



INFO SHEET

FAT LOSS KICKSTARTER - SAMPLE DAY OF MEALS

Water is important! Cross off each glass as you drink (aim for 8-10 glasses):



Breakfast - 7am

- Ice cold water x2
- Breakfast: 2-4 eggs, 1/4-1/2 cup red split lentils (before cooking), 1 cup frozen spinach
- Start boiling lentils (10 mins total), Start eggs cooking on nonstick pan, microwave spinach for 4 mins with a splash of water.
- Agitate eggs to scramble in the pan (using wooden equipment), test lentils to check how cooked they are. Drain if they are soft.
- 1 cup green tea

Morning - 9am - 11am

- Glass of water plus cup of tea/coffee

Lunch - 12 midday

- Glass of lemon water
- Microwave (glass) dish of black beans, green beans, chicken (precooked) with some tomato salsa.

Afternoon - 1-3pm

- Glasses of water
- Cup of tea/coffee

Afternoon Meal - 4pm

- Glass of lemon water
- Portable container of fresh spinach, drained white beans.
- Open can of tuna, mix in with spinach and beans.

Workout - 6.00pm

- Plenty of water
- Session lasts around 25 mins

Dinner - 7.30pm

- Glasses of lemon water
- Ground beef (grass fed), white beans, cauliflower, sprinkle of parmesan cheese.

Evening - 9.00pm

- Glass of red wine
- Cup of herbal tea

Bed - 10.30pm

