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# THE 12 CORE PILLARS TO ULTIMATE SUCCESS

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# THE 12 CORE PILLARS

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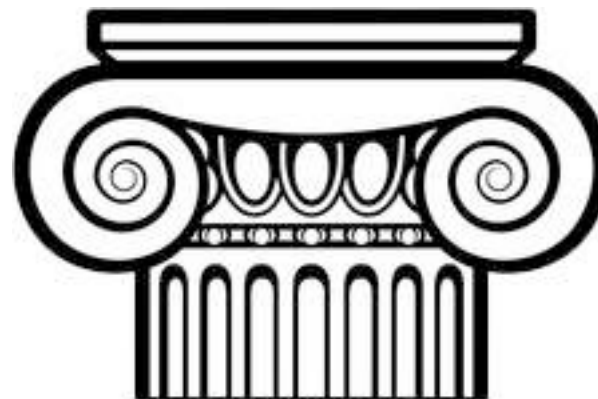
**Use** the 3- step coaching system above.

**Follow** the '12 Core Pillars' and you will see results for your body you didn't think were possible!

I've put these 12 Core Pillars in an order of importance, however I only ever see TRUE and LASTING transformation when somebody has ALL of these PILLARS as part of their everyday life. All of the success stories you have seen from Body Shape, the amazing life changing transformations and how I personally have achieved body shape success for myself (I coach you how I do things too) come from having each of these as part of an on going lifestyle.

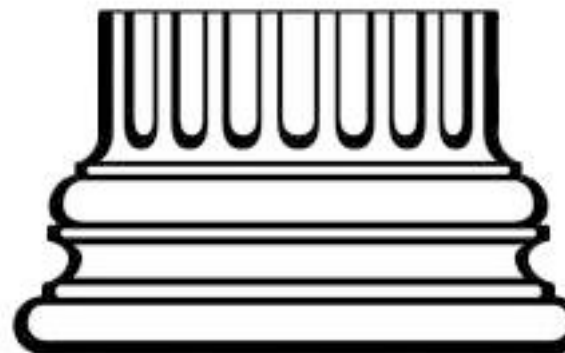
A transformation to us ISN'T losing a bunch of fat then 'falling off' the diet and then putting it back on again. A transformation should be for LIFE!

And because that's how we see it, we are going to give you the tools you need to both GET in shape and then STAY in shape - FOREVER!



## THE 12 CORE PILLARS

to Transformation Success



# PILLAR 1: PLANNING AHEAD

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What I see time and time again, and it holds people back in their attempt to transform, is simply not having the right food around them.

Obvious as this may sound but it happens.

You have to plan ahead if you're going to stick to a healthy eating plan! Here's some examples...

Make a list before you go to the supermarket. Buy only the foods on the list. Alternatively - order it online.

Put 10 minutes aside to plan your meals for the week. Make this fun! Negotiate a compromise with the family or flat mates. Don't see this as "your diet food" especially if you're the one cooking! (We have

some amazing recipes you will LOVE!)

If you work away from home, you'll have to make an appropriate packed lunch. This is not the time to side-track the program!

This can quite be solved by cooking large amounts for supper and taking the remains in a Tupperware box for lunch the next day.

Going out for the day? You'll have to take some food with you, so you're not relying on a corner shop to supply your nutritional needs (which they AREN'T going to by the way).

In our quick snacks section later in this book you'll get a load of ideas of foods that you can take with you as snacks and meals. Lots of ideas!

**If** you want results - you need to plan what you're going to be eating based on your schedule and your circumstances. I can't sugar coat this one, so let's get to it!



# PILLAR 2: IMPORTANT NUMBERS

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You will hear us mention this numerous times.

This is the two things I'm concerned with more than anything else...TOTAL PROTEIN and TOTAL CALORIES in EACH day.

## 1. The Total Amount of Protein You're Eating Each Day

I'm going to fully educate you on what protein is and what proteins to choose AND you're going to receive our awesome recipe book with lots of delicious meal ideas - fish, meat, poultry, fresh yoghurt (and other dairy products), quorn, eggs - that kind of stuff (including vegan and vegetarian options).

In the online training we are also going to help you set up an app on your smart phone and show you

exactly how to use it, so that you can make sure you are getting the right amount of protein in your daily eating for your individual goals and body.

Protein should be your main focus in every meal.

