

Body Fit Training 8 Week Challenge Week 5 and 6 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 hot chocolate/cocoa + 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)

WEEK 5 AND 6 SUGGESTED MEAL PLAN:

Meal/day:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Chai Banana Porridge	Chai Banana Porridge	Pumpkin and Eggplant Frittata	Pumpkin and Eggplant Frittata	Berry and Pomegranate Bruschetta	Matcha Porridge with Mango and Strawberry	Blueberry and Banana Oat Pancakes with Greek Yoghurt and Fruit
Morning Tea	Small Latte/Tea made with milk + / or small piece of fruit	Orange and apple with Honey and Cinnamon yoghurt Dip	Orange and apple with Honey and Cinnamon yoghurt Dip	Small Latte/Tea made with milk +/ or small piece of fruit	Cucumber and Bocconcini tack with Fresh Mint and Balsamic Glaze	Blueberry and Ricotta Mini Rolls	Small Latte/Tea made with milk +/ or small piece of fruit
Lunch	Roast Pumpkin, Barley and Chicken Salad	Roast Pumpkin, Barley and Chicken Salad	Turkey Mince and Slaw Wrap	Turkey Mince and Slaw Wrap	Mexican Bean and Quinoa Cups	Mexican Bean and Quinoa Cups	Chilli, Garlic and Lemon Calamari with Quinoa and Greek Salad
Afternoon Tea	Vegetable sticks and Yoghurt Beetroot Dip	Small Latte/Tea made with milk + / or small piece of fruit	Piece of fruit	Vegetable sticks and Yoghurt Beetroot Dip	Small Latte/Tea made with milk + / or small piece of fruit	Raspberry Yoghurt Pop	Raspberry Yoghurt Pop
Dinner	Eye Fillet Steak, Sweet Potato and Carrot Mash and Greens	Chickpea Tikka Masala with Black Rice	Barramundi with Black Rice and Stir Fried Vegetables	Teriyaki Chicken, barley and Vegetables	Tuna and Tomato Pasta	Tuna and Tomato Pasta	Beef and Bean Mexican Bowl

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 100ml 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 previous weeks
- 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.