



UNIT 13

WATER | WATER | WATER STAY ACTIVE

4 WEEK SHRED

THERE IS A GUIDE TO WHAT NOT TO EAT AND DRINK

YOU ALL KNOW HOW TO TRAIN HARD - BUT DIET AND HEALTHY EATING IS KEY.

**DRINK WATER - IDEALLY NOTHING ELSE
MEAL PREP!!!**

EXERCISE EACH DAY (EVEN WALKING/RUNNING)





UNIT 13: Be prepared



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THE KEY TO SUCCESS IN YOUR 8 WEEK TRANSFORMATION

AT UNIT 13 WE DON'T BELIEVE IN 'FAD DIETS' AND MUCH PREFER GIVING PEOPLE THE GUIDANCE AND INFORMATION TO MAKE HEALTHIER CHOICES AND RESULT IN A SUSTAINABLE DIET AND LONG LASTING RESULTS.

BY CONSCIOUSLY MAKING SMALL CHANGES TO IMPROVE YOUR LIFESTYLE, THE END RESULT IS GOING TO LAST AND RESULT IN A HEALTHIER YOU.

1. BE PREPARED

- MEAL PREPARATION IS KEY, PREPARE YOUR MEALS IN ADVANCE AND FOR THOSE DAYS WHERE YOU MIGHT SLIP AND NOT HAVE ANYTHING, YOU CAN ALWAYS BUY ONE OF OUR HEALTHY READY MEALS AVAILABLE FROM THE GYM. THESE INCLUDE THE MACRO'S % SO YOU CAN KEEP ON TRACK WITH YOUR PLAN.
- IT'S NOT ALL ABOUT FOOD, KEEP YOUR KIT IN THE CAR (MAKE SURE THAT YOUR GYM WEAR IS AT HAND). AND TRAINING GEAR IS READY.
- EVERY SUNDAY WE POST TO ASK MEMBERS TO BOOK ONTO THEIR CLASSES FOR THE WEEK, MAKE SURE TO BOOK YOUR CLASSES AND PT SESSIONS IN SO YOU ARE CLEAR FROM THE GET GO, WHAT DAYS YOU ARE TRAINING AND RESTING.

2. DO A WEEKLY SHOP

- MAKE SURE YOU DO A WEEKLY SHOP, STOCK PILE YOUR FRIDGE WITH IMPORTANT, HEALTHY FOODS TO STICK TO YOUR PLAN. AVOID SHOPPING ON A DAILY BASIS AND YOU ARE MORE LIKELY TO BUY THINGS YOU 'WANT' THEN YOU 'NEED'.

3. UNDERSTAND YOUR TRAINING

- IF YOU DO YOUR OWN TRAINING, MAKE SURE TO KNOW YOUR LIMITS AND USE THE CORRECT WEIGHTS TO REDUCE THE RISK OF INJURY.

4. BE CONSISTENT

- MAKE SURE YOU ARE CONSISTENT WITH YOUR LIFESTYLE APPROACH TO TRAINING, MEALS AND HYDRATION. YOU NEED TO CONTINUALLY DO THE RIGHT THING TO SUCCEED IN YOUR TRANSFORMATION.

5. H2O

- WATER IS KEY, STAY HYDRATED AND CONSUME AT LEAST 8-10 GLASSES OF WATER EACH DAY. IF YOU ARE INCREASING YOUR TRAINING, INCREASE YOUR WATER INTAKE

6. MEASURE YOUR PROGRESS

- WEIGH IN EACH FORTNIGHT
- AT UNIT 13 WE DON'T FOCUS ON THE SCALES, WE TAKE FORTNIGHTLY MEASUREMENTS AND WEIGHT DETAILS

7. GET INVOLVED

- USE THE WHATSAPP SUPPORT TO REACH YOUR PT AT ANY TIME, SHARE MEAL IDEAS AND GET SUPPORT FROM OTHERS ON THIS SAME JOURNEY
- USE OUR MEMBERS FACEBOOK GROUP TO BOOK ONTO VIRTUAL CLASSES AND JOIN IN ON THE FUN – OUR CLASSES ARE FUN AND WE ARE A GYM FAMILY





UNIT 13: Calorie defecit plan



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BURNING MORE CALORIES THAN YOU EAT IN A DAY IS REFERRED TO AS A "CALORIE DEFICIT" AND IS THE BASIS OF MANY WEIGHT-LOSS EQUATIONS. THE IDEA IS DAILY CALORIES IN MINUS DAILY CALORIES OUT = CALORIC DEFICIT. THE FIRST THING YOU NEED TO UNDERSTAND IS THAT ONE POUND OF FAT IS MADE OF ABOUT 3,500 OF EXTRA CALORIES.

