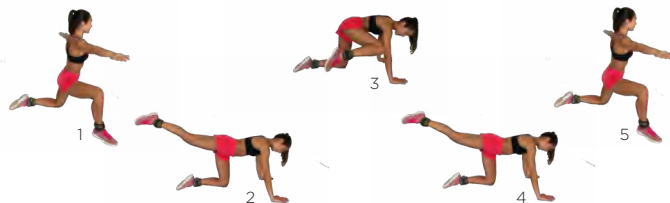
Modified clamshell



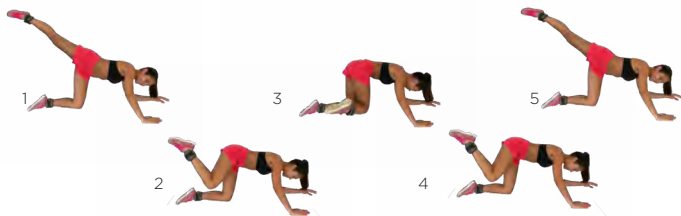
Donkey kick lift and flick



Bird donkey + knee to elbow extension



Rotating donkey kick extensions



Step 3: Nutrition

You can't get results without good nutrition. 70-80% of weight loss is actually because of your diet, and this is why it is important for you to follow a good nutrition plan.

Eating well over the entire day is much more difficult than doing a workout or two each day. You need to be very mindful of what you are eating, and how much you're eating.

I have put together this nutrition plan so you don't have to worry about this and all you have to do is prepare the meals and follow it as best as you can.

Following a nutrition plan perfectly is hard (even I have trouble doing it!) so if you slip up, don't worry too much. Don't let this affect you mentally or it might cause you to give up or even worse, to binge. Everyone slips up so just do the best you can. Obviously you will get the best results if you put in 100% of the effort, but putting in 70% effort is better than 0%.

What This Nutrition Plan Will Do For You

The goal of this nutrition plan is to help you lose weight, but also to help you understand the right amount of food and the right type of foods that you should be eating to achieve these results. And it will also teach you how to eat for your body type.

This plan is gluten, dairy and refined sugar free to help you get results quickly. But in saying that, if you can't follow it this strictly, that's OK! Just do the very best you can.

Nutrition Plan For The Mesomorph Body Type

Your body type does best on a balanced diet, with a moderate amount of carbohydrates, protein and fats. The ideal macronutrient breakdown for a mesomorph is 40% carbohydrates, 30% protein and 30% fat. I will discuss macronutrients a little bit further down.



The nutrition program that I have designed will see you eating at a 500-calorie deficit (on most days), which will help with weight loss. Some people can get hungry eating at a 500 calorie deficit. Eating a high fiber diet will help with this (a lot!) so I have made sure that every day has a lot of fiber. I have also included a few higher calorie and higher carb days to help control hunger.

How To Speed Up Fat Loss With Diet

Most females have a lot of issues around carbohydrates. Eating super low carb forever is not sustainable and you shouldn't need to live like this.

However, when you eat low carb and higher fat, your body switches from using carbohydrate as the main fuel source, to using fat, which is what we want.

This is why the first 4 weeks of this program are low carb, and then the carb intake increases slightly during the second half of the program. By week 5, you should be eating at the right macronutrient breakdown for your body type.

By eating low carb, your body will learn to use fat as the main fuel source and you will in turn, burn more fat.

Weeks 1-4

The first four weeks is low carb and it might be lower in carbs than what you are used to. Please know that in these first week you may feel hungry, lethargic and a bit weird as your body adjusts. This should disappear after the first week.

The macronutrient breakdown for the first 4 weeks is 20% carbs, 50% fat and 30% protein.

Weeks 5-8

In the second half of the program, your macronutrients will increase to the ideal macronutrient for the mesomorph body type. This is 40% carbohydrates, 30% fat and 30% protein.

Higher Calorie Days

You will get to have a higher calorie day every three to four days. However, your higher calorie and carb days will start on day 6. You won't get to have one for the first 5 days.

Eating more calories on certain days is important to:

- Keep your metabolism going;
- Allow the body to reboot;
- Prevent your body from going into starvation mode;
- Prevents you from experiencing a weight loss plateau; and
- Helps to control hunger

The higher calorie days are on Wednesdays and Saturdays. I have put in full meal plans for these days. However, if you want to go out for a meal with family or friends and eat something different, you can definitely do this. You can choose to eat something healthy, or you can have pizza and ice cream, or whatever you feel like. The choice is yours. But just be careful not to not overdo it.

Do I Need To Have A Higher Calorie Day?

You do not need to have a higher day if you don't want to or if you don't feel like you need it. But I find a lot of people actually stick to a nutrition plan better if they do have these higher calorie days, and it prevents binge eating on the weekends.

Calories And Macronutrients

The calorie and macronutrients calculations for this nutrition program have been based on the following:

- Female
- Aged 24 years old
- Weighs 60kg (132 pounds)
- Height is 165cm.

If your characteristics are different to this, you may need more or less calories. But most mesomorph women tend to need a similar number of calories to what is in my eBook.

Appendix 2 contains all the calculations you need to know to calculate your own calorie and macronutrient requirements, for comparison.

Weeks 1-4

This is what your calorie and macronutrient intake will look like for the first 4 weeks:

Calories	1685	Macros
Carbohydrates	84g	20%
Fat	94g	50%
Protein	126g	30%

Weeks 5-8

This is what your calorie and macronutrient intake will look like for weeks 5-8. Your macronutrients will increase to the ideal macronutrient ratio for the mesomorph body type, which is 40% carbs, 30% fat and 30% protein.

Calories	1685	Macros
Carbohydrates	169g	40%
Fat	56g	30%
Protein	126g	30%

Higher Calorie Days - Weeks 1-8

This is what your calorie and macronutrient intake will look like on the higher calorie days.

Calories	2100	Macros
Carbohydrates	210g	40%
Fat	70g	30%
Protein	158g	30%

I know this might all seem very complicated, which is why I have done all of the calculations for you. Please don't get too wrapped up in the details. The most important thing is that you're eating the right amount of food and you are not overeating or undereating.

Fiber

I also wanted to quickly mention that eating high fiber is really important and will help with feeling hungry. This plan has a minimum of 25g of fiber every day, and even more on the higher calorie days. The absolute minimum fiber intake for a female is 22g per day. If you don't follow this nutrition program and count your own calories and macros, please aim for a minimum of 22g of fiber per day.

Recipes

All of the recipes can be found in the separate recipe eBook. All of the calories and macros for each recipe are included in Appendix 1.



Helpful tips / questions

about the nutrition program

Can I drink coffee or tea on this plan?

Yes, you can drink coffee and tea. You can add milk and sugar to your coffee, but please be aware that adding sugar will negatively affect your results.

Any type of tea is OK, including green tea.

Also please be aware that coffee and some teas contain caffeine, which can affect your sleep. I would try to keep your coffee / tea intake to 2 per day maximum, and avoid coffee and tea after 3pm.

Do I need to cut out all sugar?

