



Meal Planner – Winter

**BODY
BLITZ
CHALLENGE**

Day	Breakfast	Snack	Lunch	Snack	Dinner	Beverages	Exercise
1	2 Poached eggs, 1 large handful of spinach (raw- you may cook that amount if you like), 2 dessertspoons of crunchy bean combo, 1/4 avocado or 1 dessertspoon of Flaxseed oil or macadamia oil	1 stick of celery with cottage cheese or organic fresh peanut butter	2 cups of Steamed broccoli, zucchini, green beans and kumara (sweet potato), small amount of macadamia oil and 150gms of chicken	a few nuts and seeds	150gms poached fish (poached with coriander, tamari wheat free soy sauce, chilli and garlic) with 1 cup of stir fry veggies - e.g. capsicum, carrot, bok choy, cauliflower and spring onions with Tamari, sesame oil and a splash of fish sauce	25mls of water per kg of body weight	0:30hs - 1:30hs walking
2	1 poached apple or pear (poached with frozen blue berries, water and 1 cinnamon stick) with 3 dessertspoons of natural yoghurt, 1 dessertspoon of LSA (Linseed Sunflower and Almonds)	1-2 boiled eggs	frittata made with your selection of 5 finely chopped veggies e.g. spring onion, broccoli, carrot, garden peas and 3 whole eggs.	a few nuts and seeds	Grilled Salmon fillet with baked kumara(sweet potato) with crumbled feta and chives. 3 steamed veggies e.g. zucchini, carrot, broccoli	25mls of water per kg of body weight	10 star jumps, walk for 5 mins and repeat 6 times.
3	2 poached eggs, 1 large handful of spinach (raw- you may cook that amount if you like), 2 dessertspoons of crunchy bean combo, 1/4 avocado or 1 dessertspoon of Flaxseed oil or macadamia oil	1 stick of celery with cottage cheese or organic fresh peanut butter	frittata made with your selection of 5 finely chopped veggies e.g. spring onion, broccoli, carrot, garden peas and 3 whole eggs.	a few nuts and seeds	150gms of Lamb fillet soaked in lemon juice, salt and olive oil for 20mins - baked at 220C for 10 mins served with wok tossed veggies with tamari and 1tsp sesame oil about 1 cup or just slightly more.	25mls of water per kg of body weight	5 squats walk for 6 mins and repeat 5 times.



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Day	Breakfast	Snack	Lunch	Snack	Dinner	Beverages	Exercise
4	1 poached apple (poached with frozen blue berries, water and 1 cinnamon stick) with 3 dessertspoons of natural yoghurt, 1 dessert-spoon of LSA	1-2 boiled eggs	Grilled Salmon fillet with baked kumara (sweet potato) with crumbled feta and chives. 3 steamed veggies e.g. zucchini, carrot, broccoli	a few nuts and seeds	2 cups of Steamed broccoli, zucchini, green beans and kumara (sweet potato), small amount of macadamia oil and 150gms of chicken	25mls of water per kg of body weight	15 star jumps, walk for 3 mins, jog for 1 min and repeat 5 times
5	2 Poached eggs, 1 large handful of spinach (raw- you may cook that amount if you like), 2 dessertspoons of crunchy bean combo, 1/4 avocado or 1 dessertspoon of Flaxseed oil or macadamia oil	a few nuts and seeds	frittata made with your selection of 5 finely chopped veggies e.g. spring onion, broccoli, carrot, garden peas and 3 whole eggs.	1 stick of celery with cottage cheese or organic fresh peanut butter	150gms of Lamb fillet soaked in lemon juice, salt and olive oil for 20mins - baked at 220C for 10 mins served with wok tossed veggies with tamari and 1tsp sesame oil about 1 cup or just slightly more.	25mls of water per kg of body weight	10 squats walk for 10 mins and repeat 3 times
6	1 poached apple (poached with frozen blue berries, water and 1 cinnamon stick) with 3 dessertspoons of natural yoghurt, 1 dessert-spoon of LSA (Linseed Sunflower and Almonds)	1 stick of celery with cottage cheese or organic fresh peanut butter	2 cups of Steamed broccoli, zucchini, green beans and kumara (sweet potato), small amount of macadamia oil and 150gms of chicken	a few nuts and seeds	150gms poached fish (poached with coriander, tamari wheat free soy sauce, chili and garlic) with 1 cup of stir fry veggies. e.g. capsicum, carrot, bok choy, cauliflower and spring onions with Tamari, sesame oil and a splash of fish sauce	25mls of water per kg of body weight	walk/jog for 30 mins
7	2 Poached eggs, 1 large handful of spinach (raw- you may cook that amount if you like), 2 dessertspoons of crunchy bean combo, 1/4 avocado or 1 dessertspoon of Flaxseed oil or macadamia oil	a few nuts and seeds	150gms of Lamb fillet soaked in lemon juice, salt and olive oil for 20mins - baked at 220C for 10 mins served with wok tossed veggies with tamari and 1tsp sesame oil about 1 cup or just slightly more.	1 stick of celery with cottage cheese or organic fresh penut butter	2 cups of Steamed broccoli, zucchini, green beans and kumara (sweet potato), small amount of macadamia oil and 150gms of chicken	25mls of water per kg of body weight	walk for 60 mins