



Meal Planner – Winter - Week One

**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	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 Servings) Frittata made with your selection of 5 finely chopped veggies eg. Spring onion, broccoli, carrot, garden peas and 6 whole eggs.	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 Serve Frittata - Prepared the night before	a few nuts and seeds	150gr of Lamb fillet soaked in lemon juice, salt and olive oil for 20mins - baked at 220C for 10mins served with 1 cup (or slightly more) wok tossed veggies with tamari and 1 tsp sesame oil.	25mls of water per kg of body weight	5 squats walk for 6 mins and repeat 5 times.



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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. Double up recipe and serve for dinner - if you choose. Double recipe & serve for lunch if I like	1 stick of celery with cottage cheese or organic fresh peanut butter	150gr of Lamb fillet soaked in lemon juice, salt and olive oil for 20mins - baked at 220C for 10mins served with 1 cup (or slightly more) wok tossed veggies with tamari and 1 tsp sesame oil.	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	150gr of Lamb fillet soaked in lemon juice, salt and olive oil for 20mins - baked at 220C for 10mins served with 1 cup (or slightly more) wok tossed veggies with tamari and 1 tsp sesame oil.	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



Meal Planner – Winter- Week Two

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Day	Breakfast	Snack	Lunch	Snack	Dinner	Beverages	Exercise
1	1 poached pear (poached with frozen blue berries, water and 1 cinnamon stick) with 3 dessertspoons of natural yoghurt, 1 dessert-spoon of LSA.	A few nuts	Poached fish with ½ lemon (juice), season with himalayan/sea salt, pepper & thyme. Steam 3 veges of your choice. Eg: Carrot, green beans, broccoli. Wok-toss veges in coconut, 1 tsp sesame oil & a splash of fish sauce. oil for 2 – 3 mins and serve.	A few nuts	150gm Lamb fillet soak in ½ crushed garlic clove & olive oil for 20mins) bake at 220c for 10mins serve with 3 steamed veges eg: green beans, broccoli, carrot.	25mls of water per kg of body weight	0:30hs - 1:30hs walking
2	2 Poached Eggs, 1 big handful of spinach (raw – you may cook that amount if you like.) 3 Asparagus (trim ends & blanch in boiling water for 1 – 2mins), ¼ Avocado, Seasoning.	A few nuts	150gr Grilled Salmon fillet (squeeze 1/2 lemon - juice, salt & pepper). 1 handful of spinach - steam, 1 small baked jacket kumara, sprinkle with feta & chives, 2 steamed veges of your choice, drizzle olive oil.	A few nuts	Chicken Soup (2 servings) Lightly fry 2 onions in a little water. Add 300gm chicken (cubed), 4 stalks celery, 2 garlic cloves, 2 chilies (optional) sauté for a min. Add 6 cups organic stock (extra water if desired) and simmer for 15mins. Pour 2 tsp of oil in your bowl.	25mls of water per kg of body weight	10 star jumps, walk for 5 mins and repeat 6 times.
3	1 poached pear (poached with frozen blue berries, water and 1 cinnamon stick) with 3 dessertspoons of natural yoghurt, 1 dessert-spoon of LSA.	A few nuts	Chicken Soup Serve chicken soup - Prepared the night before	A few nuts	Vege Quiche Cups – blanch 125gm spinach (1min), mix with 3 eggs, 50gm feta cheese, 3 small broccoli heads, 1 med onion. Divide into 6 muffin cases. Bake 180c for about 15-20mins. (2 – 3 = 1 serve)	25mls of water per kg of body weight	5 squats walk for 6 mins and repeat 5 times.



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4	2 Poached Eggs, 1 big handful of spinach (raw – you may cook that amount if you like.) 3 Asparagus (trim ends & blanch in boiling water for 1 – 2mins), ¼ Avocado, Seasoning.	A few nuts	Vege Quiche Cups Serve Quiche Cups from last night	A few nuts	150gm of chicken breast and 1 zucchini sliced in half. Bake for 10mins in coconut oil at 220c. Add (thinly sliced) ½ capsicum bake for another 10mins. Stack/layer each slice, sprinkle with crumbed feta. Drizzle with olive oil and serve.	25mls of water per kg of body weight	15 star jumps, walk for 3 mins, jog for 1 min and repeat 5 times
5	1 poached pear (poached with frozen blue berries, water and 1 cinnamon stick) with 3 dessertspoons of natural yoghurt, 1 dessertspoon of LSA.	A few Nuts	150gm Baked Salmon (squeeze ½ lemon, salt & pepper), 1 large handful of silverbeet & zucchini - steamed. Season salmon with parsley and drizzle with olive oil.	A few nuts	Poached fish with ½ lemon (juice), season with himalayan/sea salt, pepper & thyme. Steam 3 veges of your choice. Eg: Carrot, green beans, broccoli. Wok-toss veges in coconut oil, 1 tsp sesame oil & a splash of fish sauce. for 2 – 3 mins and serve.	25mls of water per kg of body weight	10 squats walk for 10 mins and repeat 3 times
6	2 Poached Eggs, 1 big handful of spinach (raw – you may cook that amount if you like.) 3 Asparagus (trim ends & blanch in boiling water for 1 – 2 mins), ¼ Avocado, Seasoning.	A few nuts	150gm Chicken (Chopped) add to ¼ cup water in wok cook until tender (remove) add ¼ cup of water, add ½ clove garlic, 1 small piece of ginger, ¼ small leek, ¼ red pepper, 60gm broccoli cook. Add chicken in wok and 1/8 cup of nuts and stir until boiled and serve.	A few nuts	150gr Grilled Salmon fillet (squeeze 1/2 lemon - juice, salt & pepper). 1 handful of spinach - steam, 1 small baked jacket kumara, sprinkle with feta & chives, 2 steamed veges of your choice, drizzle olive oil.	25mls of water per kg of body weight	walk/jog for 30 mins
7	1 poached pear (poached with frozen blue berries, water and 1 cinnamon stick) with 3 dessertspoons of natural yoghurt, 1 dessertspoon of LSA.	A few nuts	150gm Lamb fillet soak in ½ crushed garlic clove & olive oil for 20mins) bake at 220c for 10mins serve with 3 steamed veges eg: green beans, silverbeet, carrot.	A few nuts	Roast 1 chicken thigh, (veggies cut in ¼'s) 1 small kumara, 1 carrot, 1 onion in coconut oil. Garnish with parsley, himalayan/sea salt & pepper.	25mls of water per kg of body weight	walk for 60 mins