If you can't live without chocolate or a treat here and there, that's fine! I haven't included these in the program, but having a small treat a couple of times per week shouldn't affect your results too much. Of course you need to be careful with portion control and not binge eat this type of food, otherwise it will affect your results. Also remember that the cleaner you eat and the better you can stick to this nutrition plan, the better your results will be.

What protein powder should I use?

You can use a whey or vegan protein powder. It's just a matter of personal preference. Try to choose a protein powder that has the following calories / macros per serve:

- Calories – less than 150
- Carbohydrates – less than 2g (vegan protein will contain more carbohydrates so try to choose a vegan protein that has less than 8g of carbs per serve)
- Fat – less than 2g
- Protein – more than 24g per serve

How do I make nice cream?

To make nice cream, you need to freeze your fruit in advance. To freeze bananas, peel them and then cut them up into small pieces. Place the banana pieces in a freezer bag (or small plastic bag) and put them in the freezer overnight.

In the morning, put the banana and other ingredients in a good blender or food processor and blend until it becomes thick and creamy. If your blender / food processor is having trouble, add more milk.

Can I use frozen fruit and vegetables?

You can use fresh or frozen fruit and vegetables. I personally use a mix. I prefer to buy frozen berries because they are cheaper. I use some frozen vegetables, such as peas, but the remaining vegetables are fresh. However, the choice is yours.

Can I use any peanut butter?

Try to use 100% natural. That means no added oil, salt, sugar or preservatives. However, if this is hard to find, have a read of the nutrition labels on the back of the peanut butter jars. Choose one that has the least amount of sugar per serve.

Monday**Breakfast**

Protein smoothie made from:

- 1 cup of unsweetened almond milk
- 1 scoop of protein
- ½ banana
- ½ cup strawberries
- 1 tablespoon of chia seeds
- 1 tablespoon of natural peanut butter

Snack

(morning or afternoon)

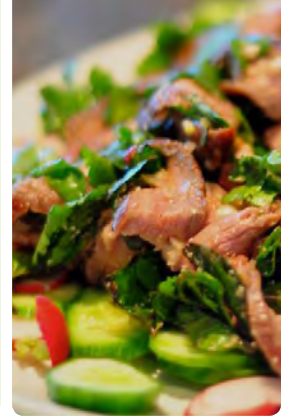
2 boiled eggs

Lunch

Cauliflower fried rice (refer to recipe)

**Snack (afternoon)****Dinner**

Dinner Thai beef salad (refer to recipe)

**Tuesday****Breakfast**

Protein smoothie made from:

- 1 cup of unsweetened almond milk
- 1 scoop of protein
- 1 banana
- 1 tablespoon of chia seeds
- 1 tablespoon of natural peanut butter

Snack

(morning or afternoon)

Green omelette made from:

- 2 whole eggs
- 2 egg whites
- ¼ cup peas (fresh or frozen)
- Handful of spinach or leafy greens

Lunch

Cauliflower fried rice (refer to recipe)
Served with ½ cup cooked chicken

**Snack (afternoon)****Dinner**

Pumpkin soup (refer to recipe)



Wednesday

Breakfast

Chia seed pudding made from:

- 3 tablespoons chia seeds
- 1 cup of unsweetened almond milk
- ½ banana
- 1 teaspoon of honey or natural sweetener
- 1 tablespoon of natural peanut butter

Snack

(morning or afternoon)

Protein shake made from 1 scoop protein and 1 cup of unsweetened almond milk

Lunch

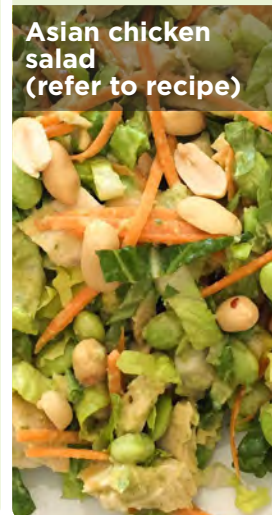
Cauliflower fried rice (refer to recipe)
Served with ½ cup cooked chicken



Snack (afternoon)

Dinner

Asian chicken salad (refer to recipe)



Thursday

Breakfast

Breakfast Omelette made from:

- 2 whole eggs
- 2 egg whites
- 3 rashers of shortcut bacon
- ¼ cup chopped mushrooms
- Handful spinach or leafy greens
- 8 olives
- ¼ avocado (to serve)

Snack

(morning or afternoon)

Protein shake made from 1 scoop protein and 1 cup of unsweetened almond milk

Lunch

Cauliflower fried rice (refer to recipe)



Snack (afternoon)

Dinner

Beef stir-fry (refer to recipe)



Friday

Breakfast

Omelette made from:

- 2 whole eggs
- 2 egg whites
- 3 rashers of shortcut bacon
- ¼ cup chopped mushrooms
- Handful spinach or leafy greens
- 8 olives
- ¼ avocado (to serve)

Snack

(morning or afternoon)

Protein shake made from 1 scoop protein and 1 cup of unsweetened almond milk

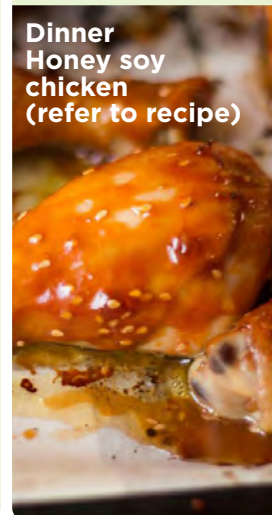
Lunch

Cauliflower fried rice
(refer to recipe)

Snack
(afternoon)

Dinner

Dinner Honey soy chicken
(refer to recipe)



Saturday

higher calorie and carb day

Breakfast

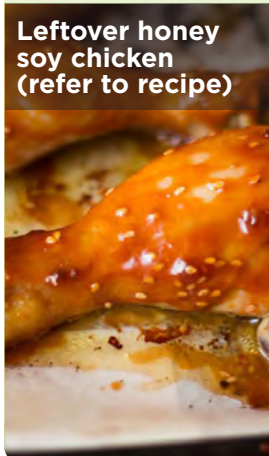
Paleo banana pancakes
(see recipe)
Served with 1
tablespoon of
honey and 1 cup
of berries

Snack
(morning)

1 apple (sliced)
with 1 tablespoon
of natural peanut
butter
2 boiled eggs

Lunch

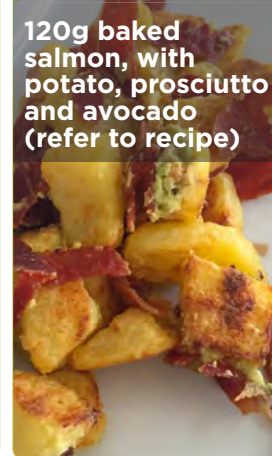
Leftover honey soy chicken
(refer to recipe)

Snack
(afternoon)

Protein shake made from 1 scoop protein and 1 cup of unsweetened almond milk

Dinner

120g baked salmon, with potato, prosciutto and avocado
(refer to recipe)



Sunday**Breakfast**

Breakfast
Omelette made from:

- 2 whole eggs
- 2 egg whites
- 3 rashers of shortcut bacon
- ¼ cup chopped mushrooms
- Handful spinach or leafy greens
- 8 olives
- ¼ avocado (to serve)

