



Energise Nutrition Plan



Introduction

A journey of a thousand miles begins with a single step.

Reading this is your first step on the path to better health and fitness.

When we put this Nutrition Plan together we sat down and worked out what we wanted to achieve with it. Our conclusions were:

1. Provide a basic level of education on what constitutes a better nutritional approach for women 40 and over

And...

2. Make things as straight forward as possible for you to get results by providing meal plans that are not only effective but also really tasty. You shouldn't feel like you're on a 'diet' when following this. In fact it should almost feel like cheating.

And...

3. The meals should be 'normal'. Most of our Clients are busy women and if part of a household don't want to be making one weird and wacky for themselves and something more 'normal' for the rest of the family. That way lies madness.

When you pair the nutrition advice in here with your PT workouts, you'll accelerate your fat loss while sending the right signals to your body to sculpt, strengthen, and tone in all the right areas.

Remember though, one doesn't work without the other.

Think of your workouts like the accelerator on your car. The accelerator on your car doesn't do anything unless you've put the right fuel in. Put the wrong fuel in or no fuel, then you can press the accelerator as hard and as fast as you like, but you'll go nowhere.

This ebook has full details of how to get the right type and, just as importantly (possibly more so), the right amount of fuel in so you can accelerate towards your weight loss goals.

And better still, it has everything you need to know, and nothing else! So you get to the information you need faster and you can get results faster.

Ready to get stuck in? Step this way...

Eating For Fat Loss

If you want to lose a significant amount of body fat, there's one part of your lifestyle that will need looking at above everything else, and that's what you eat. No-one is overweight because they don't do enough exercise.

Or to put it another way, it's not what you put your body through, it's what you put through your body.

There's two key principles to a fat burning diet...

Eat Less.

To lose fat effectively, we need to eat to a slight energy deficit. However, eating too little is just as detrimental as eating too much, so we need to get the balance just right.

Eat Balanced.

Carbohydrates, proteins and fats all have a part to play if you're to lose weight safely and efficiently.

Here's a quick overview of each of the food groups:

Carbohydrate

Eating too many carbohydrates switches on our sugar burning mode and switches off our fat burning mode.

Typically, we eat too many carbohydrates and force our body to burn sugar for energy all the time. This is fine, to a degree, when you want to maintain your weight or put weight on but your body is naturally designed to use fat for fuel so if we can tap into that process we'll lose body fat quicker.

A word of warning here - we don't want to go on a low carbohydrate diet (like the Atkins diet) as that will stop us getting the vitamins and minerals our body needs to function efficiently and attain optimum health.

Protein

One fifth of your muscle tissue is protein so you need to make sure you get enough to guarantee the right result. We don't need to overload on protein, but it's important to make sure you're eating some with almost every meal. Most people don't eat anywhere near enough protein for optimal health.

Protein has a lot of functions within our body. The most well known is that it acts as the building blocks our body needs to rebuild, replenish and strengthen.

It also takes longer to digest, around 3 to 4 hours as opposed to carbohydrates which typically take 30 minute to an hour.

This helps keep you fuller for longer staving off hunger and cravings which lead to excess food consumption.

Fat

Despite all the anti-fat propaganda you hear (or used to hear), most fats are actually very good for us and in appropriate amounts can help reduce cholesterol and protect against heart disease.

Note though that fats deliver more than double the calories per gram that you'd get from the same amount of carbs or protein, so we don't need to overload on them.

As you will know from the carbohydrate section, our body is designed to burn fat for fuel. If you have done a 'low fat diet' (we shudder just writing those terms...) before, then being encouraged to eat more fat may surprise you at first.

However your body is going to be in fat burning mode and so fats will form the main fuel, saving you from the highs and lows associated with traditional 'diets'. They will help control your insulin and will, like protein, help you feel fuller for longer.

They will also boost your immune system.

Eat saturated, polyunsaturated and monounsaturated fats. Avoid trans fats and hydrogenated fats found in cakes, biscuits and junk food.

Drinking For Fat Loss

Water

By the time you feel thirsty you are already dehydrated and even a tiny degree of dehydration has noteworthy consequences.

Studies have found that people who lose as little as two percent of their body weight through sweating have a drop in blood volume which causes the heart to work harder to circulate blood.

A drop in blood volume may also lead to muscle cramps, dizziness, fatigue and heat illness. Here are some of the effects of dehydration at a mild to moderate level (recognise any of them?!):

- Fatigue
- Muscle weakness
- Poor concentration
- Headaches
- Dizziness or light-headedness
- Decreased metabolism

Not only does dehydration affect your every day performance but it can affect how you look.

The body naturally tries to store water as a survival technique which is truly wondrous and if we were stuck in the Sahara that would be amazingly useful.

However in a world where, for most of us, water is freely available at the turn of a tap we don't need our body to store water.

Stored water obscures muscles, reducing definition and hiding all the good work that you have put in by eating well and exercising effectively.

Consistently drinking plenty of water will teach your body that it doesn't need to store it which will help increase muscle definition and reduce your overall size.

Also fat metabolism slows without sufficient water.

Your liver is the organ that metabolises (burns) fat. Fat is burned in the liver into usable energy for the body. This is the process of burning stored body fat and is the major process for losing weight.

When you don't drink enough water, it is actually your kidneys that can't do their job due to the lack of water. Your kidneys are the organs that filter waste products from your blood and they require a lot of water to work properly. When you are low on water (dehydrated) the kidneys slow down and the liver has to pick up the slack to filter out the waste. This means that the liver now has to do the kidney's job of ridding your body of toxins and is now too busy to metabolise fat, thus fat metabolism slows down and you lose less weight.

So when you are low on water, you aren't burning as much fat!

Fortunately it's easy enough to avoid this.

Drink 1.5 litres of water, minimum, every day.

Alcohol

Booze, unfortunately, won't do you any favours if you're trying to lose the fat.

