



FAT LOSS STARTER PACK

roxypt-

BRISTOLPERSONALTRAINING.LIVE



1. USE A SMALLER PLATE





2. ONLY FOOD SHOP WHEN YOU'VE JUST EATEN AND NOT BEFORE



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3. TAKE A MINIMUM OF 15-20MINS TO EAT YOUR MEALS



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4. BIG GLASS OF WATER
BEFORE AND WITH EVERY
MEAL



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5. ALL MEALS BASED AROUND ONE OF THE FOLLOWING LEAN SOURCES OF PROTEIN: CHICKEN BREAST, 5% BEEF MINCE, LEAN BEEF BURGERS, BACON MEDALLIONS OR TURKEY BACON, HAM IS FINE, TURKEY IS A GOOD OPTION (BREAST , SAUSAGES, MEATBALLS, MINCE, STEAKS), TOFU, QUORN, SEITAN

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6. SWITCH COOKING OILS: OLIVE OIL FOR SPRAY OILS



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7. CONDIMENTS : NO MORE THAN A TBSP OF SAUCE





8. COOKING SAUCES: OPT FOR TOMATO BASED , IF YOU CHOOSE CHEESE BASED OR CREAMY BASED THEN MAKE IT YOURSELF OR CHOOSE A WEIGHT WATCHERS/LOW CALORIE OPTION IF YOU MAKE YOUR OWN CHEESE/CREAM SAUCE THEN SWITCH THE CREAMY INGREDIENT FOR QUARK, LOW FAT/NO FAT NATURAL OR GREEK YOGURT CARBONARA SAUCE RECIPE: 150G LOWER-FAT SOFT CHEESE WITH GARLIC AND HERBS 1 LARGE EGG 150ML 1% FAT MILK 40G REDUCED FAT PARMESAN OR REDUCED FAT MATURE CHEESE, FINELY GRATED 2 TBSP CHOPPED FRESH PARSLEY (OPTIONAL) GROUND BLACK PEPPER BEAT TOGETHER THE SOFT CHEESE AND EGG IN A MIXING BOWL, THEN STIR IN THE BACON AND SPRING ONIONS. ADD THE MILK, HALF THE CHEESE AND THE PARSLEY (IF USING). SEASON WITH SOME PEPPER.



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9. MAKE SURE HALF YOUR PLATE IS VEGGIES OR SALAD



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10. SNACKS: KEEP SNACKS TO 2-3 A DAY (1 PIECE OF FRUIT OR A HANDFUL OF BERRIES WILL BE EQUIVALENT TO HALF A SNACK) SNACKS - OPT FOR SNACKS THAT AROUND 100 ISH CALORIES, SUCH AS PROPER CORN, SMALL BAG SKINNY POP CORN/METCALLFES POPCORN, MULLER RICE, MULLER LIGHT, MINI SNACK PACK OF JAFFA CAKES, 3 BISCUITS, 3 LARGE JAFFA CAKES, 1 SMALL BAG POP CHIPS



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TAKEWAYS

LOW CALORIE OPTIONS:

MCDS: 1 CHEESBURGER, SMALL FRIES, HAPPY MEAL, OR 1 SMALL BURGER AND SMALL FRIES, 1 BOX CHICKEN NUGGETS AND SMALL FRIES, COKE ZERO

INDIAN: TANDOORI-COOKED MEAT OR JALFREZI OR MADRAS WITH CHICKEN, PRAWNS OR VEGETABLES, PLAIN RICE AND CHAPATTI.

DOMINOES: SMALL , THIN CRUST PIZZA, NO SIDES

KFC: RICE BOX SUBWAY: 6 INCH, TURKEY BREAST IS MUCH LEARNER AND LOWER IN CALORIES, AND SWEET ONION RELISH IS ONE FO THE LOWER CALORIE SAUCES

GREGGS: SAUSAGE ROLL OR MEXICAN ROLL

FISH AND CHIPS: SMALL PORTIONS OF FRIES, DON'T EAT ALL THE BATTER ON THE COD ITALIAN: SMALL OR MEDIUM PIZZAS WITH A THIN BASE AND VEGETABLE OR LEAN MEAT TOPPING, TOMATO-BASED PASTA SAUCES, BRUSCHETTA.