**Snack
(morning)**

¼ cup raw nuts

Lunch

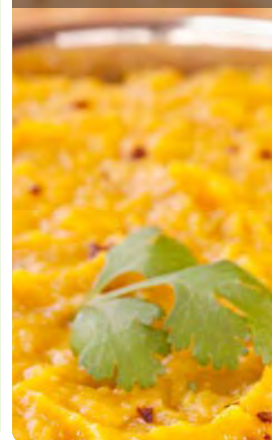
Leftover beef
stir-fry
(refer to recipe)

**Snack
(afternoon)**

Protein shake
made from 1 scoop
protein and 1 cup
of unsweetened
almond milk

Dinner

Dhal curry
(refer to recipe)



Monday

Breakfast

Protein smoothie made from:

- 1 cup of unsweetened almond milk
- 1 scoop of protein
- ½ banana
- 1 tablespoon of chia seeds
- 1 tablespoon of natural peanut butter

Snack (morning)

¼ cup raw nuts

Lunch

Leftover dhal curry (refer to recipe)
Served with ½ cup cooked chicken



Snack (afternoon)

2 boiled eggs

Dinner

San choy bow (refer to recipe)



Tuesday

Breakfast

Protein smoothie made from:

- 1 cup of unsweetened almond milk
- 1 scoop of protein
- ½ banana
- ½ cup strawberries
- 1 tablespoon of chia seeds
- 1 tablespoon of natural peanut butter

Snack (morning)

1 protein ball (refer to recipe)



Lunch

Leftover dhal curry (refer to recipe)
Served with ½ cup cooked chicken



Snack (afternoon)

2 boiled eggs

Dinner

Satay chicken (refer to recipe)



Wednesday higher calorie and carb day**Breakfast**

Protein smoothie made from:

- 1 cup of unsweetened almond milk
- 1 scoop of protein
- 1 banana
- 1 cup strawberries

Snack (morning)

1 apple or piece of fruit
2 protein balls (refer to recipe)

**Lunch**

Leftover dhal curry (refer to recipe)
Served with ½ cup cooked chicken

**Snack (afternoon)**

Protein shake
2 protein balls (refer to recipe)

**Dinner**

3 lamb cutlets with potato, prosciutto and avocado (refer to recipe)

**Thursday****Breakfast**

Protein smoothie made from:

- 1 cup of unsweetened almond milk
- 1 scoop of protein
- ½ banana
- ½ cup strawberries
- 1 tablespoon chia seeds
- 1 tablespoon natural peanut butter

Snack (morning)

¼ cup raw nuts

Lunch

Leftover satay chicken (refer to recipe)

**Snack (afternoon)**

2 boiled eggs

Dinner

120g baked salmon with vegetables
Roast white potato (one small to medium -150g) cooked with ½ tablespoon olive oil
1 cup of steamed greens (broccoli and snow peas)

Friday

Breakfast

Omelette made from:

- 2 whole eggs
- 2 egg whites
- 3 rashers of shortcut bacon
- ¼ cup chopped mushrooms
- Handful spinach or leafy greens
- 8 olives
- ¼ avocado (to serve)

Snack

(morning or afternoon)

Protein shake made from 1 scoop protein and 1 cup of unsweetened almond milk

Lunch

Leftover dhal curry (refer to recipe)
Served with ½ cup cooked chicken



Snack (afternoon)

Dinner

Sweet potato and beef nachos (refer to recipe)



Saturday

higher calorie and carb day

Breakfast

Protein smoothie from:

- 1 cup unsweetened almond milk
- 1 scoop protein
- 1 banana
- 1 cup strawberries
- 1 tablespoon natural peanut butter

Snack (morning)

2 boiled eggs
2 protein balls

Lunch

Leftover nachos (refer to recipe)
Use 1 large white potato (~300g) rather than sweet potato



Snack (afternoon)

Protein shake made from 1 scoop protein and 1 cup of unsweetened almond milk
2 protein balls

Dinner

Chicken, apple and raisin salad (refer to recipe)



Sunday**Breakfast**

Protein smoothie made from:

- 1 cup unsweetened almond milk
- 1 scoop whey protein
- ½ banana
- ½ cup strawberries
- 1 tablespoon chia seeds
- 1 tablespoon natural peanut butter

**Snack
(morning)**

1 apple (sliced) with 1 tablespoon natural peanut butter

Lunch

Pesto chicken salad (refer to recipe)

**Snack
(afternoon)**

Protein shake made from 1 scoop protein and 1 cup of unsweetened almond milk

Dinner

Paleo moussaka (refer to recipe)



Monday**Breakfast**

Omelette made from:

- 2 whole eggs
- 2 egg whites
- 3 rashers of shortcut bacon
- ¼ cup chopped mushrooms
- Handful spinach or leafy greens
- 8 olives
- ¼ avocado (to serve)

**Snack
(morning)**

1 apple or piece of fruit

Lunch

**Leftover paleo moussaka
(refer to recipe)**

**Snack
(afternoon)**

Protein shake made from 1 scoop protein and 1 cup unsweetened almond milk

Dinner

**Salmon stir-fry
(refer to recipe)**

**Tuesday****Breakfast**

Protein smoothie made from:

- 1 cup unsweetened almond milk
- 1 scoop whey protein
- ½ banana
- ½ cup strawberries
- 1 tablespoon chia seeds
- 1 tablespoon natural peanut butter

**Snack
(morning)**

2 boiled eggs

Lunch

**Leftover paleo moussaka
(refer to recipe)**

**Snack
(afternoon)**

Protein shake made from 1 scoop protein and 1 cup unsweetened almond milk

Dinner

**Honey soy chicken served with cauliflower rice
(refer to recipe)**



WEEK 3

NUTRITION

HIIT
WEIGHTS

CARDIO

Wednesday higher calorie and carb day

Breakfast

Protein smoothie made from:

- 1 cup unsweetened almond milk
- 1 scoop whey protein
- 1 banana
- 1 cup strawberries
- 1 tablespoon chia seeds

Snack (morning)

1 apple or piece of fruit

Lunch

Leftover honey soy chicken with cauliflower rice (refer to recipe)

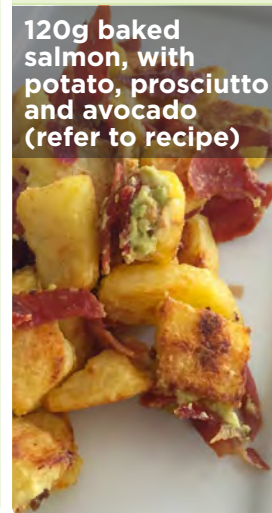


Snack (afternoon)

2 slices of protein fudge

Dinner

120g baked salmon, with potato, prosciutto and avocado (refer to recipe)



Thursday

Breakfast

Chia seed pudding made from:

- 3 tablespoons chia seeds
- 1 cup unsweetened almond milk
- 1 teaspoon honey
- ½ banana

Snack (morning)

1 slice of protein fudge
2 boiled eggs

Lunch

Leftover paleo moussaka (refer to recipe)