Let's be clear right from the start here. You already know drinking alcohol will slow and even stop your progress as well as impacting on your health.

I'm not going to tell you not to drink but you need to bear in mind the following effects on alcohol which are especially relevant for ladies going through, and having gone through, the menopause.

At up to 250 calories per drink, over the course of an evening, you can easily rack up the calories.

And of course, that's not including what you've already eaten that day, and what you'll eat during and after.

On top of that, these calories are empty calories in that they provide no nutritional value.

And still on top of that your body will need to burn all of those alcohol calories before it even thinks about shifting body fat from your system.

Most women can still drink during menopause, just not to excess. Major research on the connections between women's health and alcohol consumption during menopause is summarised below:

Moderate alcohol consumption for women is one drink per day. Research suggests that this type of consumption may decrease a woman's risks of heart disease and may actually slightly boost bone density. Moderate drinking is also associated with a lower risk of:

- type 2 diabetes
- dementia
- stroke
- obesity

Risks of excess alcohol consumption

A fine line separates a "moderate" amount of alcohol from too much.

Consuming two to five drinks a day during menopause is considered excessive and may harm a woman's health.

Excess alcohol consumption during menopause is associated with:

Increased cancer risk

Drinking any amount of alcohol is linked to an increased risk of breast and other cancers. This risk exists even for women who drink just one serving of alcohol per day. The risk of breast cancer is 1.5 times greater for women who drink two to five drinks per day.

Increased risk of heart disease, obesity, and organ damage

Excess drinking increases a woman's risk of heart disease. It also increases a woman's risk of "central" obesity, or the accumulation of weight mostly around the midsection. This kind of obesity is a big risk for developing heart disease. Heavy drinking increases a woman's risks of organ system problems, including damage to the:

- heart
- nerves
- liver
- brain

Increased risk of osteoporosis and broken bones

Not only does heavy drinking increase the risk for osteoporosis, but it can also increase a woman's risks of falling and fractures. This bone loss cannot be reversed, and severe fractures may require surgery.

Increased risk of depression and alcoholism

The risk of depression tends to increase in menopausal women. Heavy drinking can make depression worse. Even in women without depression, excessive alcohol consumption can lead to depression and alcoholism.

Worsened menopause symptoms

Researchers have also linked drinking to an increase in hot flashes and night sweats in some women.

So what do do?

We're not going to tell you not to drink. That would be hypocritical and living in Lala land. Just be aware the more you drink the slower your progress.

We strongly recommend consuming no more than the following (as a guide) on a weekly basis:

7 single gin and slimline tonics

or

1.5 bottles of wine

or

4 pints of lager

Some of you may find this easy, some may find it difficult but to get results and look after your health at this stage of your life it's what we highly recommend.

A note on Tea and Coffee

The idea of going a day without a coffee is a bit like imagining going a day without oxygen for some of us. We generally say limit caffeinated drinks to 2 a day and stick to decaf the rest of the time. Or even better, stick with water.

Supplements

Supplements are the tip of the pyramid. They are designed to supplement an already good approach to what you eat and drink.

That being said, if you're following this plan then you will be eating properly so that's sorted. And it means you can look at appropriate supplementation to help you achieve optimal health.

Whilst everyone is different there are some common deficiencies in women in the UK.

Magnesium is the most common deficiency...

More than 350 enzymes in the body can claim magnesium as a key player and it's also involved in pretty much every metabolic process, i.e. the organic processes which are essential for life.

It also has a large role to play in temperature regulation, formation of healthy bones and improving insulin sensitivity (which helps fat loss) as well as overall cardiovascular health, blood pressure regulation and muscle relaxation.

Deficiency in magnesium has been associated with fun things like cardiac arrhythmia, sudden cardiac death, hypertension and stroke. Studies from as far back as 1937 found low magnesiums levels, and not cholesterol or saturated fat intake as one might expect if you believe the media, is probably the greatest predictor of heart disease. It's also been found that excessive calcium intake paired with low magnesium levels greatly increases the risk of heart disease.

Good sources of magnesium include leafy green vegetables, nuts and seeds.

But even if you eat really well you are, thanks to deficiencies in soil quality from over-farming, highly likely to still be deficient in magnesium. If the soil that said leafy green veg, nuts and seeds grow in isn't rich in magnesium then those foods inherent magnesium levels will drop too. Many veggies and fruit have been shown to contain up to 80% less magnesium compared to those our great grandparents ate which is pretty scary.

So don't think just because you have some spinach with your dinner you've got the magnesium thing sorted. You won't have.

Which is why we recommend a good quality magnesium supplement.

Here are 13 other reasons we recommend supplementing with Magnesium:

It improves detoxification.

Magnesium helps maintain proper liver function. Every day we are exposed to toxins from chemicals, pesticides and pollution. Magnesium inhibits those toxins attaching to tissue and keeps newly introduced toxins suspended for easier elimination by the liver.

It greatly decreases your risk of developing cancer.

Cancer rates are expected to double in the next few decades. A study recently published in the American Journal of Clinical Nutrition found that for every 100-milligram (mg) increase in magnesium intake, a person's risk of developing colorectal cancer drops by about 13 percent.

It helps keep your heart and lungs healthy.

Of particular importance to me this one.

"The most important marker for impending heart disease is a low magnesium to calcium ratio in the cells." -Andrea Rosanoff, Ph.D.

Magnesium regulates the contractile ability of the heart muscle and is concentrated 18 times greater in the heart muscle than the blood stream. Deficiency in magnesium may predispose you to coronary spasms and inefficiencies in the hearts pumping ability.

It can help with depression.

"A magnesium deficiency magnifies depression and stress. Serotonin, the feel good brain chemical that is boosted artificially by some medications, depends on magnesium for its production and function. A person that is going through a stressful period without sufficient magnesium can set up a deficit that, if not corrected, can linger, causing depression and further health problems." Carolyn Dean, MD, ND

It slows down ageing.