Meal Planner – Winter- Week Three

**BODY
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Day	Breakfast	Snack	Lunch	Snack	Dinner	Beverages	Exercise
1	2 Poached Eggs, 1 big handful of spinach (raw – you may cook that amount if you like.) 3 Asparagus (trim ends & blanch in boiling water for 1 – 2mins), ¼ Avocado, Seasoning.	1 – 2 Boiled Eggs	2 cups of Steamed broccoli, zucchini, green beans and kumara (sweet potato), small amount of macadamia oil and 150gms of chicken	1 stick of celery with cottage cheese or organic fresh peanut butter	(2 Servings) Frittata made with your selection of 5 finely chopped veggies eg. Spring onion, broccoli, carrot, garden peas and 6 whole eggs.	25mls of water per kg of body weight	0:30hs - 1:30hs walking
2	1 poached apple (poached with frozen blue berries, water and 1 cinnamon stick) with 3 dessertspoons of natural yoghurt, 1 dessertspoon of LSA.	A few nuts & seeds	Frittata Serve Frittata - Prepared the night before	A few nuts & seeds	150gm of chicken breast and 1 zucchini sliced in half. Bake for 10mins in coconut oil at 220c. Add thinly sliced ½ capsicum bake for another 10mins. Stack/layer each slice, sprinkle with crumbed feta. Drizzle with olive oil and serve.	25mls of water per kg of body weight	10 star jumps, walk for 5 mins and repeat 6 times.
3	2 Poached Eggs, 1 big handful of spinach (raw – you may cook that amount if you like.) 3 Asparagus (trim ends & blanch in boiling water for 1 – 2mins), ¼ Avocado, Seasoning.	1 stick of celery with cottage cheese or organic fresh peanut butter	150gms poached fish (poached with coriander, tamari wheat free soy sauce, chilli and garlic) with 1 cup of stir-fry veggies – eg. Capsicum, carrot, bok choy, cauliflower and spring onions with Tamari, sesame oil and a splash of fish sauce.	1 – 2 boiled eggs	150gm Baked Salmon (squeeze ½ lemon, salt & pepper), 1 large handful of silverbeet & zucchini - steamed. Season salmon with parsley and drizzle with olive oil.	25mls of water per kg of body weight	5 squats walk for 6 mins and repeat 5 times.



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5	2 Poached eggs, 1 large handful of spinach (raw - you may cook that amount if you like), 2 dessertspoons of crunchy bean combo, ¼ avocado or 1 dessertspoon of Flaxseed oil or macadamia oil.	A few nuts & seeds	150gr Grilled Salmon fillet (squeeze 1/2 lemon - juice, salt & pepper). 1 handful of spinach - steam, 1 small baked jacket kumara, sprinkle with feta & chives, 2 steamed veges of your choice, drizzle olive oil.	1 – 2 boiled eggs	Chicken Soup (2 servings) Lightly fry 2 onions in a little water. Add 300gm chicken (cubed), 4 stalks celery, 2 garlic cloves, 2 chillies (optional) sauté for a min. Add 6 cups organic stock (extra water if desired) and simmer for 15mins. Pour 2 tsp of oil in your bowl.	25mls of water per kg of body weight	10 squats walk for 10 mins and repeat 3 times
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7	2 Poached Eggs, 1 big handful of spinach (raw – you may cook that amount if you like.) 3 Asparagus (trim ends & blanch in boiling water for 1 – 2mins), ¼ Avocado, Seasoning.	1 stick of celery with cottage cheese or organic peanut butter	150gm Chicken (Chopped) add to ¼ cup water in wok cook until tender (remove) add ¼ cup of water, add ½ clove garlic, 1 small piece of ginger, ¼ small leek, ¼ red pepper, 60gm broccoli cook. Add chicken in wok and 1/8 cup of nuts and stir until boiled and serve.	1 – 2 Boiled Eggs	Roast 150gm lamb, (veggies cut in ¼'s) 1 small kumara, 1 carrot, 1 onion in coconut oil. Garnish with Rosemary, himalayan/sea salt & pepper.	25mls of water per kg of body weight	walk for 60 mins