

Body Fit Training 8 Week Challenge Week 3 and 4 Suggested Meal Plan

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DAILY STRUCTURE:

Meals:	Food Groups:	Female Energy Range (kJ's)	Male Energy Range (kJ's)
Pre BF [^] <i>Optional</i>	Optional small carbohydrate rich snack such as small banana.	250-500	250-500
Breakfast	GRAINS + DAIRY + FRUIT	1250-1500	1500-1750
MT	FRUIT/DAIRY	250-750	250-750
Lunch	LOW GI CARBOHYDRATE + PROTEIN + VEG	1250-1500	1500-1750
AT	FRUIT/DAIRY	250-750	250-750
Dinner	LOW GI CARBOHYDRATE + PROTEIN + VEG	1250-1500	1500-1750
Supper <i>Optional</i>	Small snack*	250-500	250-500
Total		4750-7000	5500 -7750

[^] Refer to Rule Book on early morning pre-training snack

***SUPPER, SMALL SNACK OPTIONS:**

- Hot Chocolate: 1 heaped tsp. of Jarrah hot chocolate + dash of Low fat milk (or dairy alternative) + hot water
- 2 x small pieces (12g) of dark chocolate
- Herbal tea
- 1 cup (150g) fresh or frozen berries (e.g. ½ cup mixed frozen berries)
- 1 x Multigrain Corn Thin + 1 tbsp. Cottage Ricotta or cheese
- ½ (150g) cup No Fat Plain Chobani yoghurt
- Frozen fruit + yoghurt: ½ (75g) cup frozen berries + 3-4 heaped tbsp.(100g) Chobani Greek Plain Fat Free Yoghurt
- Glass of milk: Low fat cow's milk or dairy alternative.
- If you are craving something fizzy try soda water and fresh lemon or lime or a 330ml bottle of kombucha tea (Remedy Kombucha, any flavour)

Special snack treats:

To keep your fuelling over the 8 weeks exciting and interesting, Amy will provide information and tips on eating out and alternative easy snack options.

Amy has also organised some pre-packaged snacks for you to all try. Keep updated via our Facebook page for more information on these. Essentially these will act as a 'snack', rather than additional food. Warning: it will be first in best dressed! As these products have been generously sponsored to us for trial, we would appreciate your feedback and anything you could do to help promote or support them back. She hasn't just accepted any food product or company; our dietitian Amy has done her own research and given these the green light to complement your meal plan and goals!

WEEK 3 AND 4 SUGGESTED MEAL PLAN:

Meal/day:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Banana and Berry Bircher	Banana and Berry Bircher	Pumpkin and Eggplant Muffins	Pumpkin and Eggplant Muffins	Matcha Mango Banana and Oat Smoothie	Chai Porridge	Choc Banana and Oat Pancakes with Greek Yoghurt and fruit
Morning Tea	Small Latte/Tea made with milk + / or small piece of fruit	Multigrain Corn Thins with Cucumber and Chilli	Tomato and Bocconcini Stack with Fresh basil and Balsamic Glaze	Small Latte/Tea made with milk +/ or small piece of fruit	Chobani Greek Yoghurt and Fruit	Tomato, Ricotta and Fresh Thai Basil on Wholegrain Toast	Small Latte/Tea made with milk +/ or small piece of fruit
Lunch	Mushroom Lamb and Ancient Grains	Mushroom Lamb and Ancient Grains	Vegetable Quinoa Chilli Con Carne	Vegetable Quinoa Chilli Con Carne	Chicken wrap with Greek salad	Chicken Wrap with Greek Salad	Chickpea Tikka Masala
Afternoon Tea	Green Tea Yoghurt with Banana, Mango and Coconut	Coconut Chia Pudding with Berries and Banana	Coconut Chia Pudding with Berries and Banana	Green Tea Yoghurt with Banana, Mango and Coconut	Piece of fruit	Chocolate Mousse with Raspberries and Cherries	Tomato, Ricotta and Fresh Thai Basil on Wholegrain Toast
Dinner	Mexican Chicken and Bean Hot Pot with Vegetable Side.	Mexican Beef and Bean in Lettuce Cups	Pad Thai baked fish	Green Chicken Curry	Seafood Marinara	Mushroom Eye Fillet Steak Burger with Sweet Potato and Carrot Chips	Healthy Fried Farro

MEAL PLAN IMPORTANT NOTES:

- The above is just a suggested week, feel free to have the same of your favourite meal or snack over multiple days.
- Lunch and Dinner meals offer the same nutritional profile so feel free to swap them around
- Batch cooking is recommended to save time and money. Feel free to double the recipe at dinner for the following lunch or dinner

- Morning tea and afternoon tea offer the same nutrition profile and based on fruit and/or dairy. Feel free to alternate.
- Take advantage of precooked grains such as brown rice and quinoa
- Know your food groups and take the time to understand what you can substitute in recipes. For example, if you don't have or don't enjoy a certain vegetable in a recipe, swap it for another vegetable. If you don't have a certain grain such as black rice, use one you have at your convenience such as brown rice.
- Vegan and Vegetarians – refer to “tips Section” in recipes. Many of the recipes with meat and dairy can be substituted with a non-meat protein alternative such as beans and legumes or tofu. Don't just leave out the protein. Agave can substitute honey.
- Non-dairy options are provided in most recipes. Please choose a fortified dairy alternative that provides at least 120mg of calcium per 120ml or 100g.
- Most recipes are Gluten Free. Where gluten is used, a gluten free alternative will be suggested.
- Every 2 weeks you will be provided with new recipes to add to your collection. Feel free to keep your favourites and experiment with new ones that look interesting.
- You may choose to keep in some of your favourite meals from week 1 and 2.
- Two free meals or snacks away from the plan are recommended. Please refer to Rule Book for more information.
- Aim for a maximum of 2 alcoholic drinks per week over the 8 weeks to optimise your training and results. Refer to Rule book for more information.
- 1 minimum of 2L of fluid per day. This include all fluids such as tea.
- The first few weeks will be the hardest. You may feel overwhelmed at times but persevere! The more time and effort you put into getting into a routine now, the easier it will become and the greater the results you will be rewarded with!
- ***Have fun and enjoy the journey!***