Note that it won't make you 21 again but accelerated ageing has been shown to be as a result of magnesium deficiency. Rather coolly this was first picked up by long space flight missions where low magnesium levels amongst astronauts correlated with cardiovascular aging 10 faster than on earth. Same happens on good old earth too.

It helps you cope with stress.

Chronic stress results in overproduction of adrenaline which depletes magnesium stores in the body. The more stressed you are the greater the loss of magnesium. This results in your heart rate and sympathetic nervous system being sent into overdrive creating feelings

of anxiety. Magnesium helps calm the central nervous system and acts at the blood brain barrier to prevent stress hormones entering the brain.

It helps with fat loss and diabetes.

Magnesium is numero uno for minerals when it comes to improving insulin sensitivity. Better insulin sensitivity equals better management of carbohydrates which makes fat loss a lot easier.

It helps prevent constipation and bowel disease.

A deficiency in magnesium slows down bowel movements, ultimately leading to constipation. Which in turn can lead to bowel disease, increased toxicity, lack of nutrient absorption and colitis. Good times.

It helps prevent fatigue.

Deficiency on magnesium often portrays itself as tiredness, fatigue and a feeling of being run down due to hundreds of enzymatic reactions (remember those 350?) being compromised.

It helps you sleep better.

Magnesium has a calming effect on the body nervous system which helps you fall asleep easier. Deficiency of magnesium also manifests itself as the good old restless legs syndrome.

It helps regulate cravings.

Your body needs magnesium to absorb and utilise nutrients. Without it your body can't properly use the fats, proteins and carbohydrates we eat and when we are deficient in nutrients our body sends signals initiating cravings to try and get those vital little fellas. If you often crave chocolate then that is a key sign you are deficient in magnesium as chocolate tends to be rich in magnesium. Note that doesn't mean you can eat chocolate instead of taking a good quality magnesium supplement...

It improves pre-menstrual symptoms.

Magnesium levels drop during the second half of a female's menstrual cycle suggesting a possible link with many of the symptoms of PMS. If irritability, headaches, cramps and bloating are your companions at that time of the month then try supplementing with a good quality magnesium supplement.

It may relieve headaches and migraines.

Low magnesium levels have been found in people who suffer from chronic migraines. A study demonstrated a 41.6% reduction in the frequency of attacks in people who took a good quality magnesium supplement.

Note that it's important to get a good quality magnesium supplement.

You can buy cheap stuff from the high street but quite often it's made from magnesium oxide which is very poor quality and has poor absorption rates by the body.

Remember, you get what you pay for.

We recommend MAGNESIUM BISGLYCINATE TABLETS by a company called Bulk.

Start off by taking one tablet with your evening meal before you go to bed. This is the optimal time to take magnesium.

If you are ok with one tablet (the worst that will happen is you'll have a bit of a dicky tummy if you take too much so don't worry) then after a week increase to two tablets with your evening meal. If you get a dicky tummy go back down to one tablet and stick with that dosage. Otherwise continue with 2 tablets.

Quick tip: If you struggle with the size of the tablet you can break it in half to make it easier to swallow. And if you're still struggling try tipping your head forward rather than back when swallowing.

16/8 Intermittent Fasting

This is super simple and means you'll be fasting for 16 hours every day and have a window of time of 8 hours when you'll eat your meals plus any snacks.

Intermittent fasting has exploded in recent years, and the 16/8 intermittent fasting plan is the most popular.

While intermittent fasting may seem like a new trend, it has been a natural human dietary pattern since our beginnings. 16/8 intermittent fasting aims to mimic ancestral eating patterns and thereby activate our evolutionary foundation for health.

16/8 fasting has been correlated with a wide variety of health benefits, including:

- Improved fat burning

- Improved weight loss

- Reduced risk of cancer

- Optimised hormone levels

- Improved cholesterol levels

- Improved body composition

- Better blood sugar regulation

- Reduced risk of heart diseases

16 hours sounds like a long time but remember you're asleep for about 8 of those hours so in reality this just means skipping 'breakfast' and stopping eating a bit before you go to bed. It's a simple approach but very effective.

You don't need to eat in the morning. There is a myth that's developed around breakfast and it's become heavily associated with cereal in the morning.

The reality is breakfast is whenever you first eat in the day. Whether that's a bowl of coco pops at 7.30am or a steak and potato wedges at 6pm. The word literally means breaking your fast.

So on this plan you're still having breakfast, it's just not the 'normal' or at the 'normal' time. But 'normal', when it comes to breakfast is one of the major reasons that, according to the

most recent NHS health survey, around two-thirds of the English population aged 16 or over are overweight or obese.

So it's time for a rethink to our approach to eating.

One of the biggest benefits in 16/8 fasting comes in dietary adherence and thus consistency. If you're trying to reduce the amount of food you're eating but still eating 3 meals a day it stands to reason each of those meals will be fairly small. And fairly small means unsatisfying. And unsatisfying means more chance of your brain telling you you're hungry and reaching for the digestives. But when you eat 2 meals a day you can have much more substantial meals which will keep you fuller for longer and really help stave off those cravings that take you off piste.

It'll almost feel like cheating.

Calorie Counting

You don't have to calorie count if you're following our meal plans. But if you're not and want to be aware of how much you're eating, you need to make sure you do it properly. Here's how.

This option involves using 'myfitnesspal' which is a nifty App you can get on your phone.

It makes calorie counting pretty easy as you can just pop whatever your having into the search bar and it'll find it for you. You can also scan bar codes which is pretty cool.

It's my personal favourite because it's just what I'm used to but remember that doesn't mean it's any better than the other options here.

It will take you a few days to get the hang of so expect to be a bit off your targets at first but you'll soon get the hang of it.

Working out how much to eat for fat loss

First up we need to work out how many calories you should be aiming for.

This is nice and simple, take your bodyweight in lbs and multiply it by 8.5.

Taking a lady who weighs 165lbs that gives a daily calorie target of 1,402 calories.