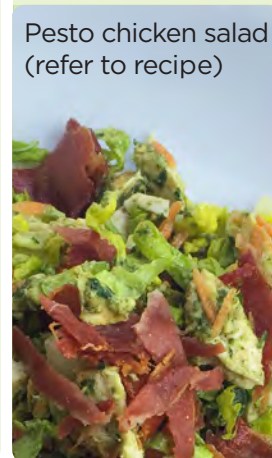


Snack (afternoon)

Protein shake made from 1 scoop protein and 1 cup unsweetened almond milk

Dinner

Pesto chicken salad (refer to recipe)



Friday

Breakfast

Omelette made from:

- 2 whole eggs
- 2 egg whites
- 3 rashers of shortcut bacon
- ¼ cup chopped mushrooms
- Handful spinach or leafy greens
- 8 olives
- ¼ avocado (to serve)

Snack
(morning)

1 apple with 1 tablespoon natural peanut butter

Lunch

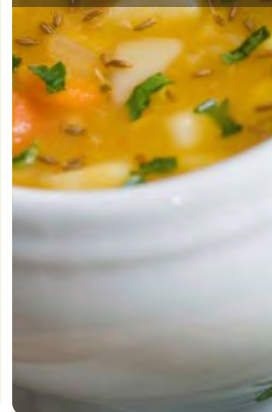
Leftover pesto chicken salad (refer to recipe)

Snack
(afternoon)

1 slice of protein fudge

Dinner

Chicken and vegetable soup
(refer to recipe)



Saturday

higher calorie and carb day

Breakfast

Paleo banana pancakes (see recipe)
Served with:

- 1 tablespoon of honey
- 1 cup berries
- 1 tablespoon natural peanut butter

Snack
(morning)

2 slices protein fudge

Lunch

Leftover chicken and vegetable soup
(refer to recipe)

Snack
(afternoon)

Protein shake made from 1 scoop protein and 1 cup of unsweetened almond milk

Dinner

Healthier chicken and prosciutto pizza
(refer to recipe)



Sunday**Breakfast**

Chia seed pudding made from:

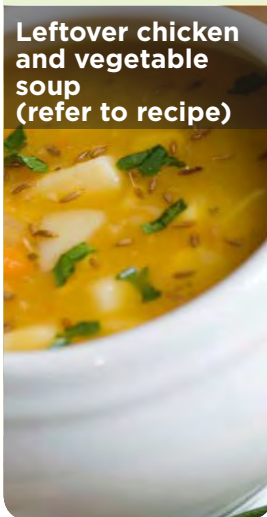
- 3 tablespoons of chia seeds
- 1 cup of unsweetened almond milk
- ½ banana
- 1 teaspoon honey
- 1 tablespoon natural peanut butter

**Snack
(morning)**

½ cup carrot sticks with 5 tablespoons avocado dip

Lunch

Leftover chicken and vegetable soup (refer to recipe)

**Snack
(afternoon)**

Protein shake made from 1 scoop protein and 1 cup unsweetened almond milk

Dinner

Chicken cashew stir-fry (refer to recipe)



Monday

Breakfast

Chia seed pudding made from:

- 3 tablespoons chia seeds
- 1 cup unsweetened almond milk
- ½ banana
- 1 teaspoon honey

Snack (morning)

2 boiled eggs

Lunch

Chicken meatballs with zucchini pasta (refer to recipe)



Snack (afternoon)

Protein shake made from 1 scoop protein and 1 cup unsweetened almond milk

Dinner

San choy bow
(refer to recipe)



Tuesday

Breakfast

Protein smoothie made from:

- 1 cup unsweetened almond milk
- 1 scoop protein
- ½ banana
- 1 cup strawberries
- 1 tablespoon chia seeds
- 1 tablespoon natural peanut butter

Snack (morning)

1 apple or piece of fruit

Lunch

Leftover chicken cashew stir-fry
(refer to recipe)

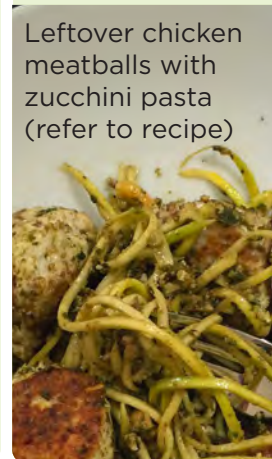


Snack (afternoon)

Protein shake made from 1 scoop protein and 1 cup unsweetened almond milk

Dinner

Leftover chicken meatballs with zucchini pasta (refer to recipe)



WEEK 4

NUTRITION

HIIT
WEIGHTS

CARDIO

Wednesday higher calorie and carb day

Breakfast

Chocolate “nice cream” made from:

- 1 cup unsweetened almond milk
- 1 scoop protein
- 2 frozen bananas
- 1 tablespoon chia seeds
- 3 tablespoons cacao powder

Snack (morning)

1 apple or piece of fruit

Lunch

Leftover chicken cashew stir-fry (refer to recipe)



Snack (afternoon)

2 boiled eggs
1 slice banana cake

Dinner

120g baked salmon with vegetables, cooked in with 1 tablespoon olive oil:
1 large (~300g) white potato
1 cup roast pumpkin
1 cup green vegetables (baby broccoli and snow peas)

Thursday

Breakfast

Protein smoothie made from:

- 1 cup unsweetened almond milk
- 1 scoop protein
- ½ banana
- ½ cup strawberries
- 1 tablespoon chia seeds
- 1 tablespoon natural peanut butter

Snack (morning)

1 apple and 1 tablespoon natural peanut butter

Lunch

Leftover chicken cashew stir-fry (refer to recipe)

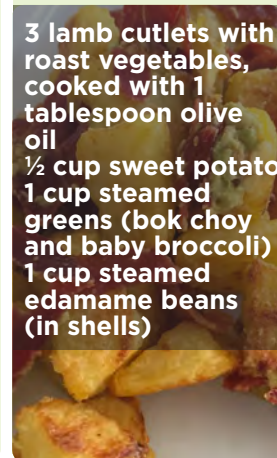


Snack (afternoon)

2 boiled eggs

Dinner

3 lamb cutlets with roast vegetables, cooked with 1 tablespoon olive oil
½ cup sweet potato
1 cup steamed greens (bok choy and baby broccoli)
1 cup steamed edamame beans (in shells)



Friday

Breakfast

Omelette made from:

- 2 whole eggs
- 2 egg whites
- 3 rashers shortcut bacon
- ¼ cup chopped mushroom
- 8 olives
- Handful spinach or leafy greens
- ¼ avocado (to serve)

Snack

(morning or afternoon)

Protein smoothie made from:

- 1 cup unsweetened almond milk
- 1 scoop protein
- 1 banana
- 1 tablespoon chia seeds

Lunch

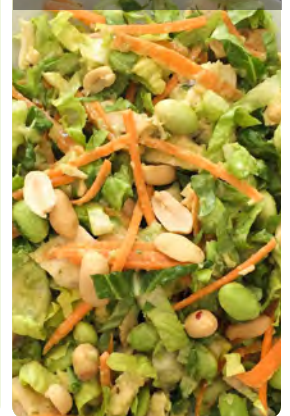
Leftover chicken cashew stir-fry (refer to recipe)



