

THE FITNESS STUDIO

Boutique Personal Training

3 Day Healthy Eating Plan

Breakfasts

Day 1

Protein Booster oats: 70g of oats, 300ml of Unsweetened Almond or Soya milk, 2 tablespoon of almond butter, and 1 teaspoon of honey –

Next step cook Oats and milk in pan until it thickens then transfer to a bowl and add rest of ingredients.

Day 2

Simple healthy smoothie: 1 banana, 200g of Alpro Plain yoghurt, 1 tablespoon of Almond butter, 1 tablespoon of linseed seeds, and 200ml of unsweetened almond milk/Soya

Next Step add all ingredients to smoothie make and blend

Day 3

1 slice of Wholegrain bread or Rye bread with eggs and fruit: 2 small or medium sized eggs, 3 tbsps of blueberries

Next Step Dry fry eggs in frying pan, toasted Rye bread and then top with blueberries

Lunches

Day 1

Chickpea salad with avocado: 180g of canned chickpeas mixed with 200g Alpro Plain yoghurt, 1 tablespoon of sliced almonds, soy sauce to taste, lemon juice, and salt and pepper on top of bed of lettuce with 1/2 avocado

Day 2

Tuna, veg, quinoa salad: small handful mixed lettuce, 8 to 10 cherry tomatoes, 4 raw mushrooms, 90g cup of cooked quinoa, cook as per instructions, 1 can of tuna, 1 tablespoon of fat-free mayo, 3 tbsps of sliced almonds, and apple cider vinegar or balsamic vinegar for dressing

Day 3

Protein sweet potato: 1 sweet potato (about 5 inches long), 1 can of tuna, 1 small or medium sized egg sunny-side-up egg (to put on top), 1/2 avocado, and tomato and cucumber slices

Dinners

Day 1

1 stuffed pepper and veg: 100 grams (3.5 ounces) of cooked roasted chicken breast, mixed with 1/2 mashed avocado, salt, pepper, and lemon — stuff mix into a bell pepper, eat with 300g cups of steamed broccoli or vegetable of choice on the side

Day 2

Good for you Burger: 100 grams (3.5 ounces) lean ground beef (made into a burger shape) crumbled and sliced tomato, lettuce, and onions, on a small whole-wheat bun or sandwich thin. Side of 1 cup of steamed vegetables.

Day 3

Tofu, noodles, and veg: 250g of tofu (measured raw), marinated in soy sauce, mix with desired spices; serve over 75g cooked wheat free spaghetti, with a large serving of steamed vegetables

Shopping list

1kg wholegrain oats
Small loaf of wholegrain or 1 pack Rye bread
2 X 1 IL Unsweetened Almond or Soya milk which can be used with hot drinks
1 jar Almond butter
1 bottle or honey
1 banana,
2 x 150g or 200g pot of fat-free Greek yoghurt
1 small bag inseed seeds
1 sweet potato (about 5 inches long
1 can of tuna
2 avocados
1 pack tomato
1 cucumber
1 pack of fresh or Frozen Blueberries
1 red pepper
1 fresh broccoli
1 sweet potato (about 5 inches long)
2 lemons
2 cans of Tuna
1 red onion
1 bag Quinoa
1 large bag mixed lettuce
4 mushrooms
1 jar fat-free mayo
1 jar of low salt soya sauce
1 bag sliced almonds,
1 jar apple cider vinegar or balsamic vinegar for dressing
1 can Chickpea
100 grams lean beef mince (3.5 ounces)
100 grams (3.5 ounces) chicken breast
1 small whole-wheat bun or 1 pack of wholegrain/wholemeal sandwich slices
1 bag vegetables
1 pack/box Tofu
1 pack wheat free spaghetti