Next we need to set some macros (a fancy term used to describe carbs, protein and fat) to aim for.

Protein

Let's start with protein.

Take your bodyweight in lbs and multiply it by 0.7. That is your protein target.

Unlike calories, carbs and fat this is a minimum requirement. If you don't hit it give yourself a slap on the wrist and try harder the next day.

It's really important, I can't stress that enough.

Taking a lady who weighs 165lbs that would give a protein target of 115g.

Multiply 115 by 4 and take it off your calorie target.

So $115 \times 4 = 460$ calories.

1,402 - 460 calories = 942 calories remaining to split between carbohydrates and fat.

Carbohydrates

In my experience the best results come when keeping carbohydrates at, or under, 125g per day.

Unless you're stuffing yourself with bread, pasta and other carb laden food at every meal this should be more than enough.

Multiply 125 by 4 and take it off your remaining calories.

So $125 \times 4 = 500$ calories.

942 calories remaining - 500 = 442 calories for dietary fat.

Fat

This is simple. Take your remaining calories, after protein and carbohydrates have been deducted and divide it by 9.

So in our example:

1,402 target calories - 460 calories from protein - 500 calories from carbs = 442 calories

$442 / 9 = 49\text{g}$ fat

Bringing it all together

That may look complicated at first glance but actually it's pretty straight forward if you just take your time and work through it.

If you do need any help then just ask, that's what we're here for.

So, in summary our 165lb lady is aiming for 1,402 calories a day broken down into:

115g of protein

125g of carbs

49g of fat

If you go into 'goals' on your 'myfitnesspal' profile and then into calorie and macronutrient goals, you can customise your calories, carbs, protein and fat targets.

You may not be able to get them to match exactly but just have a fiddle and get them as close as you can.

Some warnings...

As with anything so system is perfect and 'myfitnesspal' has a few things to be aware of.

Watch out for foods which have calories but no macros assigned to them.

Don't log your exercise otherwise 'myfitnesspal' tries to be helpful by altering your calories for you to take it into account. We've already done that here.

You don't have to log absolutely everything individually. eg for veg just stick a cup or two of veg down instead of 10g carrots, 20g broccoli etc. No one has that much spare time on their hands!

Final note, if you are logging alcohol (and you should be if you drink it...) then you'll quickly realise that the calories don't match the macros.

In this case it's quite feasible to end up at your calorie limit but be down on your carbs, protein and fat.

Just be wary of that and remember you must hit your protein target and you must be under your calorie limit otherwise no results.

You can use the recipes included with our monthly meal plans for inspiration.

80/20 or How To Have A Life

We're realistic here at Boost Your Body. We know that life is for living and the thought of prepping your food for the next week and constantly eating out of Tupperware pots whilst avoiding social engagements isn't fun.

The good news is that you don't have to give up your social life. You can still live life and make fantastic progress towards your fat loss goals.

How?

By following the 80/20 rule.

Stick to the plan 80% of the time and you'll do great. The other 20% of the time you can cut yourself some slack.

How does that look in reality?

Let's say you're following the plan and you eat 2 meals a day, 7 days a week so 14 times over a week.

That means 11-12 times we stick to the plan.

And 2-3 times you can go off piste.

So that may be a meal out with friends one night and a slice of cake with friends another day.

You need to not go crazy when going off piste. If the meal out with friends involves 3 courses of real calorie heavy food (some sort of fried starter, a main meal of burger and chips and then a dessert of cheesecake for example) you might want to rethink your menu choices.

The good news is you could eat out every day as long as you make the right choices.

A note on Secret Snacking...

I see this a lot. You've got your nutrition plan all set up, ready to go. You're training hard, drinking plenty of water and eating at a calorie deficit.

Except...

You're not.

Because you're secret snacking. Those little bits and bobs that you 'forget' you had or tell yourself 'won't matter' because you've 'earned it'.

Trust us, this will kill your fat loss dead. Whenever you eat anything, be conscious of what you're about to eat and why because the calories will stack up and push you from the fat loss zone to the maintenance zone if you're not careful.

The Meal Plans

This ebook is designed to be used in conjunction with our meal plans.

There will inevitably be things you don't like on the meal plans. That is totally fine. All you need to do is pick a different option instead. We've included a selection of additional recipes that you can choose from to substitute meals you don't like.

You can also totally help yourself out by using some pre made items like the packets of pre cooked rice or mash potato. Just avoid jars of sauces which are often packed with extra 'stuff' that your body doesn't need or want.

Also, we don't know how many people are in your household so if the number of portions that a recipe makes is too few or too many feel free to increase or decrease the ingredients as needed. If a recipe makes 2 portions but you want to make it for 4 people then double the ingredients.

Finally, these recipes can easily be made Gluten Free. Most of them are anyway but where they aren't just substitute the requisite GF equivalent.

As well as the two main meals set out in our meal plans you may find the desire to snack.

Let's talk about snacks. First up, it's fine to snack if you're snacking on something nutritious if you're hungry, with one caveat: you must be drinking your water. If you're not then there is a very good chance your body is actually needing water not food when it's telling you that you're hungry.

Drinking your water though?

Snack away.

What makes a nutritious snack?

It's best to keep it simple and go for fruit or nuts. If you're going for nuts just be aware that they can be higher in calories so too many can be detrimental for weight loss. Stick to a portion size of around 25g if you go the nuts route.

In the evening, you can introduce a mini 'cheat' snack. This is specifically designed so you can still enjoy a little of your favourite naughty but nice foods. This could be a couple of biscuits with a cup of tea, a freddo frog, a single twirl etc. As a rule of thumb keep it to 150 calories or less.