CALORIES IN: THIS IS THE NUMBER OF CALORIES YOU CONSUME (DRINKS AND FOOD)

CALORIES BURNED: THIS IS THE NUMBER OF CALORIES BURNED INCLUDING CLASSES, JUST DAILY STEPS AND WALKING AROUND

WOMEN:

CALORIES IN PER DAY: 1200

DAILY CARLORIE BURN: 2500

MEN:

CALORIES IN PER DAY: 1500

DAILY CALORIE BURN: 3000



*IF YOU EXCEED THE DAILY CALORIE BURN PER DAY YOU CAN (IF YOU WISH) INCREASE YOUR CALORIE INTAKE TO MATCH, OR, IF YOU WANT A MORE EXTREME RESULT - DONT.

DAILY:

3 SOLID MEALS

2 SNACKS OR SHAKES

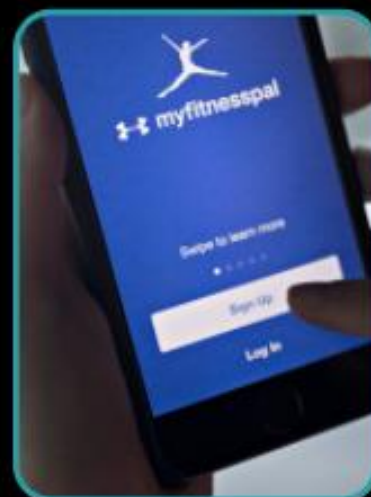
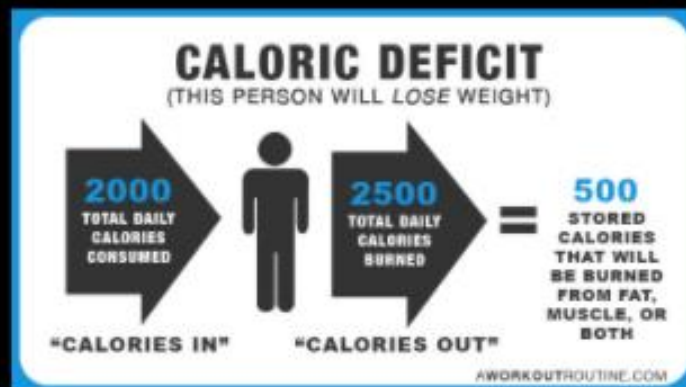
EXERCISE:

TWO WORK OUTS PER DAY -

THIS MAY BE A CLASS, SMALL GROUP SESSION
OR A RUN/30MIN+WALK

**EACH WEEK YOU MUST DO 2 SMALL GROUP
SESSIONS AND 4 BOOTCAMP CLASSES.**

TRACK YOU FOOD AND ACTIVITY....





UNIT 13: Shopping



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TIP: FILL YOUR PLATE WITH AS MUCH VEGETABLES AS YOU LIKE AND LOTS OF PROTEIN.

LEAN PROTEINS:

WHITE FLESHED FISH
PLAIN GREEK YOGHURT
BEANS, PEAS AND LENTILS
SKINLESS, WHITE-MEAT POULTRY
(TURKEY, CHICKEN)
LOW-FAT COTTAGE CHEESE
LEAN BEEF
POWDERED PEANUT BUTTER
LOW-FAT MILK
PORK LOIN
FROZEN PRAWNS
EGG WHITES

LOW GI FOODS (LOW CARBS): ONLY TO
BE TAKEN IF YOU HAVE CARBS IN YOUR
PLAN OR IF YOU HIT OVER YOUR DAILY
CALORIE BURN - IN SMALL QUANTITY.

OATMEAL, MUESLI
BROWN RICE
SWEET POTATO
CORN
BUTTER BEANS
LENTILS

MOST FRUITS AND NON-STARCHY
VEGETABLES AND CARROTS



SEASONING:

HERBS, SKINNY SAUCES (FROM THE
GYM), SOY, WORCHESTER SAUCE,
BALSAMIC, HOMEMADE TOMATO
SAUCE USING PUREE AND WORCHESTER

LOW CALORIE SWEETENERS!!!!

