Create your own diet

Program objective			
Fat Loss	Weight Loss	Muscle gain	Toning

Key	
Veg	Any non-starchy veg
GT	Green Tea
BC	Black Coffee or Black Tea
HF	Handful

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Week 1

Day	Meal 1	Meal 2	Pre-workout	Post-workout	Snacks	Drinks	Water
Monday							2-3ltr
Tuesday							2-3ltr
Wednesday							2-3ltr
Thursday							2-3ltr
Friday							2-3ltr
Saturday							2-3ltr
Sunday							2-3ltr

Week 2

Day	Meal 1	Meal 2	Pre-workout	Post-workout	Snacks	Drinks	Water
Monday							2-3ltr
Tuesday							2-3ltr
Wednesday							2-3ltr
Thursday							2-3ltr
Friday							2-3ltr
Saturday							2-3ltr
Sunday							2-3ltr

Week 3

Day	Meal 1	Meal 2	Pre-workout	Post-workout	Snacks	Drinks	Water
Monday							2-3ltr
Tuesday							2-3ltr
Wednesday							2-3ltr
Thursday							2-3ltr
Friday							2-3ltr
Saturday							2-3ltr
Sunday							2-3ltr

Week 4

Day	Meal 1	Meal 2	Pre-workout	Post-workout	Snacks	Drinks	Water
Monday							2-3ltr
Tuesday							2-3ltr
Wednesday							2-3ltr
Thursday							2-3ltr
Friday							2-3ltr
Saturday							2-3ltr
Sunday							2-3ltr

Veg Types	Amount
Broccoli	
spinach	
Sweet potato	
peas	
legumes	
Swede	
Aspargus	
onion	
mushrooms	
any green veg	
stratchy carbs	

Carbs	Amount

Protein types	Amount
Chicken	
lean Beef	
white fish	
oily fish	
eggs	
yogurt	
other red meat, (lean)	
Other poultry	
whey Protein	

Extras/Treats