CHINESE: CRAB AND CORN SOUP, STEAMED DUMPLINGS, STEAMED VEGETABLES AND PLAIN BOILED RICE, STEAMED FISH, CHICKEN CHOP SUEY, SZECHUAN PRAWNS, BEEF BOILED RICE AND BROCCOLI THAI: CLEAR SOUPS SUCH AS TOM YUM, SALADS, STIR-FRIED MEAT, FISH OR VEGETABLE DISHES, AND STEAMED SEAFOOD DISHES, SUCH AS FISH OR MUSSELS

KEBAB: SHISH KEBAB WITH PITTA BREAD AND SALAD, GRILLED BURGERS MADE FROM LEAN FISH OR MEAT (BEEF OR WHOLE CHICKEN BREAST) AND WITHOUT CHEESE AND MAYONNAISE.



DRINKS:

BLACK COFFEE/BLACK AMERICANO COFFEE
SPLASH OF MILK- NO SUGAR

CUP OF TEA WITH SWEETENER

COKE ZERO, PEPSI MAX ,MONSTER ZERO- ANY OF
THEM- PURPLE, GREEN RED BULL ZERO ANY ZERO,
LOW KCAL, LOW SUGAR SOFT DRINK

HERBAL TEAS

BELGIAN OPTIONS HOT CHOC POWDER WITH
WATER OR MILK

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NEED MORE HELP?