SWEETENER NOT SUGAR!

LOW SUGAR FRUITS:

PINEAPPLE
PEARS
BANANA
WATERMELON
APPLE
BERRIES (RASPBERRIES,
STRAWBERRIES, BLACKBERRIES)
KIWIS
GRAPEFRUIT
ORANGE
PEACH

GOOD FATS:

AVOCADO
EGGS
OILY FISH
NUTS
COTTAGE CHEESE
OLIVE OIL
NO FAT YOGHURT
COCONUT
TUNA
BACON (CUT THE FAT OFF)
ALMOND MILK



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UNIT 13: BOOZE



WATER | WATER | WATER

STAY ACTIVE

IT'S SIMPLY
NOT WORTH
IT - CHECK
OUT THE
DESTRUCTION
OF CHEATING!

HOW MANY CALORIES ARE IN YOUR DRINK?



BEER
12 ounces
153 calories
(103 calories for
light beer)



RED WINE
5 ounces
125 calories



WHITE WINE
5 ounces
121 calories



**80-PROOF
SPIRITS**
(gin, rum, vodka,
whiskey, tequila)
1.5 ounces
97 calories



CHAMPAGNE
4 ounces
84 calories



MARTINI
2.25 ounces
124 calories



COSMO
2.75 ounces
146 calories



MARGARITA
4 ounces
168 calories



MANHATTAN
3.5 ounces
164 calories



PIÑA COLADA
9 ounces
490 calories

SOURCES: NATIONAL INSTITUTES OF HEALTH, SHUTTERSTOCK

KARL TATE / © LiveScience.com



HIDDEN CALORIES IN BOOZE



195 cals

1 250ml glass
of wine



1 large slice
of Victoria
sponge



165 cals

1 double
vodka
and tonic



1 large
doughnut



280 cals

1 Pina Colada



2 puff pastry
sausage rolls



180 cals

1 pint of beer



4 Jaffa cakes



380 cals

2 glasses of
champagne



1 large slice of
chocolate cake



175 cals

1 bottle of
alcopop



1 slice of
pizza



**TIP: A GIN GLASS, ICE, CRUSHED
FRUIT AND TONIG FEELS LIKE A
GIN AND TONIG. MIND OVER
MATTER.**



UNIT 13: Supplements

WATER | WATER | WATER STAY ACTIVE



PROTEIN SUPPLEMENTS:

GETTING ENOUGH PROTEIN CAN BOOST YOUR METABOLISM, REDUCE YOUR APPETITE AND HELP YOU LOSE BODY FAT WITHOUT LOSING MUSCLE. PROTEIN SHAKES ARE AN EASY WAY TO ADD MORE PROTEIN TO YOUR DIET, AND HAVE BEEN SHOWN TO HELP WITH WEIGHT LOSS.

WE USE A TASTY DIET WHEY PROTEIN TO MAXIMISE OUR SUCCESS RATES ON OUR TRANSFORMATIONS. HAVING A PROTEIN SHAKE IN ADDITION TO MEAL PROTEINS CAN HELP YOU INCREASE YOUR PROTEIN INTAKE BALANCING OUT YOUR MACROS.

PROTEIN WILL HELP BUILD AND REPAIR YOUR MUSCLES TO MINIMISE THAT ACHY FEELING AFTER YOUR TRAINING SESSIONS. THIS PROTEIN MIXES PERFECTLY WITH WATER AND WILL AID RECOVERY AFTER WORKOUTS.

THIS PROTEIN IS VERY LOW IN CARBOHYDRATES AND WE STOCK THIS IN VANILLA, STRAWBERRY, CHOCOLATE AND CHOCOLATE MINT FLAVOURS.