Regular Meal Plan - Week 1

	Breakfast	Lunch	Dinner
Monday	See Notes Below	Vegetable Frittata	Swedish Meatballs & Mash
Tuesday		Greek Salad with Chicken	Grilled sausages with warm potato, pea and broccoli salad
Wednesday		Vegetable Frittata	O'Kelly Fish
Thursday		Sandwich + Piece of Fruit	Sticky Jerk Style Chicken
Friday		Spicy chicken & avocado wraps	Soy and Honey Baked Salmon
Saturday		Smashed Avocado on Toast	Beef & Ale Puff Pastry Pie
Sunday		One-Tray All Day Breakfast	Sausage, Kale & Gnocchi one pot

We recommend you fast for 16 hours and have an 8 hour eating window. Typically this means skipping breakfast and breaking your fast (hence breakfast) at lunch time, around 12ish.

However, if you are really hungry in the morning then have some porridge with berries or honey, or alternatively have a piece of fruit and a small cupped handful of nuts of your choice.

Sandwiches - pick a filling. Stuff it with salad and meat, don't hold back. Use the best quality bread and of course it's totally fine to use plenty of butter which is stacked full of essential vitamins for the body.

Regular Meal Plan - Week 2

	Breakfast	Lunch	Dinner
Monday	See Notes Below	Crustless Cheese & Ham Quiche	Sea Bass with Spaghetti
Tuesday		Burrito Bowl with Chipotle Black Beans	Chorizo & Mozzarella Gnocchi Bake
Wednesday		Crustless Cheese & Ham Quiche	Fish Pie
Thursday		Greek Salad with Chicken	Chicken Stir Fry
Friday		Sandwich + Piece of Fruit	Malaysian Chicken Satay Curry
Saturday		American Pancakes, Bacon + Maple Syrup	Thai Beef Noodle Soup
Sunday		The Ultimate Sausage Sandwich	Sweet Potato Curry

We recommend you fast for 16 hours and have an 8 hour eating window. Typically this means skipping breakfast and breaking your fast (hence breakfast) at lunch time, around 12ish.

However, if you are really hungry in the morning then have some porridge with berries or honey, or alternatively have a piece of fruit and a small cupped handful of nuts of your choice.

Sandwiches - pick a filling. Stuff it with salad and meat, don't hold back. Use the best quality bread and of course it's totally fine to use plenty of butter which is stacked full of essential vitamins for the body.

Regular Meal Plan - Week 3

	Breakfast	Lunch	Dinner
Monday	See Notes Below	Greek Salad with Chicken	Chicken, leek & brown rice stir-fry
Tuesday		Vegetable Frittata	Swedish Meatballs & Mash
Wednesday		Vegetable Frittata	Sticky Jerk Style Chicken
Thursday		Sandwich + Piece of Fruit	Tortilla Pizza
Friday		Spicy chicken & avocado wraps	Lamb Koftas w/ Greek Salad (use Greek Salad Recipe from Week 2)
Saturday		Breakfast Egg Wraps	Malaysian Chicken Satay Curry
Sunday		Tomatoes, Eggs & Chorizo	Cottage Pie

We recommend you fast for 16 hours and have an 8 hour eating window. Typically this means skipping breakfast and breaking your fast (hence breakfast) at lunch time, around 12ish.

However, if you are really hungry in the morning then have some porridge with berries or honey, or alternatively have a piece of fruit and a small cupped handful of nuts of your choice.

Sandwiches - pick a filling. Stuff it with salad and meat, don't hold back. Use the best quality bread and of course it's totally fine to use plenty of butter which is stacked full of essential vitamins for the body.

Regular Meal Plan - Week 4

	Breakfast	Lunch	Dinner
Monday	See Notes Below	Sandwich + Piece of Fruit	Swedish Meatballs & Mash
Tuesday		Burrito Bowl with Chipotle Black Beans	Cottage Pie
Wednesday		Greek Salad with Chicken	Thai Beef Noodle Soup
Thursday		Veggie Super Bowl	Cottage Pie
Friday		Burrito Bowl with Chipotle Black Beans	Soy and Honey Baked Salmon
Saturday		Curried Eggs on Toast	Moroccan Salmon & Prawn Fish Cakes
Sunday		Veggie Spanish- Style Chorizo Omelette	Beef & Ale Puff Pastry Pie

We recommend you fast for 16 hours and have an 8 hour eating window. Typically this means skipping breakfast and breaking your fast (hence breakfast) at lunch time, around 12ish.

However, if you are really hungry in the morning then have some porridge with berries or honey, or alternatively have a piece of fruit and a small cupped handful of nuts of your choice.

Sandwiches - pick a filling. Stuff it with salad and meat, don't hold back. Use the best quality bread and of course it's totally fine to use plenty of butter which is stacked full of essential vitamins for the body.

Regular Meal Plan - Week 5

	Breakfast	Lunch	Dinner
Monday	See Notes Below	Crustless Cheese & Ham Quiche	Lamb and Chickpea Pilaf
Tuesday		Beetroot Feta and Chicken Salad	O'Kelly Fish
Wednesday		Spicy chicken & avocado wraps	Crispy Bacon Spaghetti Aglio E Olio
Thursday		Crustless Cheese & Ham Quiche	Chicken Fajita Pasta
Friday		Sandwich + Piece of Fruit	Swedish Meatballs & Mash
Saturday		American Pancakes, Bacon + Maple Syrup	Sausage, Kale & Gnocchi one pot
Sunday		Huevos Rancheros Bagel	Cottage Pie

We recommend you fast for 16 hours and have an 8 hour eating window. Typically this means skipping breakfast and breaking your fast (hence breakfast) at lunch time, around 12ish.

However, if you are really hungry in the morning then have some porridge with berries or honey, or alternatively have a piece of fruit and a small cupped handful of nuts of your choice.

Sandwiches - pick a filling. Stuff it with salad and meat, don't hold back. Use the best quality bread and of course it's totally fine to use plenty of butter which is stacked full of essential vitamins for the body.