WHATSAPP/TEXT ME ON: 07908774495
TO BOOK YOUR FREE **CONSULTATION**

OR EMAIL ME ON:
ROXANNESULIVAN89@ICLOUD.COM

DON'T FORGET TO FOLLOW ME ON INSTAGRAM:
**@ROXYPT_ AND ON FACEBOOK: ROXY PERSONAL
TRAINER**

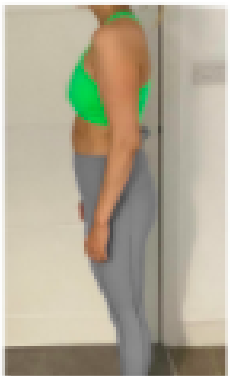
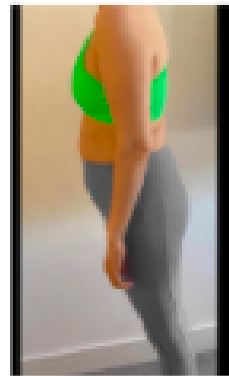
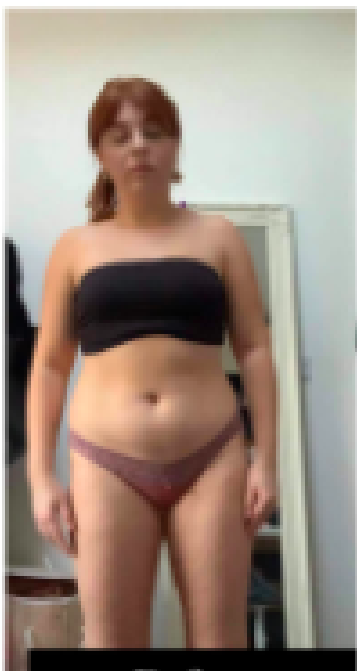
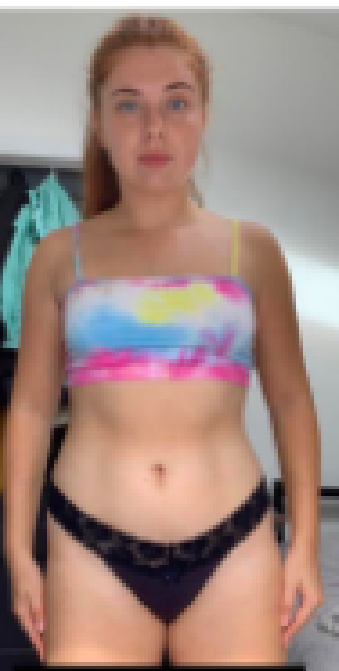
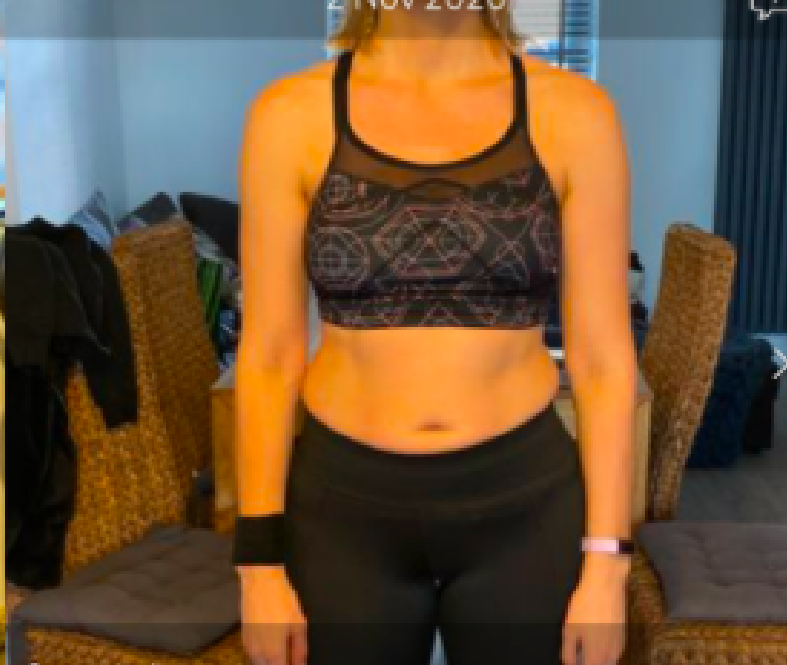
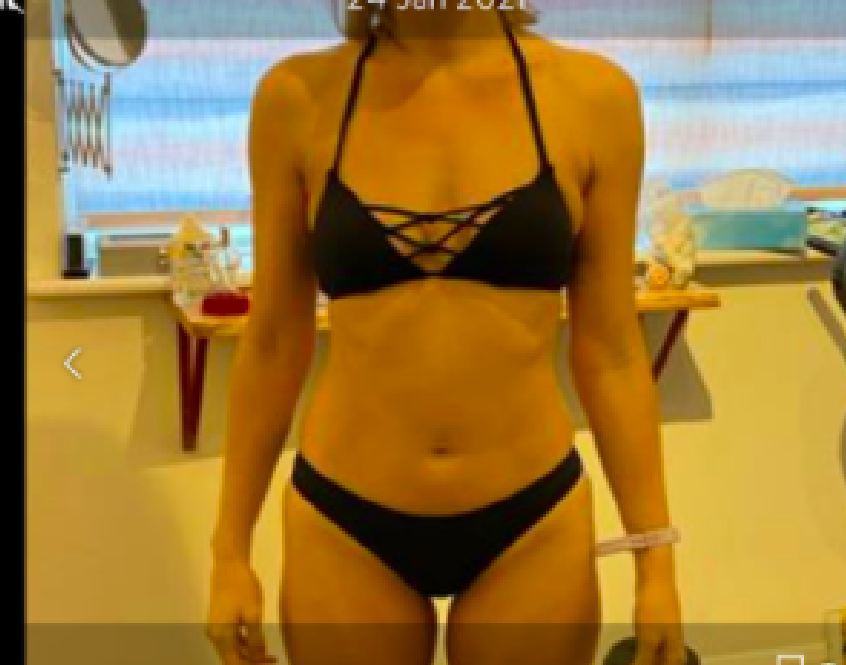
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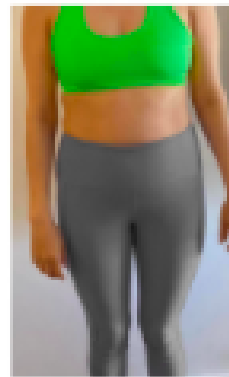
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21st May 2020

28th July 2020

AI



21st May 2020

28th July 2020

B'S JOURNEY



I started off at around about 92 kilos and I'm glad to say

B'S JOURNEY



that before Christmas I had managed get down to about 84 kilos so that's

WORKING IN THE NEW
@EL.OBSESSION GYMWEAR WITH A
CHEEKY LBT CLASS WITH @ROXYPT





COACHING BY ROXY:

-4 LIVE CLASSES PER WEEK

-1-1 TRAINING VIA ZOOM OR IN PERSON

-NUTRITION COACHING: CALORIE COUNTING/MEAL PLAN OR SMART DIETING

-AN APP WHERE YOU CAN TRACK YOUR WEIGHT, -ADD YOUR PHOTOS, ON DEMAND TRAINING

-CLIENT COMMUNITY WITH SUPPORT

LEARN HOW FAT LOSS WORKS AND MORE