## 2. The Total Amount of Calories You're Eating Each Day

A calorie is the unit of energy used to measure how much food you are eating. It goes like this... if you eat more calories than your body uses - you add fat. If you eat less calories than your body uses - you lose fat. That is a fact.

eating so you can make sure you are eating the right amount for your goals and individual body.



## PILLAR 3: LEAN PROTEIN

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As I just stated, one of the most important factors you should be concerned with is your daily total protein. From that daily total protein, I recommend you **MOSTLY** focus on the **LEAN** varieties of protein.

By lean I mean, protein with less natural fat inside of it. I will give you a list of these for inspiration later, **BUT** you should keep in mind that you're after the leaner proteins in your daily eating. For example: chicken is a lean protein with minimal fat (providing you don't cook it in oils... more on that later) whereas pork meat tends to carry a lot of natural fat and is not as lean.

So, the suggestion is: focus on the chicken for the majority of your protein rather than the pork.

By the way, for vegetarians the same principle applies (the meat was just for example sake) so you would focus on 0% fat Greek yoghurt over full fat Greek yoghurt.

I want you to be able to look at food options and be able to choose leaner proteins the majority of the time as this will get you faster results.



Throughout the programme you will learn more about lean proteins. Eating lean protein is a cornerstone of your plan.



## PILLAR 4: EAT LOTS OF VEGETABLES

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You already know these are healthy and eating lots is a good idea. But I quite literally cannot emphasise enough that you should be trying to eat as many vegetables as possible every single day - all of them - every colour of the rainbow. Vegetables are carbohydrates. Most people think of carbohydrates as just bread and grains etc, but vegetables are too and these are loaded with all the healthy goodness your body needs to fill you with nourishment and vitality and keep you immune and healthy. It would be good to aim for having vegetables at every meal if not veg then some fruit!

Fill up on vegetables, not only will this naturally help you eat less, which will get the fat off quickly, it'll ensure you're doing it in the healthiest possible way. This way you'll FEEL better and naturally

WANT to carry on maintaining your lifestyle (and body). Vegetables are awesome, eat lots of them!



## PILLAR 5: FRUIT

It's the same idea as vegetables. However, I do make it a loose rule to try and eat more veg than fruit. If you eat a lot of dried berries, raisins and bananas (fruit that is calorie dense) it's easy to eat a lot of calories just in your fruit alone. I'm not saying these aren't healthy, they totally are! My go to fruits are fresh and frozen berries (all kinds), apples, pears and citrus fruits. Fruit is still a great choice, still healthy, still recommend you eat lots of and still way better than a choccy bar! BUT vegetables are king for results.



# PILLAR 6: UNDERSTANDING HEALTHY FATS

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Most fat that's advertised as healthy such as margarine & vegetable oil is NOT. In fact, it's usually the most manufactured, artificial and unhealthy stuff there is. Healthy fat is the fat that you'll be eating that comes inside of healthy food, so for example avocados, nuts, seeds, the egg yolk, the oil on your fish etc.

So here's what you NEED to know about fat:

1. Having some healthy fat in your daily eating is VITAL for good health and energy, it's not a 'sin' or anything else and isn't necessarily what will cause you to gain body fat!
2. Fat in food has the MOST calories per gram i.e. these will have a bigger impact (as discussed in Pillar 2) on your total calories per day.

Usually the amount eaten in your day to day food is enough e.g. couple of

egg yolks, some avocado, a beef steak, fish. These foods will fulfil ALL your daily fat needs and you don't need to add any more to your meals.

If, however, you find you only ever eat lean proteins, then there may be room to add some extra fat in your diet. I'm only interested in the healthy kinds of fat (I've made a list for you in the food lists) but these are natural fats like olive oil & coconut oil.

You'll also note any recipes where fat is completely necessary to be used in the cooking process will contain these healthy kinds of fats too.

I'll state this again in MOST cases I do end up encouraging people to stop using fat where it is not necessary. Fortunately, we live in an age of non-stick frying pans & sauce pans. I don't tend to fry my food in any oil,

scrambled eggs have a decent amount of fat in from the egg yolks so they don't need to be made in butter etc... you get the idea! There usually is no need to use added fat in your cooking and it could be causing you to over eat your daily calories (we'll show you how to calculate that in the training).

So...

Healthy fat shouldn't be avoided. In most cases you'll get enough of it from your day to day food. If your calories are going too high I'd probably look at how much fat you were eating in your food and try and take some out.

TIP: a good way to do this is focus on leaner proteins as in Pillar 3 (and shown in the food lists a bit further down this guide).



