



SUMMER TRANSFORMATION - NUTRITION PLAN

Goals of the Plan

The outcome goal of this plan is Fat loss. The aim of this is to add structure and variety to your plan whilst keeping it simple and sustainable over the next 8 weeks.

7 Daily Habits

1. Include 1-2 fist size portions of Protein in every meal
2. Include 1-2 handfuls of Fruit and or veg in every meal
3. Include 1 fist size of carbohydrate at every meal
4. Include 1-2 thumb sized portion of fat at every meal
5. Drink 1 glass of water upon waking and at every meal thereafter
6. Limit caffeine after 2pm
7. Record your food via my fitness pal
8. Plan and prep your food the night before

The Plan

This plan is set up based around calorie intake and macronutrient splits. The first goal to hit is your calorie intake, we have 3 plans a 1200kcal, 1600kcal and a 2000kcal plan. Your trainer will advise on which plan is right for you.

Eating regular meals throughout the day has been proven to be the most effective way to reduce bodyfat however if this doesn't fit into your schedule you aren't doomed. An easy way to plan your food is divide your calorie intake by how many meals you will be consuming so for example the sample plan below is based on 4 feedings per day so at 1200kcal 4 meals would equal 300calories. You can do this for your macronutrients also for example 120g of protein divided by 4 equals 30g per meal.

Now we have outlined good habits and the bare bones of the plan I am going to give you some meal plan ideas. Below are examples of your calorie and macro intake. You can mix and match and substitute proteins and veg no problem – be careful to switch like for like and be mindful of calorie content. One plan is set up around someone with little prep time and busy schedule the other someone with a little more time or maybe the weekend.

1600 CALORIES

The following meal plans are based around 1200kcal per day with a macronutrient split of 40/30/30 which means –

Protein – 160g

Fats – 53g

Carbohydrate – 120 g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Meal 1								
warburton - bagel protein , 61 gram	160	24g	3g	9g	0mg	1mg	0g	3g
Godshall's Turkey Bacon Corrected - Turkey Bacon, 2 slice	90	--g	4g	12g	40mg	400mg	--g	--g
The Happy Egg Company - 1 egg white, 100 gram	66	0g	0g	16g	0mg	184mg	0g	0g
Organic Egg - Egg, 1 egg	70	1g	5g	6g	185mg	65mg	0g	0g
Meal 2								
USN - GF-1, 28 gram	102	1g	1g	20g	0mg	0mg	0g	0g
Tesco - Flat Peach, 2 Peach	76	15g	0g	2g	0mg	20mg	15g	3g
Organic - Organic Raspberries, 80 Grams	52	10g	1g	1g	--mg	1mg	4g	6g
Tesco - Almond, 15 g	88	1g	7g	3g	0mg	0mg	1g	2g
Meal 3								
Aldi - Parmesan, 20 g	80	0g	6g	7g	0mg	130mg	0g	0g
M&s In-store Bakery - Sourdough, 80 g	200	40g	1g	6g	--mg	416mg	3g	4g
Asds - Baby Gem Lettuce, 1 Lettuce	13	1g	0g	1g	--mg	--mg	1g	1g
Butchers - Chicken Breast Fillet, 150 g	159	0g	2g	36g	--mg	--mg	0g	0g
Meal 4								
Olive Oil, 1 tbsp	119	0g	14g	0g	0mg	0mg	0g	0g
Steak - Rump, 150 gm	188	0g	6g	33g	0mg	0mg	0g	0g
Sweet Potato, 150 gram	129	30g	0g	2g	0mg	82mg	7g	5g
Spinach - Raw, 1 cup	7	1g	0g	1g	0mg	24mg	0g	1g
Sainsbury's - Baby Plum Tomato, 80 g	16	2g	0g	1g	--mg	--mg	2g	1g
TOTAL:	1,615	126g	50g	156g	225mg	1,323mg	33g	26g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Meal 1								
USN - GF-1, 56 gram	203	2g	3g	40g	0mg	0mg	0g	0g
Lizis - Original Granola, 20 g	124	12g	7g	3g	0mg	0mg	2g	3g
Skyr Iceland - Icelandic Skyr, 250 grams	158	10g	1g	27g	--mg	--mg	10g	--g
Aldi - Blueberries, 80 g	46	11g	0g	1g	0mg	1mg	8g	2g
Meal 2								
Organic - Organic Raspberries, 100 Grams	65	12g	1g	1g	--mg	1mg	5g	7g
Tesco - Almond, 15 g	88	1g	7g	3g	0mg	0mg	1g	2g
USN - GF-1, 28 gram	102	1g	1g	20g	0mg	0mg	0g	0g
Meal 3								
Tesco - Flat Peach, 1 Peach	38	8g	0g	1g	0mg	10mg	8g	2g
Tesco - Piri Piri Chicken Breasts, 150 g	195	4g	4g	36g	--mg	360mg	3g	1g
Tesco (Uk) - Beetroot Salad, 100 g	66	10g	2g	1g	--mg	80mg	10g	3g
Meal 4								
Olive Oil, 1 tbsp	119	0g	14g	0g	0mg	0mg	0g	0g
Sweet Potato, 220 gram	189	45g	0g	3g	0mg	121mg	10g	7g
Tesco - Boneless Salmon Fillets , 1 fillet	205	0g	12g	25g	0mg	0mg	0g	0g
Spinach - Raw, 1 cup	7	1g	0g	1g	0mg	24mg	0g	1g
Sainsbury's - Baby Plum Tomato, 80 g	16	2g	0g	1g	--mg	--mg	2g	1g
TOTAL:	1,621	119g	52g	163g	0mg	597mg	59g	29g