Regular Meal Plan - Week 6

	Breakfast	Lunch	Dinner
Monday	See Notes Below	Crustless Cheese & Ham Quiche	Chorizo & Mozzarella Gnocchi Bake
Tuesday		Burrito Bowl with Chipotle Black Beans	Creamy Honey Mustard Chicken with Ham & Mash
Wednesday		Crustless Cheese & Ham Quiche	Cottage Pie
Thursday		Greek Salad with Chicken	Fish Pie
Friday		Sandwich + Piece of Fruit	Cornflake Crusted Cod Goujons & 125g Oven Chips
Saturday		One-Tray All Day Breakfast	Oriental Steamed Fish
Sunday		The Ultimate Sausage Sandwich	Beef & Ale Puff Pastry Pie

We recommend you fast for 16 hours and have an 8 hour eating window. Typically this means skipping breakfast and breaking your fast (hence breakfast) at lunch time, around 12ish.

However, if you are really hungry in the morning then have some porridge with berries or honey, or alternatively have a piece of fruit and a small cupped handful of nuts of your choice.

Sandwiches - pick a filling. Stuff it with salad and meat, don't hold back. Use the best quality bread and of course it's totally fine to use plenty of butter which is stacked full of essential vitamins for the body.

Vegetarian Meal Plan - Week 1

	Breakfast	Lunch	Dinner
Monday	See Notes Below	Sandwich + Piece of Fruit	Veggie Toad in the Hole
Tuesday		Curried Carrot & Mixed Grains with Coriander Yoghurt	Spicy Moroccan Eggs
Wednesday		Sandwich + Piece of Fruit	Courgette & Chilli Carbonara
Thursday		Spicy Fried Rice & Mango Salad	Burnt Aubergine & Veggie Chilli
Friday		Burrito + Piece of Fruit	Sweet Potato & Peanut Curry
Saturday		Smashed Avocado on Toast	Bean & Halloumi Stew
Sunday		Huevos Rancheros Bagel	Lentil Bolognese

We recommend you fast for 16 hours and have an 8 hour eating window. Typically this means skipping breakfast and breaking your fast (hence breakfast) at lunch time, around 12ish.

However, if you are really hungry in the morning then pick a breakfast from our breakfast batch of recipes to have or have a piece of fruit and a small cupped handful of nuts of your choice.

Sandwiches - pick a filling. Stuff it with salad and meat, don't hold back.

How to reheat a Burrito:

Reheat burrito for one minute, then let it sit in the microwave for 45 seconds, so the heat spreads evenly. Repeat the reheating process for one minute, and then let your burrito sit for 30 seconds. Check fillings are warm (they should be...) and off you go.

Vegetarian Meal Plan - Week 2

	Breakfast	Lunch	Dinner
Monday	See Notes Below	Burrito + Piece of Fruit	Loaded Sweet Potato Skins
Tuesday		Sandwich + Piece of Fruit	Creamy Butternut Pasta
Wednesday		Veggie Quesadilla with Cheese	Tomato Penne with Avocado
Thursday		Burrito + Piece of Fruit	Spicy Peanut Pies
Friday		Burrito Bowl with Chipotle Black Beans	Smokey Sweet Potato Chilli
Saturday		Curried Eggs on Toast	Sweet & Sour Tofu
Sunday		Cheesy French Toast with Mushrooms	Vietnamese Salad

We recommend you fast for 16 hours and have an 8 hour eating window. Typically this means skipping breakfast and breaking your fast (hence breakfast) at lunch time, around 12ish.

However, if you are really hungry in the morning then pick a breakfast from our breakfast batch of recipes to have or have a piece of fruit and a small cupped handful of nuts of your choice.

Sandwiches - pick a filling. Stuff it with salad and meat, don't hold back.

How to reheat a Burrito:

Reheat burrito for one minute, then let it sit in the microwave for 45 seconds, so the heat spreads evenly. Repeat the reheating process for one minute, and then let your burrito sit for 30 seconds. Check fillings are warm (they should be...) and off you go.

Vegetarian Meal Plan - Week 3

	Breakfast	Lunch	Dinner
Monday	See Notes Below	Burrito + Piece of Fruit	Burnt Aubergine & Veggie Chilli
Tuesday		Spicy Fried Rice & Mango Salad	Courgette & Chilli Carbonara
Wednesday		Sandwich + Piece of Fruit	Spicy Peanut Pies
Thursday		Tikka Masala Chickpea Fritters	Creamy Beetroot Mustard Lentils
Friday		Burrito + Piece of Fruit	Peri-Peri Halloumi Burger
Saturday		Huevos Rancheros Bagel	Curried Root Vegetable Filo Pie
Sunday		Green Turkish Eggs	Creamy Broccoli Gnocchi

We recommend you fast for 16 hours and have an 8 hour eating window. Typically this means skipping breakfast and breaking your fast (hence breakfast) at lunch time, around 12ish.

However, if you are really hungry in the morning then pick a breakfast from our breakfast batch of recipes to have or have a piece of fruit and a small cupped handful of nuts of your choice.

Sandwiches - pick a filling. Stuff it with salad and meat, don't hold back.

How to reheat a Burrito:

Reheat burrito for one minute, then let it sit in the microwave for 45 seconds, so the heat spreads evenly. Repeat the reheating process for one minute, and then let your burrito sit for 30 seconds. Check fillings are warm (they should be...) and off you go.

Vegetarian Meal Plan - Week 4

	Breakfast	Lunch	Dinner
Monday	See Notes Below	Sandwich + Piece of Fruit	Sweet Potato & Peanut Curry
Tuesday		Burrito + Piece of Fruit	Veggie Parmigiana
Wednesday		Tikka Masala Chickpea Fritters	Bean & Halloumi Stew
Thursday		Curried Carrot & Mixed Grains with Coriander Yoghurt	Creamy Courgette Lasagne
Friday		Sandwich + Piece of Fruit	Veggie Toad in the Hole
Saturday		Smashed Avocado on Toast	Mediterranean Vegetable Puff Pastry
Sunday		American Pancakes	Lentil Bolognese

We recommend you fast for 16 hours and have an 8 hour eating window. Typically this means skipping breakfast and breaking your fast (hence breakfast) at lunch time, around 12ish.