Snack (afternoon)

Dinner

Asian chicken salad (refer to recipe)



Saturday

higher calorie and carb day

Breakfast

Paleo banana pancakes (refer to recipe)
Served with 1 tablespoon of honey and 1 cup of berries



Snack (morning)

1 slice banana cake

Lunch

Leftover Asian chicken salad (refer to recipe)

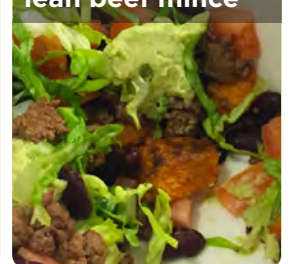


Snack (afternoon)

Protein shake made from 1 scoop protein and 1 cup unsweetened almond milk

Dinner

Potato and beef nachos (refer to recipe)
NOTE: use 1 large (~300g) white potato and 200g lean beef mince



Sunday**Breakfast**

Smoothie made from:

- 1 cup unsweetened almond milk
- ½ banana
- 1 cup strawberries
- 1 tablespoon chia seeds
- 1 tablespoon peanut butter

NOTE: no protein powder

Snack

(morning or afternoon)

1 slice banana cake

Lunch

Salmon patties, served with ½ avocado and 2 poached eggs (refer to recipe)

**Snack (afternoon)****Dinner**

Shepherd's pie (refer to recipe)



Monday**Breakfast**

Protein smoothie made from:

- 1 cup unsweetened almond milk
- 1 scoop protein
- ½ banana
- 1 cup strawberries
- 1 tablespoon chia seeds
- 1 tablespoon natural peanut butter

Snack (morning)

1 apple

Lunch

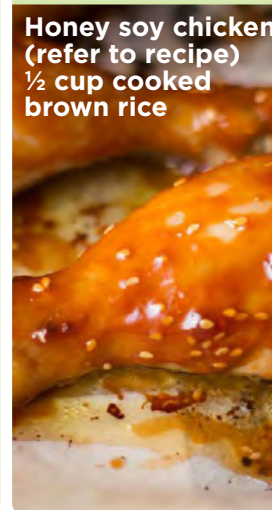
Leftover shepherd's pie (refer to recipe)

**Snack (afternoon)**

1 slice of PB banana cake

Dinner

Honey soy chicken (refer to recipe)
½ cup cooked brown rice

**Tuesday****Breakfast**

Protein smoothie made from:

- 1 cup unsweetened almond milk
- 1 scoop protein
- 1 banana
- 1 cup strawberries
- 1 tablespoon chia seeds

Snack (morning)

¼ cup trail mix

Lunch

Leftover shepherd's pie (refer to recipe)

**Snack (afternoon)**

2 boiled eggs

Dinner

3 lamb cutlets with 1 large white potato, 1 cup pumpkin, 1 cup steamed greens (baby broccoli and snow peas)

Wednesday higher calorie and carb day**Breakfast**

Protein smoothie made from:

- 1 cup unsweetened almond milk
- 1 scoop protein
- 1 banana
- 1 cup strawberries
- 1 tablespoon chia seeds

Snack (morning)

2 protein brownies

Lunch

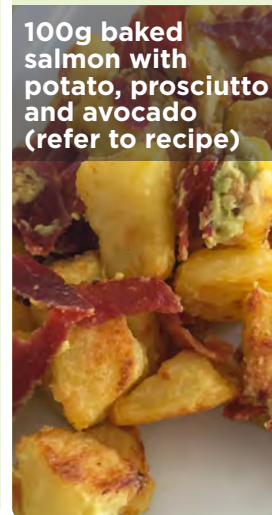
Leftover honey soy chicken (refer to recipe)
½ cup cooked brown rice

**Snack (afternoon)**

1 protein brownie

Dinner

100g baked salmon with potato, prosciutto and avocado (refer to recipe)

**Thursday****Breakfast**

Banana nice cream made with:

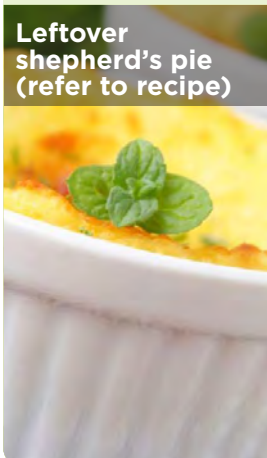
- 2 bananas
- 1 scoop protein powder
- 1 tablespoon chia seeds
- 3 tbsp cacao powder
- 1 cup almond milk

Snack (morning)

1 banana or piece of fruit

Lunch

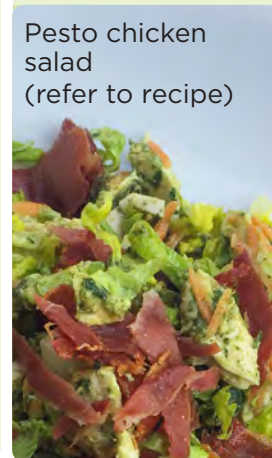
Leftover shepherd's pie (refer to recipe)

**Snack (afternoon)**

1 apple or piece of fruit
1 protein brownie

Dinner

Pesto chicken salad (refer to recipe)



Friday

Breakfast

Banana nice cream made with:

- 2 bananas
- 1 scoop protein powder
- 1 tablespoon chia seeds
- 3 tbsp cacao powder
- 1 cup almond milk

Snack (morning)

1 banana or piece of fruit

Lunch

Leftover shepherd's pie
(refer to recipe)



Snack (afternoon)

1 apple or piece of fruit, 1 protein brownie

Dinner

Leftover pesto chicken salad (refer to recipe)



Saturday

higher calorie and carb day

Breakfast

Omelette made from:

- 2 whole eggs
- 2 egg whites
- 3 rashers shortcut bacon
- ¼ cup chopped mushrooms
- 8 olives
- Handful spinach or leafy greens
- ¼ avocado (to serve)

Snack (morning)

1 protein brownie

Lunch

Chicken, apple and raisin salad
(refer to recipe)



Snack (afternoon)

1 banana or piece of fruit
1 protein shake made from 1 scoop protein and 1 cup unsweetened almond milk

Dinner

"Healthier" chicken and prosciutto pizza
(refer to recipe)



Sunday**Breakfast**

Protein smoothie
made from:

- 1 banana
- 1 cup strawberries
- 1 scoop protein
- 1 tablespoon chia seeds
- 1 cup almond milk

**Snack
(morning)**

¼ cup raw nuts

Lunch

**Cauliflower sushi
with smoked
salmon
(refer to recipe)**

**Snack
(afternoon)**

2 boiled eggs

Dinner

**Fish curry
(refer to recipe)
½ cup cooked
brown rice**



Monday

Breakfast

Protein smoothie made from:

- 1 banana
- 1 cup strawberries
- 1 scoop protein
- 1 tbsp chia seeds
- 1 cup almond milk

Snack (morning)

1 apple or piece of fruit
1 protein ball

Lunch

Leftover fish curry (refer to recipe)
½ cup cooked brown rice



Snack (afternoon)

2 boiled eggs
2 date balls

Dinner

San choy bow (refer to recipe)