£40 FOR 70 SERVINGS – 57P PER SHAKE





UNIT 13: Diet plan

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	MON	TUE	WED	THURS	FRID	SAT	SUN
	<i>No tea, coffee, juice, alcohol, pop – WATER ONLY or SKINNY COFFEE</i>						
BREAK Y	Scrambled eggs (ideally whites) with pepper and chopped tomatoes	Melon, mixed fruit and FAT FREE natural yoghurt	Ham omelette	Porridge with raspberry and mixed seeds	Poached eggs, crushed avocado, chopped tomato	Poached eggs, chopped tomatoes, 1xgrilled bacon (fat removed), 1 cup grilled mushroom	Mixed fruit salad
LUNCH	Hearts of lettuce stuffed with tuna, spring onion and sweetcorn	Homemade soup (veg)	Tuna salad (balsamic as dressing)	Homemade soup (veg)	Turkey salad	Grilled Lime Chicken over Salad	Chicken, salad in wholemeal tortilla wrap
SNACK	Mixed fruit or low calorie protein shake (made with water)						
DINNER	Courgetti spaghetti (made from scratch using passata, low fat mince and courgetti)	Grilled chicken with roasted veg and cous cous	Salmon fillet, ½ sweet potato (baked), 2 cups of green veg and roasted cherry tomato	Grilled turkey breast with roasted veg and brown rice	Homemade meatballs with courgetti spaghetti	Peri chicken, spicy rice and corn on the cob (no butter)	Sunday dinner: Meat & Veg No yorkies No potato A drizzle of gravy
	WATER WATER WATER						

WHAT

1,200 CALORIES

LOOKS LIKE (HIGH PROTEIN EDITION)



SPICY SPINACH &
MUSHROOM EGG CUPS



PUMPKIN SPICE
PROTEIN SHAKE



CHICKEN SALAD
LETTUCE WRAPS



PECAN CRUSTED SALMON



CHÈVRE STUFFED
STRAWBERRIES



CALORIES
167

FAT	SODIUM	CARBS	FIBER	SUGAR
8G	174MG	8G	3G	4G

CALORIES
255

FAT	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
7G	256MG	15G	4G	14G	33G

CALORIES
139

FAT	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
10G	140MG	10G	2G	6G	7G

CALORIES
183

FAT	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
1G	0MG	23G	3G	15G	23G

CALORIES
411

FAT	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
30G	312MG	10G	2G	1G	25G

 myfitnesspal

WHAT 1,200 CALORIES LOOKS LIKE IN A DAY

1/2 CUP OATMEAL WITH
WALNUTS & BLUEBERRIES



MEDITERRANEAN
CHICKEN SALAD



1/2 CUP COTTAGE
CHEESE & PEAR



SHRIMP TACOS



1/2 CUP CARROT STICKS,
HARD BOILED EGG &
4 WHOLE WHEAT CRACKERS



Meal Plan - 1,200 calories

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AFTER WAKING UP:

- HOT WATER W/ HALF SQUEEZED LEMON



BREAKFAST:

- 1 CUP SPECIAL K, 1 BANANA, 2 TBSP UNSWEETENED GREEK YOGHURT, 5 ALMONDS (SLICED), HERBAL TEA



SNACK:

- 1 DATE, OATMEAL AND WALNUT BALL + ICE WATER W/ LEMON



LUNCH:

- BAKED CHICKEN BREAST, 1 CUP STEAMED VEGETABLES, 1/2 CUP COOKED BROWN RICE, HERBAL TEA



SNACK:

- CELERY W/ HOME-MADE LOW-FAT HOMOUS



DINNER:

- GRILLED SALMON, 1/2 CUP QUINOA, 1 CUP STEAMED VEGETABLES, HERBAL TEA



DESSERT:

- 1/2 BANANA, 1/2 CUP RASPBERRIES, BLENDED



WHAT

1,500 CALORIES

LOOKS LIKE IN A DAY: FALL EDITION



ACORN SQUASH EGG IN A HOLE
2 Servings

**MOROCCAN CHICKPEA
CHILI AND ROASTED FALL
VEGETABLE SALAD**

**1 MEDIUM APPLE + 1 OUNCE
WHITE CHEDDAR CHEESE**



CALORIES
314

FAT	CARBS	FIBER	SUGAR	PROTEIN
17.6g	24g	4g	0g	18g

CALORIES
445

FAT	CARBS	FIBER	SUGAR	PROTEIN
19.5g	64g	15g	15g	10.7g

CALORIES
190

FAT	CARBS	FIBER	SUGAR	PROTEIN
9g	30g	4g	16g	6g

**ONE-PAN ROASTED
CHICKEN & PEARS**

**COCOA & PEANUT
BUTTER OAT BALLS**



CALORIES
465

FAT	CARBS	FIBER	SUGAR	PROTEIN
25g	35g	7g	18g	27g

CALORIES
93

FAT	CARBS	FIBER	SUGAR	PROTEIN
4g	13g	2g	3g	3g