

Activ 8 Personal Training Ltd
David Hughes 07966 638 009

Weight Loss Eating Plan 2

- ∞ The following eating plan is based on approximately 1,750 Kcal per day.
- ∞ In addition to the foods listed you should include a minimum of 2 litres of fluid per day plus 1 litre for each hour of training. Each pre- & post-workout snack should be accompanied by 150-250 ml of water.

DAY 1

Breakfast

- 1 glass (150ml) fruit juice
- 1 wholemeal English muffin with low fat spread & a little honey
- 1 glass (150ml) skimmed milk or semi-skimmed milk

Snack

- 2 portions of fresh fruit.

Lunch

- Brown rice & chicken salad
- Vegetable crudité's (e.g. peppers, carrots & celery)
- 1 portion of fresh fruit
- 1 carton (150g) low calorie yoghurt

Pre-workout snack

- 1 large banana

Post-workout snack

- 1 slice of banana cake

Dinner

- 1 piece of fish, chicken or turkey
- 1 small portion of new potatoes
- 2-3 portions of fresh vegetables (e.g. broccoli, carrots & cauliflower)

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DAY 2

Breakfast

2 slices of wholemeal toast with low fat spread & sugar free jam.
1 portion of fresh fruit
1 carton (150g) low calorie yoghurt

Snack

1 portion of fresh fruit
1 low calorie muffin

Lunch

1 turkey breast
Large green salad with 1 tbsp low calorie Italian dressing
1 portion of fresh fruit.

Pre-workout snack

1 fruit or flapjack bar

Post-workout snack

50g dried fruit

Dinner

1 medium jacket potato (225g) with a little low fat cottage cheese
Mixed salad
1 portion of fresh fruit, chopped & mixed with
1 carton (150g) of low calorie yoghurt.

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DAY 3

Breakfast

1 medium bowl (50g) of wholegrain breakfast cereal.
200 ml skimmed milk or semi-skimmed milk
1 portion of fresh fruit.

Snack

1 carton (150g) of low calorie yoghurt.
1 thick slice of toast with low fat spread & marmite

Lunch

1 wholemeal pita bread with sliced turkey, chicken or ham
Side salad with 1 tbsp reduced fat dressing
2 portions of fresh fruit

Pre-workout snack

1 cereal bar

Post-workout snack

1 oatmeal muffin or 2 slices of malt loaf

Dinner

75 g wholemeal pasta (uncooked weight)
Vegetable low calorie pasta sauce
1 carton (150 g) low fat plain yoghurt with 100g of chopped fruit