Tuesday

Breakfast

Protein smoothie made from:

- 1 banana
- 1 cup strawberries
- 1 scoop protein
- 1 tbsp chia seeds
- 1 cup almond milk

Snack (morning)

1 apple or piece of fruit

Lunch

Leftover fish curry (refer to recipe)
½ cup cooked brown rice

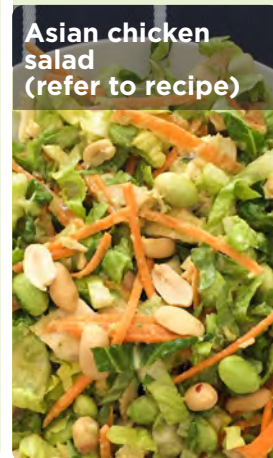


Snack (afternoon)

Protein shake made from 1 scoop protein and 1 cup unsweetened almond milk
2 date balls

Dinner

Asian chicken salad (refer to recipe)



WEEK 6

NUTRITION

HIIT
WEIGHTS

CARDIO

Wednesday higher calorie and carb day

Breakfast

Protein smoothie made from:

- 1 cup unsweetened almond milk
- 1 scoop protein
- 1 banana
- 1 cup strawberries
- 1 tablespoon chia seeds

Snack (morning)

2 protein balls

Lunch

Leftover Asian chicken salad (refer to recipe)



Snack (afternoon)

2 protein balls

Green omelette made from:

- 2 whole eggs
- 2 egg whites
- ¼ cup peas (fresh or frozen)
- Handful spinach or leafy greens

Dinner

3 lamb cutlets with roast vegetables, cooked with 1 tablespoon olive oil
1 large (~300g) white potato
1 cup pumpkin
1 cup steamed greens (baby broccoli and snow peas)

Thursday

Breakfast

Omelette made from:

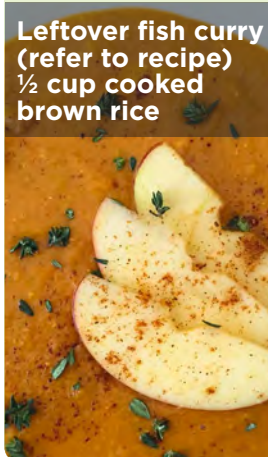
- 2 whole eggs
- 2 egg whites
- 3 rashers shortcut bacon
- ¼ cup chopped mushrooms
- 8 olives
- Handful spinach or leafy greens
- ¼ avocado (to serve)

Snack (morning)

1 apple

Lunch

Leftover fish curry (refer to recipe)
½ cup cooked brown rice



Snack (afternoon)

1 protein ball

Dinner

Chicken skewers made from:

- ½ cup chicken
- 6 cherry tomatoes
- ½ cup chopped pineapple
- Vegetables:
- 1 cup roast sweet potato cooked in ½ tablespoon olive oil
- ½ cup steamed broccoli
- 1 cup edamame (in shells)

Friday

Breakfast

Protein smoothie made from:

- 1 banana
- 1 cup strawberries
- 1 scoop protein
- 1 tbsp chia seeds
- 1 cup almond milk
- 1 tablespoon peanut butter

Snack (morning)

1 date ball

Lunch

Leftover fish curry (refer to recipe)
½ cup cooked brown rice



Snack (afternoon)

2 date balls

Dinner

Chicken skewers made from:

- ½ cup chicken
- 6 cherry tomatoes
- ½ cup chopped pineapple
- Vegetables:
- 1 cup roast sweet potato cooked in ½ tablespoon olive oil
- ½ cup steamed broccoli
- 1 cup edamame (in shells)

Saturday

higher calorie and carb day

Breakfast

Chocolate “nice cream” made from:

- 1 cup unsweetened almond milk
- 1 scoop protein
- 2 frozen bananas
- 1 tablespoon chia seeds
- 3 tablespoons cacao power

Snack (morning)

1 apple or piece of fruit
2 protein balls

Lunch

Beef and black bean stir-fry (refer to recipe)

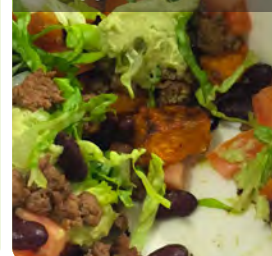


Snack (afternoon)

2 boiled eggs
2 protein balls

Dinner

Sweet potato nachos (refer to recipe)
NOTE: Use 1 cup sweet potato and 100g chicken mince



Sunday**Breakfast**

Protein smoothie
made from:

- 1 banana
- 1 cup strawberries
- 1 scoop protein
- 1 tbsp chia seeds
- 1 cup almond milk
- 1 tablespoon peanut butter

**Snack
(morning)**

1 apple

Lunch

**Leftover beef and
black bean stir-fry
(refer to recipe)**
**½ cup cooked
brown rice**

**Snack
(afternoon)**

¼ cup trail mix

Dinner

**Chicken cacciatore
(refer to recipe)**



Monday**Breakfast**

Protein smoothie made from:

- 1 cup unsweetened almond milk
- 1 scoop protein
- ½ banana
- ½ cup strawberries
- 1 tablespoon chia seeds

Snack (morning)

1 apple and tablespoon peanut butter

Lunch

Leftover chicken cacciatore (refer to recipe)
½ cup cooked brown rice

**Snack (afternoon)**

2 boiled eggs

Dinner

3 lamb cutlets and roast vegetables, cooked with:

- 1 tablespoon olive oil
- 1 large (~300g) white potato
- 1 cup pumpkin
- 1 cup steamed greens (baby broccoli and snow peas)

Tuesday**Breakfast**

Protein smoothie made from:

- 1 cup unsweetened almond milk
- 1 scoop protein
- ½ banana
- 1 cup strawberries
- 1 tablespoon chia seeds

Snack (morning)**Lunch**

Leftover chicken cacciatore (refer to recipe)

**Snack (afternoon)**

1 protein brownie

Dinner

100g baked salmon and potato, prosciutto and avocado (refer to recipe)

Wednesday**Breakfast**

Banana nice cream made with:

- 2 bananas
- 1 scoop protein powder
- 1 tablespoon chia seeds
- 3 tbsp cacao powder
- 1 cup almond milk

Snack

(morning or afternoon)

protein brownie

Lunch

Leftover chicken cacciatore (refer to recipe)
½ cup brown rice

**Snack (afternoon)****Dinner**

Healthier fish, chips and salad (refer to recipe)

**Thursday****Breakfast**

Protein smoothie made from:

- 1 cup unsweetened almond milk
- 1 scoop protein
- ½ banana
- 1 cup strawberries
- 1 tablespoon chia seeds

Snack

(morning or afternoon)

Lunch

Leftover chicken cacciatore (refer to recipe)
½ cup brown rice

**Snack (afternoon)****Dinner**

Healthier fish, chips and salad (refer to recipe)



Friday

Breakfast

Protein smoothie
made from:

- ½ banana
- 1 cup strawberries
- 1 scoop protein
- 1 tbsp chia seeds
- 1 cup almond milk

Snack
(morning)