However, if you are really hungry in the morning then pick a breakfast from our breakfast batch of recipes to have or have a piece of fruit and a small cupped handful of nuts of your choice.

Sandwiches - pick a filling. Stuff it with salad and meat, don't hold back.

How to reheat a Burrito:

Reheat burrito for one minute, then let it sit in the microwave for 45 seconds, so the heat spreads evenly. Repeat the reheating process for one minute, and then let your burrito sit for 30 seconds. Check fillings are warm (they should be...) and off you go.

Vegetarian Meal Plan - Week 5

	Breakfast	Lunch	Dinner
Monday	See Notes Below	Burrito + Piece of Fruit	Vegan three-bean chilli with potato jackets
Tuesday		Burrito Bowl with Chipotle Black Beans	Creamy Broccoli Gnocchi
Wednesday		Curried Carrot & Mixed Grains with Coriander Yoghurt	Bean & Halloumi Stew
Thursday		Sandwich + Piece of Fruit	Spicy Moroccan Eggs
Friday		Veggie Quesadilla with Cheese	Spanakopita
Saturday		Green Turkish Eggs	Veggie Toad in the Hole
Sunday		Smashed Avocado on Toast	Sweet Potato & Peanut Curry

We recommend you fast for 16 hours and have an 8 hour eating window. Typically this means skipping breakfast and breaking your fast (hence breakfast) at lunch time, around 12ish.

However, if you are really hungry in the morning then pick a breakfast from our breakfast batch of recipes to have or have a piece of fruit and a small cupped handful of nuts of your choice.

Sandwiches - pick a filling. Stuff it with salad and meat, don't hold back.

How to reheat a Burrito:

Reheat burrito for one minute, then let it sit in the microwave for 45 seconds, so the heat spreads evenly. Repeat the reheating process for one minute, and then let your burrito sit for 30 seconds. Check fillings are warm (they should be...) and off you go.

Vegetarian Meal Plan - Week 6

	Breakfast	Lunch	Dinner
Monday	See Notes Below	Sandwich + Piece of Fruit	Lentil Bolognese
Tuesday		Miso broccoli, egg & quinoa salad	Peri-Peri Halloumi Burger
Wednesday		Lentil fritters	Seitan & black bean stir-fry
Thursday		Sandwich + Piece of Fruit	Sweet potato cakes with poached eggs
Friday		Spicy Fried Rice & Mango Salad	Smokey Sweet Potato Chilli
Saturday		Huevos Rancheros Bagel	Creamy Butternut Pasta
Sunday		American Pancakes	Mediterranean Vegetable Puff Pastry

We recommend you fast for 16 hours and have an 8 hour eating window. Typically this means skipping breakfast and breaking your fast (hence breakfast) at lunch time, around 12ish.

However, if you are really hungry in the morning then pick a breakfast from our breakfast batch of recipes to have or have a piece of fruit and a small cupped handful of nuts of your choice.

Sandwiches - pick a filling. Stuff it with salad and meat, don't hold back.

How to reheat a Burrito:

Reheat burrito for one minute, then let it sit in the microwave for 45 seconds, so the heat spreads evenly. Repeat the reheating process for one minute, and then let your burrito sit for 30 seconds. Check fillings are warm (they should be...) and off you go.

Vegan Meal Plan - Week 1

	Breakfast	Lunch	Dinner
Monday	See Notes Below	Sandwich + Piece of Fruit	Vegan Carbonara
Tuesday		Curried Carrot & Mixed Grains with Coriander Yoghurt	Vegan Sausage & Mash
Wednesday		Sandwich + Piece of Fruit	Butternut Squash Pasta
Thursday		Spicy Fried Rice & Mango Salad	Burnt Aubergine & Veggie Chilli
Friday		Burrito + Piece of Fruit	Sweet Potato & Peanut Curry
Saturday		Smashed Avocado on Toast	Bean & Tofu Stew
Sunday		Curried Tofu Scramble	Lentil Bolognese

We recommend you fast for 16 hours and have an 8 hour eating window. Typically this means skipping breakfast and breaking your fast (hence breakfast) at lunch time, around 12ish.

However, if you are really hungry in the morning then pick a breakfast from our breakfast batch of recipes to have or have a piece of fruit and a small cupped handful of nuts of your choice.

Sandwiches - pick a filling. Stuff it with salad and meat, don't hold back.

How to reheat a Burrito:

Reheat burrito for one minute, then let it sit in the microwave for 45 seconds, so the heat spreads evenly. Repeat the reheating process for one minute, and then let your burrito sit for 30 seconds. Check fillings are warm (they should be...) and off you go.

Vegan Meal Plan - Week 2

	Breakfast	Lunch	Dinner
Monday	See Notes Below	Burrito + Piece of Fruit	Loaded Sweet Potato Skins
Tuesday		Sandwich + Piece of Fruit	Vegan Shepherds Pie
Wednesday		Veggie Quesadilla with Cheese	Tomato Penne with Avocado
Thursday		Sandwich + Piece of Fruit	Spicy Peanut Pies
Friday		Burrito Bowl with Chipotle Black Beans	Smokey Sweet Potato Chilli
Saturday		Vegan American pancakes	Sweet & Sour Tofu
Sunday		Black beans and avocado on toast	Vietnamese Salad

We recommend you fast for 16 hours and have an 8 hour eating window. Typically this means skipping breakfast and breaking your fast (hence breakfast) at lunch time, around 12ish.

However, if you are really hungry in the morning then pick a breakfast from our breakfast batch of recipes to have or have a piece of fruit and a small cupped handful of nuts of your choice.

Sandwiches - pick a filling. Stuff it with salad and meat, don't hold back.

