

YOUR BIGGEST LOSER 6 WEEK HEALTHY EATING PROGRAMME

NOTE: Mix the days up so it suits your diary and Bootcamp training Days if you like:

- Add spices or small amount of salt per meal. NO Mayo/ketchup etc! Only mustard if you like it!
- Drink a minimum 4/5 litres of water daily
- This is your standard daily diet



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Week one	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Meal 1- Breakfast 15 minutes after have 1 - omega 3,6,9 1 - cod liver oil 1 - multi vitamin 1 - vitamin c tablet	80g dry oats with water 12 x blueberries 1 medium egg 3 medium egg white add onion & pepper 1 x cup of green tea	80g Porridge with water or half skimmed milk and half water	80g dry oats with water 12 x blueberries 1 medium egg 3 medium egg white add onion & pepper 1 x cup of green tea	40/60 g Swiss-style muesli with fruit and yoghurt	80g dry oats with water 12 x blueberries 1 medium egg 3 medium egg white add onion & pepper 1 x cup of green tea	80g Porridge with water or half skimmed milk and half water	Scrambled eggs on wholegrain toast with grilled toast tomatoes and mushrooms
Meal 2 - Mid Morning	350g sweet potato 150g mixed veg 1 pineapple slice 1 x omega 3,6,9 tab	140g Couscous 1/2 pack tilda brown rice 100g mixed veg 1 omega 3,6,9 tablet	350g sweet potato 150g mixed veg 1 pineapple slice 1 x omega 3,6,9 tab	150g Couscous 1/2 pack tilda brown rice 100g mixed veg 1 omega 3,6,9 tablet	350g sweet potato 150g mixed veg 1 pineapple slice 1 x omega 3,6,9 tab	Cashew and vegetable stir-fry with 1/2 a packet brown rice or wholegrain rice	350g sweet potato 150g mixed veg 1 pineapple slice 1 x omega 3,6,9 tab
Meal 3 - Lunch	1 pack tilda brown rice mixed with an egg 150g mixed veg 1 omega 3,6,9 tablet	Couscous, roasted vegetable and feta cheese salad	1 pack tilda brown rice mixed with an egg 150g mixed veg 1 omega 3,6,9 tablet	Wholemeal pita bread with hummus and salad	1 pack tilda brown rice mixed with an egg 150g mixed veg 1 omega 3,6,9 tablet	Roast veg salad with grilled peppers and courgettes, mushrooms	Mixed salad with crusty bread and Couscous
Meal 4 - Mid Afternoon	350g sweet potato 150g mixed veg / salad 1 pineapple ring 1 x omega 3,6,9 tab	250g sweet potato 100g mixed veg 1 pineapple slice 1 x omega 3,6,9 tab	350g sweet potato 150g mixed veg / salad 1 pineapple ring 1 x omega 3,6,9 tab	100g feta cheese 250g sweet potato 100g mixed veg 1 pineapple slice 1 x omega 3,6,9 tab	350g sweet potato 150g mixed veg / salad 1 pineapple ring 1 x omega 3,6,9 tab	250g stir fry such as 2 eggs Mixed veg Peppers mushrooms 1 packet brown rice and some pine nuts	4 egg omelette 1 full egg 3 egg whites 1/2 pack tilda brown rice 100g mixed veg 1 omega 3,6,9 tablet
Meal 5 - Dinner	250g stir fry such as 2 eggs Mixed veg Peppers mushrooms 1 packet brown rice	Cashew and vegetable stir-fry with 1/2 a packet brown rice or wholegrain rice	250g stir fry such as 2 eggs Mixed veg Peppers mushrooms 1 packet brown rice and some pine nuts	baked sweet potato and vegetables maybe some feta cheese	250g stir fry such as 2 eggs Mixed veg Peppers mushrooms 1 packet brown rice	Low-fat Thai green curry with prawns and brown rice	wholemeal, pasta with roasted vegetables
Meal 6 - Before Bed	150g cottage cheese 8 almonds	Sliced mango with blue berries	150g cottage cheese 8 almonds	Low-fat fruit yogurt	150g cottage cheese 8 almonds	Fresh fruit slices	Air-popped plain popcorn
Extra Substitutes	- Fresh fruit slices - Low-fat fruit yogurt	- Hummus with vegetable batons - Fat-free frozen yoghurt	- Handful of seeds or nuts - Homemade fruit Crumble	- Air-popped plain popcorn - Sliced mango with raspberries	- Two oatcakes with 1 tsp peanut butter - Mixed Berries	- Red pepper and spring onion dip with vegetable batons - Sugar-free jelly	- Mango and passion-fruit brulee