



LEVEL UP 8 WEEK MEAL PLAN

Congratulations in choosing to make a change and kick start your fitness and fat loss!

This plan is a step by step guide and I advise you follow it 100%. This is NOT a diet! The idea is that the 8 weeks will give you the skills and knowledge to make this a life change.

During the 8 weeks you can contact me via txt or facebook with any problems or questions.

Why do I need to train? Can't I just eat better?

You could just opt to follow the meal plan – but to maximise results and build a great base to move forward, you need to weight train.

Training with resistance will not just make you physically stronger, 1lb of muscle will burn 50 calories a day! Whereas 1lb of fat will burn just 3.

What to expect

As you start your program you will start to feel better after a few days. Less bloated, better sleep and more energy. The quickest fat to come off will be your visceral fat (around your organs) so don't worry if the external results take a week or 2 to show.

Tracking Progress

Fortnightly measurements are the best way to track progress. Use the table below to keep record. Weighing should be done on the day before you start the program, at the end of week 3 and finally the end of week 8.

Take a few progress pictures of yourself. You don't need to show anybody. Just keep them on your phone.

It is important to measure yourself in the same place every time. Otherwise the measurements will be distorted.

Week	Right arm	Right leg	Waist	Chest	Right calf
1					
3					
5					
8					

Weight

Week 1

Week 4

Week 8

Meal Plan

Shopping list

To help you prepare and make things easy.

Meat

6 X Chicken breast

3 x Turkey breast

1 x 500g lean minced beef

2 x Salmon Fillets

4 x Tinned Tuna

Veg & Fruit

2 x Bags of spinach

2 x Packs blueberries

1 x Beetroot

2 x Leeks

1 x Bag of rocket

1 x Bundle of spring onion

1 x Stir fry veg big bag

1 x Pack of mushrooms

1 x pack of cherry tomatoes

4 x Sweet potatoes

Diary

18 eggs

1 x Natural yoghurt

1 x Feta cheese

1 x Almond milk

Others

1 x Loaf whole-wheat bread

1x Pesto

1 x Bag of almond nuts

1 x Protein tub (check for sugar)

1 x Pack of rice cakes

3 x Microwave basmati rice

1 x Fajita spices

1 x Fresh chillies pack

Drinks

1 x Green tea box

1 x Decaf tea bags box

Sweet treats

1 x 70% - 85% dark chocolate 150g

1 x Naked bars (9)

Drink at least 2 litres of water a day

Meal	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Breakfast	2x poached eggs, 1 whole wheat toast, handful spinach	3-4 tbsp. yoghurt, blueberries, nuts Protein shake	2 x poached eggs, 1 x toast, handful spinach	2 x poached egg, 1 x toast, handful spinach	3-4 tbsp. yoghurt, berries and nuts, protein shake	2 x poached egg, 1 x toast, handful spinach	2 x poached egg, 1 x toast, handful spinach
Lunch	Tuna crunch, 2-3 rice cakes, protein shake	Chicken, feta cheese, beetroot salad	Tuna crunch, 2-3 rice cakes, protein shake	Chicken, beetroot, feta cheese salad	Tuna Crunch, 2-3rice cakes, protein shake	Chicken, beetroot, feta cheese salad	Chicken, basmati rice, fajita spice
Dinner	Stir fry, 1 turkey breast ½ packet basmati rice	Salmon fillet, broccoli, 1 x sweet potatoes chips	Stir fry, 1 x turkey breast, ½ packet of basmati rice	Chilli with sweet potato, broccoli	Pesto salmon fillet, broccoli, sweet spud chips	Chilli with sweet potato, broccoli	Stir fry, 1 turkey breast, ½ packet basmati rice
Snacks	1 x 9 bar	2 -3 squares dark chocolate	1 x 9 bar	2 – 3 squares dark chocolate	1 x 9 bar	2 – 3 squares dark chocolate	1 x 9 bar 1 x protein shake
Drinks	Tea water	Tea water	Tea water	Tea water	Tea water	Tea water	Tea water

Recipes

Tuna Crunch

4 x tins of tuna, add chopped bundle of spring onion, handful of rocket, 5/6 chopped tomatoes, 1 tbsp. yoghurt, 1tbsp olive oil and a pinch of sea salt. Mix together until thick and moist. Serve with rice cakes. Put the whole lot in tuple ware box and stick in fridge.

Chicken, beetroot and feta cheese

Chop chicken, add handful of spinach and rocket. Slice 2 beetroots, 3 or 4 tomatoes then crumble 30g of feta cheese over. Again you can cook the all your chicken, once cooled put it in the fridge.

Chilli and sweet potato

Bake the potato, lean out the mince 200g for 1 serving. Add 1 tbsp. of fajita mix and a handful of spinach.

Stir fry

Use the stir fry bag, chopped leeks and 1 turkey breast diced. You can add soy sauce.

TRAINING PLAN

Ideally you will be a member of a gym, if not there is a home training program. But resistance (weight) training is by far a better option. If you do not know the exercises you can ask someone at your gym, use YouTube or ask me.

Day	Workout
Monday	Squat 3 x 15 Lat pull down 3 x 15 Seated row 3 x 12 Hamstring pull 3 x 10 Walking lunge 3 x 10m Sit ups 3 x 20
Tuesday	Walk or jog 40 mins
Wednesday	Military press 3 x 10 Side raise 3 x 15 Triceps pushdown 3 x 10 Bicep curls 3 x 20 Bent over row 3 x 10
Thursday	Walk or run 45mins
Friday	Deadlift 3 x 8 Straight leg deadlift dumbbell 3 x 10 Hip extension 3 x 15 Incline DB bench press 3 x 20 Press ups 3 x 10 Leg raise 3 x 20
Saturday	Rest
Sunday	Rest

Home workout

If you really need too, then use this home workout. Instead of the gym workouts. You still need to complete the walk/run days as in the table above.

Monday

Circuit. For 1 minute per exercise complete as many of each exercise as possible. Complete all exercises then take a 3-minute break and repeat another 2 times.

Squat

Press up

Static lunge

Leg raise

Burpee

Wednesday

50 Squats

30 static lunges per leg

30 Hip extensions

20 dips (off sofa)

Do this as many times as possible in 20 mins. Complete each exercise before moving to the next.

Friday

Press ups 5 x 10

Sit ups 5 x 10

Plank 1 min

Jump squat 5 x 15

Walking lunge 5 x 10m

Plank 1 min

Good luck

Good luck! Remember the meals and training go together. 8 weeks it will be worth it.