

WEEK 1

*** (All products are to be weighed raw. Meals should be eaten 1 hour before training or 30 minutes after training. 2-3L of water intake is required every day.***

DAY 1 BREAKFAST

50g Oats + 15g Dried apricots



(Add 1/2 – 1 cups of water to your oats and cover it with the lid to boil. Boil 10-15 min until the water has evaporated and perfect consistency is found then add 10g fat free / low fat milk and Add the apricots. Mix together and enjoy.

SNACK

1 Grated carrot + 1 grated apple +15g Walnuts.



Grate the carrot and apple and add your walnuts to it!

LUNCH

150g Chicken breast boiled. Add 1 carrot, 1 onion and 1 bayleaf. Boil together for 30 min. + 50g Boiled brown rice. Boil on slow heat 25-30 minutes. Add 50g Spinach and add some fresh garlic + olive oil fry it in a pan for 30-45 seconds then start adding in the spinach to your stew. Slowly keep adding it in until it is soft. Add black pepper to it.



SNACK

150ml of Broccoli and Cauliflower soup.



DINNER

100g Baked Cod. Cut fish into steaklets add salt and pepper to it. Make a sauce: Mustard + tomato puree (Put on steaks) bake in the oven for +- 40 min on 180C. Add steamed broccoli, steam for 10-15 minutes.



DAY 2

BREAKFAST

Omelette of 3 eggs only using 1 egg yolk and 3 egg whites. Mix the eggs and cover with a lid on slow heat and add a bit of salt. You will also have 1 baby cucumber , 1/2 a tomato and 1 green apple.



SNACK

100g Fat free cottage cheese + 1 slice Rye bread + 1 kiwi



LUNCH

100g Steamed chicken meatballs (Flattened). Blend chicken breast, 1 egg, a bit of onion (30g) and add a bit of salt, pepper and herbs to the mixture. Make meatballs and either steam it in the steamer or boil in water for 30 min. Add + 50g Quinoa (Steam in a bit of water for 7 minutes) + 50g steamed green beans.



DINNER

100g Fresh salmon made on the grill. Add lemon, black pepper and salt for taste. + 100g baby marrow stew. (Cut marrows into pieces, add basil leaves, herbs and salt. Add all together in a bowl and bake in the oven for 30 min until soft.



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DAY 3

BREAKFAST

70g Bulgar wheat. Wash off the wheat, dry it then fry it for 5-10 minutes in some olive oil. Add 2x cups water, put the lid on boil and stir every now and then. Cook time 20min. Leave it to settle after cooking and removing excess water for 10 minutes after being boiled. + 20g walnuts



SNACK

100g Grated apple + 100g grated carrot + 30g walnuts



LUNCH

150g Turkey drumstick (without skin) add salt and garlic and wrap it in foil. Put in the oven on the lowest rack and bake 1 to 1 ½ hours on 180C. + 50g boiled brown rice + 100g Steamed baby marrow and carrot.



SNACK

150ml of Broccoli and Cauliflower soup.

50g broccoli + 50g cauliflower + water) – Put it In a pan with water and boil.

50g carrot + onion. Fry carrot and onion together for 5 minutes. Blend together all vegetables , add it into the left over water from the cauliflower and broccoli and boil for 2-3 min. Add dill to taste.



DINNER

100g Baked Hake + 100g steamed broccoli



DAY 4

BREAKFAST

70g Oats + 100g Raspberries



SNACK

Omelette with 3 eggs (only using 1 yolk) + 1 apple



LUNCH

100g Cod / hake grilled + 50g wild or brown rice + 50g steamed broccoli



SNACK

Soup: Carrot and cauliflower soup 200ml. Add carrots, cauliflower some salt and pepper to a pot with water and boil. Blend after and enjoy



DINNER

150g Beef meatballs either steamed or boiled in water. Take beef mince, add 1 egg and salt. Make meatballs and steam + 50g green peas steamed / boiled - no salt added.



DAY 5

BREAKFAST

70g Oats add a bit of salt if you want. + 30g Dried apricots



SNACK

1 Boiled egg + 1 Rice cake + 150g Salad made with lettuce, tomato, cucumber and onions. You can add salt and black pepper.



LUNCH

150g Baked trout + 50g boiled brown rice + 50g fresh celery +50g fresh green pepper.



SNACK

Soup: 150ml Baby marrow and carrot soup + 1 Rice cake. Boil baby marrow and carrot in some water, add a bit of salt when cooked and blend together.



DINNER

100g Boiled chicken breast + 1 carrot + 1 onion + 1 bayleaf. Add salt and black pepper. + 100g Salad made with lettuce, tomato, cucumber and onions.



DAY 6

BREAKFAST

130g grated carrot + 30g prunes + 20g hazelnuts



SNACK

70g brown rice+ a little bit of milk(fat free) + salt. Boil and add milk like a porridge + 1 red apple.



LUNCH

100g Steamed chicken meatballs + 50g whole wheat pasta + 100g Salad like before.



SNACK

Soup: Cauliflower and broccoli soup + 1 Rice cake.



DINNER

100g Baked lean beef or grilled + 100g baked asparagus.



DAY 7

BREAKFAST

Omelette from 3 eggs using only 1 yolk + tomato + basil + 1 slice Rye bread.



50g Oats + 30g Dried apricots + 1 peach



LUNCH

150g Grilled Calamari tubes. Add yellow pepper and onion . Put it all in an Oven dish and sprinkle some salt and pepper and bake / grill together for 15 – 20 minutes on 180C. + 50g brown rice + 50g Salad from before with lettuce etc.



SNACK

Soup: 150 ml Spinach and broccoli soup. Boil it together for 20 min, blend it and add some water if needed.



DINNER

150g Salmon grilled and served with 1 baby cucumber and 1 tomato.