How to reheat a Burrito:

Reheat burrito for one minute, then let it sit in the microwave for 45 seconds, so the heat spreads evenly. Repeat the reheating process for one minute, and then let your burrito sit for 30 seconds. Check fillings are warm (they should be...) and off you go.

Vegan Meal Plan - Week 3

	Breakfast	Lunch	Dinner
Monday	See Notes Below	Sandwich + Piece of Fruit	Burnt Aubergine & Veggie Chilli
Tuesday		Spicy Fried Rice & Mango Salad	Spicy Spaghetti with garlic mushrooms
Wednesday		Sandwich + Piece of Fruit	Spicy Peanut Pies
Thursday		Chickpea Salad	Creamy Beetroot Mustard Lentils
Friday		Burrito + Piece of Fruit	Vegan Burger + 125g Oven Chips
Saturday		Curried Tofu Scramble	Curried Root Vegetable Filo Pie
Sunday		Vegan French Toast	Vegetable Tagine

We recommend you fast for 16 hours and have an 8 hour eating window. Typically this means skipping breakfast and breaking your fast (hence breakfast) at lunch time, around 12ish.

However, if you are really hungry in the morning then pick a breakfast from our breakfast batch of recipes to have or have a piece of fruit and a small cupped handful of nuts of your choice.

Sandwiches - pick a filling. Stuff it with salad and meat, don't hold back.

How to reheat a Burrito:

Reheat burrito for one minute, then let it sit in the microwave for 45 seconds, so the heat spreads evenly. Repeat the reheating process for one minute, and then let your burrito sit for 30 seconds. Check fillings are warm (they should be...) and off you go.

Vegan Meal Plan - Week 4

	Breakfast	Lunch	Dinner
Monday	See Notes Below	Sandwich + Piece of Fruit	Sweet Potato & Peanut Curry
Tuesday		Burrito + Piece of Fruit	Veggie Parmigiana
Wednesday		Burrito Bowl with Chipotle Black Beans	Vegan curried coconut stew
Thursday		Curried Carrot & Mixed Grains with Coriander Yoghurt	Vegan Pad Thai
Friday		Sandwich + Piece of Fruit	Vegan Biryani
Saturday		Smashed Avocado on Toast	Mediterranean Vegetable Puff Pastry
Sunday		Vegan American pancakes	Lentil Bolognese

We recommend you fast for 16 hours and have an 8 hour eating window. Typically this means skipping breakfast and breaking your fast (hence breakfast) at lunch time, around 12ish.

However, if you are really hungry in the morning then pick a breakfast from our breakfast batch of recipes to have or have a piece of fruit and a small cupped handful of nuts of your choice.

Sandwiches - pick a filling. Stuff it with salad and meat, don't hold back.

How to reheat a Burrito:

Reheat burrito for one minute, then let it sit in the microwave for 45 seconds, so the heat spreads evenly. Repeat the reheating process for one minute, and then let your burrito sit for 30 seconds. Check fillings are warm (they should be...) and off you go.

Vegan Meal Plan - Week 5

	Breakfast	Lunch	Dinner
Monday	See Notes Below	Sandwich + Piece of Fruit	Vegan three-bean chilli with potato jackets
Tuesday		Burrito + Piece of Fruit	Curried tofu wraps
Wednesday		Sandwich + Piece of Fruit	Red lentil pasta with creamy tomato & pepper sauce
Thursday		Sandwich + Piece of Fruit	Sweet Potato & Peanut Curry
Friday		Burrito Bowl with Chipotle Black Beans	Vegan Carbonara
Saturday		Tofu scramble on toast	Smokey Sweet Potato Chilli
Sunday		Vegan French Toast	Bean & Tofu Stew

We recommend you fast for 16 hours and have an 8 hour eating window. Typically this means skipping breakfast and breaking your fast (hence breakfast) at lunch time, around 12ish.

However, if you are really hungry in the morning then pick a breakfast from our breakfast batch of recipes to have or have a piece of fruit and a small cupped handful of nuts of your choice.

Sandwiches - pick a filling. Stuff it with salad and meat, don't hold back.

How to reheat a Burrito:

Reheat burrito for one minute, then let it sit in the microwave for 45 seconds, so the heat spreads evenly. Repeat the reheating process for one minute, and then let your burrito sit for 30 seconds. Check fillings are warm (they should be...) and off you go.

Vegan Meal Plan - Week 6

	Breakfast	Lunch	Dinner
Monday	See Notes Below	Chickpea Salad	Sweet & Sour Tofu
Tuesday		Spicy Fried Rice & Mango Salad	Vegan curried coconut stew
Wednesday		Sandwich + Piece of Fruit	Vegan ragu
Thursday		Burrito + Piece of Fruit	Loaded Sweet Potato Skins
Friday		Lentil Fritters	Seitan & black bean stir-fry
Saturday		Smashed Avocado on Toast	Mediterranean Vegetable Puff Pastry
Sunday		Sandwich + Piece of Fruit	Vegan Biryani

We recommend you fast for 16 hours and have an 8 hour eating window. Typically this means skipping breakfast and breaking your fast (hence breakfast) at lunch time, around 12ish.

However, if you are really hungry in the morning then pick a breakfast from our breakfast batch of recipes to have or have a piece of fruit and a small cupped handful of nuts of your choice.

Sandwiches - pick a filling. Stuff it with salad and meat, don't hold back.

How to reheat a Burrito:

Reheat burrito for one minute, then let it sit in the microwave for 45 seconds, so the heat spreads evenly. Repeat the reheating process for one minute, and then let your burrito sit for 30 seconds. Check fillings are warm (they should be...) and off you go.

Copyright © 2023 by Boost Your Body

All rights reserved.

No portion of this book may be reproduced in any form without written permission from the publisher or author, except as permitted by U.K. copyright law.

Pictures are for inspiration and not necessarily what your efforts should look like, everyone's will look different.

Recipes have been drawn from multiple sources to provide a collection best suited for BYB Clients. We'd like to thank all contributors for helping us make a positive impact on women's health.

V10.1