

5 day healthy meal plan

Day 1



BREAKFAST

FRUIT AND FIBRE CEREAL + SEMI-SKIMMED MILK
1 GLASS ORANGE JUICE



LUNCH

OMELETTE AND MIXED SALAD



DINNER

CHICKEN AND VEGETABLE STIR FRY

SNACKS

**ANY FRUIT INCLUDING APPLE, PEAR, ORANGE,
KIWI, PINEAPPLE**
UNSALTED NUTS

Day 2



BREAKFAST

TOAST WITH BUTTER AND JAM OR MARMALADE

LUNCH

CHICKEN AND SWEETCORN JACKET POTATO

DINNER

TUNA AND VEGETABLE PASTA BAKE



SNACKS

WHOLEMEAL PITTA WITH HUMMUS

1 YOGURT



Day 3



BREAKFAST

2 WEETABIX WITH CHOPPED BANANA. 1 GLASS ORANGE JUICE

LUNCH

VEGETABLE SOUP AND SPAGHETTI BOLOGNAISE

DINNER

CHICKEN FAJITAS



SNACKS

1 YOGURT

2 RICE CAKES WITH PEANUT BUTTER

Day 4



BREAKFAST

**PORRIDGE WITH BLUEBERRIES AND CHOPPED BANANA. 1 GLASS
ORANGE JUICE**

LUNCH

TURKEY WITH STEAMED VEGETABLES AND SWEET POTATO

DINNER

SALMON FILLET WITH MASHED POTATO AND GREEN BEANS.

SNACKS

FRUIT

HANDFUL OF NUTS



Day 5



BREAKFAST

SCRAMBLED EGGS ON 2 TOAST PLUS ONE GLASS OF ORANGE JUICE



LUNCH

TUNA PASTA SALAD

DINNER

LAMB CASSEROLE WITH VEGETABLES AND BABY POTATOES

SNACKS

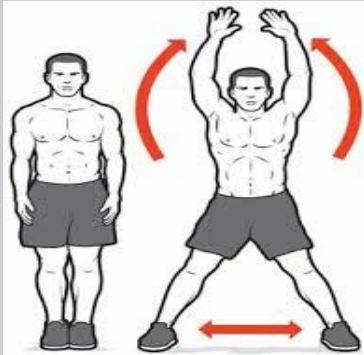
RAW VEGGIES

CEREAL BAR

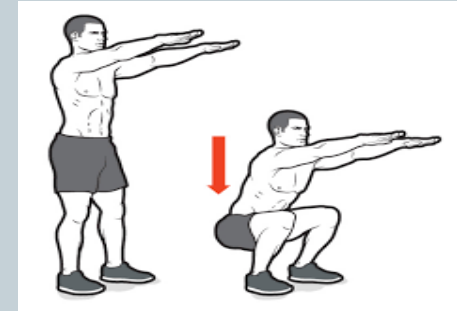


5 day exercise plan

Monday – Circuit training



20 Jumping jacks



10 squats

10 push ups (Full or on knees)



10 Burpees

10 crunches



Repeat 2-3 times
Rest between sets for 2 – 3 minutes
Do circuit once if a beginner



Tuesday – Cardio training



25 minute jog outside or on a treadmill

**Try to keep a steady pace for the entire duration
so not to tire so quickly**

**If a beginner run for 2 minutes rest for 2 minutes
and repeat**

**If more advanced gradually increase time of jog
to 30 minutes**

Wednesday – Resistance training



Bicep curls - 10-15 with a dumbbell or 2 cans if this is not available

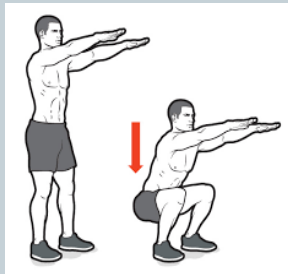


Lunges - 10 on each leg

Tricep dips - 10 on a chair or bench



Squats - 10-15 with one dumbbell in each hand



Wall sit 30 secs



Repeat 2-3 times and rest 2-3 minutes between each circuit

Thursday – Core training



10 crunches

10 leg raises

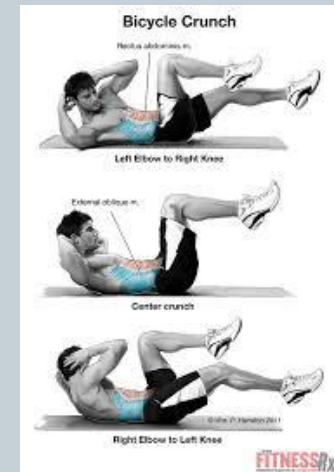


30 sec front plank

30 sec side plank



20 bicycle crunches



Repeat 3 times with 30secs - 1 min rest between exercises

Friday – Cardio training



25 - 30 min jog at steady pace

Or

25 - 30 min bike ride

Or

Swim 30 - 40 lengths of a 50m swimming pool

