



# 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.

# 2000 CALORIES

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

Protein – 200g

Fats – 66g

Carbohydrate – 150g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Meal 1</b>								
Lizis - Original Granola, 25 g	155	14g	9g	3g	0mg	0mg	3g	3g
Skyr Iceland - Icelandic Skyr, 300 grams	190	12g	1g	32g	--mg	--mg	12g	--g
USN - GF-1, 56 gram	203	2g	3g	40g	0mg	0mg	0g	0g
Aldi - Blueberries, 80 g	48	11g	0g	1g	0mg	1mg	8g	2g
<b>Meal 2</b>								
USN - GF-1, 56 gram	203	2g	3g	40g	0mg	0mg	0g	0g
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
<b>Meal 3</b>								
Tesco - Flat Peach, 2 Peach	78	15g	0g	2g	0mg	20mg	15g	3g
Tesco - Piri Piri Chicken Breasts, 200 g	280	6g	5g	48g	--mg	480mg	4g	1g
Tesco (Uk) - Beetroot Salad, 100 g	66	10g	2g	1g	--mg	80mg	10g	3g
<b>Meal 4</b>								
Olive Oil, 1.5 tbsp	179	0g	20g	0g	0mg	0mg	0g	0g
Sweet Potato, 300 gram	257	61g	0g	5g	0mg	165mg	14g	9g
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
<b>TOTAL:</b>	<b>2,016</b>	<b>149g</b>	<b>63g</b>	<b>203g</b>	<b>0mg</b>	<b>771mg</b>	<b>74g</b>	<b>32g</b>

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Meal 1</b>								
warburton - bagel protein , 122 gram	320	47g	6g	17g	0mg	1mg	0g	6g
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
<b>Meal 2</b>								
USN - GF-1, 56 gram	203	2g	3g	40g	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
<b>Meal 3</b>								
M&s In-store Bakery - Sourdough, 80 g	200	40g	1g	6g	--mg	416mg	3g	4g
Aldi - Parmesan, 10 g	40	0g	3g	3g	0mg	65mg	0g	0g
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
<b>Meal 4</b>								
Olive Oil, 2 tbsp	239	0g	27g	0g	0mg	1mg	0g	0g
Steak - Rump, 200 gm	250	0g	8g	44g	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	18	2g	0g	1g	--mg	--mg	2g	1g
<b>TOTAL:</b>	<b>2,018</b>	<b>150g</b>	<b>67g</b>	<b>191g</b>	<b>225mg</b>	<b>1,259mg</b>	<b>33g</b>	<b>29g</b>