



Meal Planner – Summer

**BODY
BLITZ
CHALLENGE**

| Day | Breakfast | Snack | Lunch | Snack | Dinner | Beverages | Exercise |
|-----|---|------------|--|------------|--|--------------------------|----------------------------|
| 1 | 2 poached Eggs, A handful of spinach, Crunchy bean combo/mung Bean sprouts, 1/4 avocado | A few nuts | 3 cucumber sticks, 1 medium carrot, 6 snow peas, alfalfa, mung beans, bean shoots, 3 baby cos leaves with 4 small boccini cheese balls and balsamic vinegar, olive oil and 150gm Chicken | A few nuts | Frittata: broccoli, capsicum, carrot, asparagus, zucchini, tomato, boccincini, cheese and 3 eggs | 1.5-2 litres of water | 0:30hs - 1:30hs walking |
| 2 | 2 poached Eggs, A handful of spinach, crunchy bean combo/mung bean sprouts, 1/4 avocado | A few nuts | 150g of spanish/red onion & chives 150gms Chicken, 50gms cottage cheese, 1/3 red capsicum, 1/3 green capsicum, 6 cucumber sticks, 1 medium carrot, 6 snow peas, alfalfa, mung beans, bean shoots, 3 baby cos leaves | A few nuts | Grilled salmon, small jacket kumara/sweet potato with small amount of feta cheese, salad (rocket, avocado, tomato, cucumber, capsicum) | 1.5-2 litres of water | 0:45hs walking |
| 3 | 2 poached Eggs, A handful of spinach, crunchy bean combo/mung bean sprouts, 1/4 avocado | A few nuts | 3 cucumber sticks, 1 medium carrot, 6 snow peas, alfalfa, mung beans, bean shoots, 3 baby cos leaves with 4 small boccini cheese balls and balsamic vinegar, olive oil and 150gm Fish | A few nuts | BBQ Lamb with A handful of spinach, bean shoots, 2 stalks of broccoli, 6 snow peas, olive oil. | 1.5-2 litres of water | 0:30hs walking |



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| 4 | 2 poached Eggs, A handful of spinach, crunchy bean combo/mung bean sprouts, 1/4 avocado | A few nuts | Small handful of rocket leaves Cucumber, 1 tomato, 1/3 red capsicum, 1/3 green capsicum, 1 small carrot, 8 snow peas, balsamic dressing, 100 gms of Chicken 50 gms of cottage cheese. | A few nuts | Grilled salmon, small jacket kumara/sweet potato small amount of feta cheese, salad (rocket, avocado, tomato, cucumber, capsicum, persian feta)and 3 eggs | 1.5-2 litres of water | 1:00hs walking |
| 5 | 1 cup of chopped fruit with 2 desertspoons of Yoghurt and a palm size of nuts or LSA | A few nuts | 2 boiled eggs, Cucumber, tomato, carrot, capsicum, persian fetta, lemon & herb olive oil dressing, mixed lettuce | A few nuts | handful of rocket, 4 cubes feta cheese, 1 dstspn lightly heated pine nuts, 1/4 avocado, with 100 gm seared fresh Tuna and olive oil. | 1.5-2 litres of water | 1:30hs walking |
| 6 | 2 poached Eggs, A handful of spinach, crunchy bean combo/mung bean sprouts, 1/4 avocado | A few nuts | 50g of spanish/red onion & chives 150gms Chicken, 50gms cottage cheese, 1/3 red capsicum, 1/3 green capsicum, 6 cucumber sticks, 1 medium carrot, 6 snow peas, alfalfa, mung beans, bean shoots, 3 baby cos leaves | A few nuts | Poached Fish - 1 piece of snapper wrapped in foil with 3 slices of lemon, chives, ginger, lemon grass and fresh garlic. Poach for 15-20 mins. Add to a rocket, broccoli and avocado salad. | 1.5-2 litres of water | 1:00hs walking |
| 7 | 1 cup of chopped fruit with 2 dessertspoons of Yoghurt and a palm size of nuts or LSA | A few nuts | Small handful of rocket leaves Cucumber, 1 tomato, 1/3 red capsicum, 1/3 green capsicum, 1 small carrot, 8 snow peas, balsamic dressing, 100 gms of Chicken 50 gms of cottage cheese. | A few nuts | Chicken, broccoli, capsicum, carrot, onion, garlic, snow peas, with tamari. | 1.5-2 litres of water | 0:30hs walking |