2 date balls

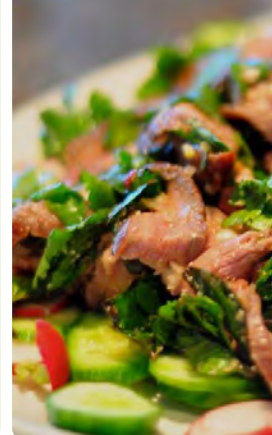
Lunch

Satay chicken
(refer to recipe)
½ cup cooked
brown rice

Snack
(afternoon)

Dinner

Thai beef salad
(refer to recipe)



Saturday

Breakfast

Paleo banana
pancakes
(refer to recipe)
Served with 1
tablespoon of
honey and 1
tablespoon natural
peanut butter

Snack
(morning or afternoon)

Protein shake
made from 1 scoop
protein and 1 cup
unsweetened
almond milk

Lunch

Leftover satay
chicken
(refer to recipe)
½ cup cooked
brown rice

Snack
(afternoon)

Dinner

Healthier chicken
and prosciutto
pizza
(refer to recipe)



Sunday

Breakfast

Protein smoothie made from:

- ½ banana
- 1 cup strawberries
- 1 scoop protein
- 1 tbsp chia seeds
- 1 cup almond milk

Snack
(morning)

1 apple or piece of fruit

Lunch

Salmon patties with ½ avocado and 2 poached eggs (refer to recipe)

Snack
(afternoon)

1 date ball

Dinner

Tandoori chicken and roast vegetable salad (refer to recipe)



Monday

Breakfast

Protein smoothie from:

- 1 cup unsweetened almond milk
- 1 scoop whey protein
- 1 banana
- ½ cup strawberries
- 1 tablespoon chia seeds
- 1 tablespoon natural peanut butter

Snack (morning)

1 apple or piece of fruit

Lunch

Leftover tandoori chicken and roast vegetable salad (refer to recipe)



Snack (afternoon)

1 date ball

Dinner

San choy bow (refer to recipe)



Tuesday

Breakfast

Protein smoothie from:

- 1 cup unsweetened almond milk
- 1 scoop whey protein
- 1 banana
- 1 cup strawberries
- 1 tablespoon chia seeds
- 1 tablespoon natural peanut butter

Snack (morning)

1 date ball

Lunch

Leftover tandoori chicken and roast vegetable salad (refer to recipe)



Snack (afternoon)

¼ cup trail mix

Dinner

Pea and ham soup (refer to recipe)



Wednesday

Breakfast

Banana nice cream made from:

- 2 bananas
- 1 scoop protein powder
- 1 tablespoon chia seeds
- 3 tbsp cacao powder
- 1 cup almond milk
- 1 tbsp peanut butter

Snack (morning)

4 date balls

Lunch

Leftover pea and ham soup (refer to recipe)
½ cup cooked brown rice



Snack (afternoon)

Protein shake made from 1 scoop protein and 1 cup unsweetened almond milk
1 slice banana cake

Dinner

100g baked salmon and roast vegetables, cooked with:

- 1 tablespoon olive oil
- 1 ½ cups sweet potato
- 1 cup steamed greens (baby broccoli and green beans)

Thursday

Breakfast

Protein smoothie made from:

- 1 banana
- 1 cup strawberries
- 1 scoop protein
- 1 tbsp chia seeds
- 1 cup almond milk

Snack (morning)

2 date balls

Lunch

Leftover tandoori chicken and roast vegetable salad (refer to recipe)



Snack (afternoon)

1 date ball

Dinner

Leftover pea and ham soup (refer to recipe)
½ cup cooked brown rice



Friday

Breakfast

Protein smoothie made from:

- 1 cup unsweetened almond milk
- 1 scoop whey protein
- ½ banana
- ½ cup strawberries
- 1 tablespoon chia seeds
- 1 tablespoon natural peanut butter

Snack

(morning or afternoon)

1 date ball

Lunch

Leftover tandoori chicken and roast vegetable salad (refer to recipe)



Snack (afternoon)

Dinner

3 lamb cutlets with roast vegetables, cooked in:

- 1 tablespoon olive oil
- 1 large (~300g) white potato
- 1 cup pumpkin
- 1 cup steamed green vegetables (baby broccoli and snow peas)

Saturday

Breakfast

Banana nice cream made from:

- 2 bananas
- 1 scoop protein powder
- 1 tablespoon chia seeds
- 3 tbsp cacao powder
- 1 cup almond milk
- 1 tbsp peanut butter

Snack

(morning or afternoon)

1 slice banana cake

Lunch

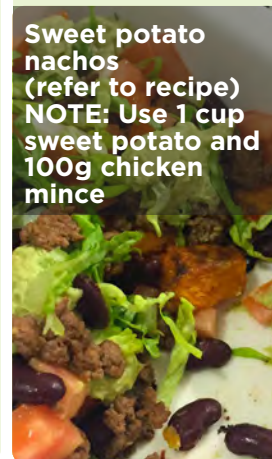
3 lamb cutlets with roast vegetables, cooked in:

- 1 tablespoon olive oil
- 1 large (~300g) white potato
- 1 cup pumpkin
- 1 cup steamed green vegetables (baby broccoli and snow peas)

Snack (afternoon)

Dinner

Sweet potato nachos (refer to recipe)
NOTE: Use 1 cup sweet potato and 100g chicken mince



Sunday**Breakfast**

Paleo banana pancakes (refer to recipe)
Served with 1 tablespoon of honey and 1 cup berries

**Snack
(morning)**

1 slice banana cake

Lunch

**Cauliflower rice
sushi with chicken
(refer to recipe)**

**Snack
(afternoon)**

Protein shake made from 1 scoop protein and 1 cup unsweetened almond milk

Dinner

Curried sausages (refer to recipe)



Thank you!

Thank you for your support, and I hope my eBook helps you achieve the results that you are looking for!

Please remember to be consistent and patient with your results. You may not notice significant changes immediately, but try not to let that get you down! The longer you stick to this program, the better your results will be. So keep working out hard and eating well and you will get there!

Also don't forget to email me through your before and after photos for a FULL REFUND. If you upload any photos to Instagram, please be sure to tag me and use the hashtag #leanlegsclub. I can't wait to see and hear about your progress!

I truly hope you enjoy this eBook and all the best with your journey!

Love Rachael xx

rachael attard

www.rachaelattard.com



Appendix 1

Calories & Macronutrients For All Recipes

All of these calculations have been based on one serve.

Main Meals

Meal	Calories	Carbs	Fat	Protein	Fiber
Cauliflower fried rice	492.5	28.5	29.6	28.1	8
Cauliflower rice sushi	270.8	17.6	22.4	34.9	6.2
Dahl curry	464.5	43.2	16.4	38.4	8.4
Pumpkin soup	360	15.1	6.3	18.3	2
Pea and ham soup	279.7	33.7	4.4	28.2	6.3
Asian chicken salad	436	24.5	26.3	32.3	8.5
Peso chicken salad	389.4	9.5	23.5	36.1	2
Chicken, apple and raisin salad	302.5	47.4	2.9	23.8	2.7
Honey soy chicken (including green veg)	433.5	43.6	15.9	37.6	3.8
Satay chicken (including green veg)	555	20.4	41.4	35.7	8.8
Chicken and vegetable soup	378	26.4	8	46.2	6.4
Chicken meatballs with zucchini pasta	545.9	10.2	43.8	34.3	3.5
Chicken cacciatore	220.4	11.3	7.5	27.1	3.7

Meal	Calories	Carbs	Fat	Protein	Fiber
Chicken skewers (including vegetables)	470.5	51.3	13.1	34.7	16
Tandoori chicken (only - no veg)	243.6	7.1	9	32.1	1.2
Cashew chicken stir-fry	380.5	17.1	23.3	29.5	1.9
Thai beef salad	622.5	25.2	34.9	51.7	3.6
San choy bow	484.5	28.8	29.2	29.7	1.6
Nachos (1/2 cup sweet potato)	480.5	32.9	28.8	26.2	11.8
Paleo moussaka	411	20.7	30	19	3
Shepherd's Pie	320	16.5	10.9	37.6	4.3
Beef and black bean	483.3	27.5	22.8	46.3	8.7
Beef stir-fry	456	32.7	21.3	38.8	10.2
Salmon Stir-fry	475.6	32.7	25	37.5	10.2
Salmon patties (including 1/2 avocado and 2 poached eggs)	781	25.3	50.3	62.3	10
Salmon patties (on their own)	521	18.9	29.3	48.7	5
Fish curry	426.6	33.3	15.5	42.2	7.3
Healthier fish and chips (including salad)	1105	78.7	63	62.2	20.2
Curried sausages	570	61.9	24.1	29.5	6.7
Healthier chicken and prosciutto pizza	748	70.1	19.1	35.7	7.9

Sides

Meal	Calories	Carbs	Fat	Protein	Fiber
Potato, prosciutto and avocado	428	69.7	10.3	20.4	8.5
Crispy roast potato (150g white potato)	196	32.5	7	3.8	3
Roast vegetable salad	242.6	45.8	6	5.2	5.1
Pesto (per tablespoon)	74.2	0.9	8.2	0.5	0.2

Dessert

Meal	Calories	Carbs	Fat	Protein	Fiber
Protein balls	83.5	11.1	3.5	3.1	2.3
Protein fudge	210.3	19.5	12.9	7.8	4.8
Banana cake	178.4	15.2	11.1	5.5	2.7
Protein brownies	180.8	21.7	2.5	15.7	5.5
Baked apple	282	38.9	15.2	0.7	7

Breakfast

Meal	Calories	Carbs	Fat	Protein	Fiber
Chia seed pudding	441.5	45	27	12.7	20.5
Chia seed pudding + peanut butter	563.5	46.4	37.2	8.2	21.7
Paleo banana pancakes (including 1 cup strawberries and 1 tbsp peanut butter)	482.5	78.4	14.4	17.6	15
Protein smoothie (1/2 cup strawberries and peanut butter)	447	30.5	19.2	37.4	13.5
Banana nice cream	479	65.3	9.9	4.5	18.6
Omelette	518	0.1	36	39	3.6

Appendix 2

How To Calculate Your Calorie And Macronutrient Intake

How To Calculate Your Daily Calorie Requirements

The formula that I used was the re-evaluated Harris Benedict equation (Roza and Shizgal, 1984)

Calculate Your Basal Metabolic Rate

The formula is: $447.593 + (9.247 \times \text{weight in kg}) + (3.098 \times \text{height in cm}) - (4.330 \times \text{age in years})$

The example that I used was for a 24 year old female, who weighs 60kg and is 165cm tall.

Here are the calculations that I used:

- FORMULA = $447.593 + (9.247 \times \text{weight in kg}) + (3.098 \times \text{height in cm}) - (4.330 \times \text{age in years})$
- EXAMPLE = $447.593 + (9.247 \times 60) + (3.098 \times 165) - (4.330 \times 24)$
- ANSWER = 1409 calories

This means that if you were to lie in bed all day and do absolutely nothing, your body would use up 1409 calories per day.

* Roza, A.M. and Shizgal, H.M. (1984). The Harris Benedict equation reevaluated: resting energy requirements and the body cell mass. *The American Journal of Clinical Nutrition*, pp. 168-182.

Calculate Your Total Energy Expenditure (TEE)

Multiply your BMR by the TEE value below, based on your activity level.

Little to no exercise	BMR x 1.2
Light exercise (1-3 days per week)	BMR x 1.375
Moderate exercise (3-5 days per week)	BMR x 1.55
Heavy exercise (6-7 days per week)	BMR x 1.725
Very heavy exercise (twice per day, extra heavy workouts)	BMR x 1.9

The workout program will see you exercising at a moderate intensity so I multiplied your BMR by 1.55.

Here are my calculations.

- Total Energy Expenditure = $1409 \times 1.55 = 2185$ calories.

This means that if you were to follow my program exactly, your body would burn 2185 calories per day.

Calculate Your Ideal Calorie Intake

Usually for fat loss, you should be in a calorie deficit of around 500 calories, however a more slight calorie deficit (i.e. 200-300 calories) can still be effective. Therefore, your ideal calorie intake should be $2185 - 500 = 1685$ calories.

Your nutrition program has been tailored to a daily calorie intake of 1685 calories.

How To Calculate Your Daily Macronutrient Requirements

Now you know exactly how many calories you need to consume in one day to result in fat loss. We will now take it one step further to calculate your daily macronutrient requirements.

The ideal macronutrient intake for your body type is 40% carbohydrates, 30% fat and 30% protein. This is how you calculate your macronutrients.

Carbohydrates

Calculate calories from carbohydrates

FORMULA = Daily calories x macronutrient percentage

EXAMPLE = 1685×0.4 (40%) = 674 calories

Therefore you need 674 calories of carbohydrates per day.

Calculate grams of each macronutrient

For this calculation, you will need to know that there is 4 calories in 1 gram of carbohydrate.

EXAMPLE = $674 \text{ calories} / 4 \text{ calories}$

= 169 grams

Therefore, when consuming 1685 calories per day, 40% carbohydrates are 674 calories, which is 169 grams.

Fat

Calculate calories from fats

FORMULA = Daily calories x macronutrient percentage

EXAMPLE = 1685×0.3 (30%) = 505.5 calories

Therefore you need 505.5 calories of fat per day.

Calculate grams of each macronutrient

For this calculation, you will need to know that there is 9 calories in 1 gram of fat.

EXAMPLE = $505.5 \text{ calories} / 9 \text{ calories}$
= 56 grams

Therefore, when consuming 1685 calories per day, 30% fats are 505.5 calories, which is 56 grams.

Protein

Calculate calories from protein

FORMULA = Daily calories x macronutrient percentage

EXAMPLE = 1685×0.3 (30%) = 505.5 calories

Therefore you need 505.5 calories of protein per day.

Calculate grams of each macronutrient

For this calculation, you will need to know that there is 4 calories in 1 gram of protein.

EXAMPLE = $505.5 \text{ calories} / 4 \text{ calories}$
= 126 grams

Therefore, when consuming 1685 calories per day, 30% proteins are 505.5 calories, which is 126 grams.