# PILLAR 7: UNDERSTANDING 'STARCHY' CARBOHYDRATES

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So I mentioned earlier about vegetables being carbohydrates. Most people don't know this but there are two types of carbohydrates.

Type 1 – Fibrous carbohydrates – Vegetables and Fruit

Type 2 – Starchy Carbohydrates – The Grains, Rice, Potatoes, Bread, Cereals, Doughnuts, Biscuits, Cakes etc - most commonly called 'carbs'.

In this programme we are going to be encouraging you to eat quite a high amount of carbohydrates because you're going to be eating A LOT of fruit and vegetables which is probably the healthiest way of living!

With the second group of carbs, the 'starchy' carbs, things do get more

'tricky' as they tend to be some of the easiest foods to increase your calories and consequently your weight. That's NOT to say you can't eat any of them. It's just about understanding what's in the food you eat, which is why this particular Pillar emphasises an UNDERSTANDING about starchy carbohydrates.

For example, in 100g of bread (an average 4 slices) there is around 250 calories. Now if your daily calorie target (more on this later) is 1400 calories that's a fair chunk of those calories isn't it?

When we compare that to 100g of broccoli which has only 34 Calories you can see how it's going to much easier to naturally eat less calories (and feel more full ☺) when eating more vegetables.

The BETTER starchy carbohydrates are the natural kinds (you'll find these in the food lists) but for example potato, sweet potato, oats, rice – generally eating some of these isn't going to make you go way up on your calories (depending on your portion size of course).



# PILLAR 7: UNDERSTANDING 'STARCHY' CARBOHYDRATES

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The more refined carbohydrates such as bread, pasta, pastry etc. tend to be much more calorie dense.

This is not to say you can't ever eat these things and in a minute I'm going to show you a Pillar called 'Understanding An Offset' where you can still include basically anything you want as part of a balanced eating plan (even chocolate and alcohol).

But if you want to get lean, healthy and most importantly feel AWESOME about doing it (unlike most diets that make you feel hungry and tired), it will involve ACCEPTING the fact you'll be eating less of the starchy carbohydrates and more of the fibrous ones.

Speaking of ACCEPTANCE, Pillar 9 is actually my favourite of all, but let's quickly do 8.



# PILLAR 8: DON'T DRINK CALORIES

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Likelihood is you already KNOW soft drinks and beer are not good to drink regularly if you want to be healthy and in shape. But any drink that contains calories is not a good thing to drink (unless it's a smoothie made with blended vegetables, fruit and protein powder which creates a meal that you can drink; which I actually love to do myself). Things such as fruit juice and some fancy



types of coffee shop coffees are also not a good idea and contain lots of hidden calories.

Here's some tips for your drinks:

1. Drink mostly water. Aim for 2 LITRES A DAY MINIMUM and more if you can, start doing this NOW! Carry water bottles around with you and drink lots of water. For flavour, you can add fresh lemon or lime squeeze to it.

I'll sometimes have the odd sugar free cordial with a meal for the taste but remember there's nothing too healthy about sweeteners so I wouldn't advise living off 'sugar free' drinks. Water is KING!

2. A few teas or coffees a day is fine (make sure you drink your water



too for hydration) but I suggest you make your own tea and coffee using skimmed or semi skimmed milk so it has minimal calories.

Drinking calories is an easy way to have too many, so I suggest that you don't!

# PILLAR 9: ACCEPTANCE

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We get clients amazing results, and when asked ‘what is the secret to success where so many people struggle, how do people get results?’

I usually say that it boils down to 1 MAJOR thing. ACCEPTANCE.

I want to be incredibly honest with you here...

If you want to get in shape there is some things you will have to ACCEPT as part of the process:

## **1. You’re likely to get hungry. ACCEPT IT.**

First rule of losing fat is you need to eat less than your body uses. Chances are, your body will be used to eating more calories. So, you may

get hungry, particularly when starting this journey!

Accept it. Yes, I want you to accept that you might feel hungry! Then also accept that just because you feel hungry it doesn’t mean you have to eat something.

Some tips for this:

- a. If you feel hungry go and drink a pint of water! Dehydration can make us hungry so down a pint first before eating any meal.
- b. Stay busy. Are you hungry or just bored? USE the hunger to channel yourself into things that will help you in other areas of your life, get busy with something to take your mind off it. You’ll feel productive and get lean! Bonus!

a. Look forward to it. Yes, you read that right, look forward to feeling hungry, treat it like a discipline, think of the millions of people worldwide that are starving and have no food to eat! This way you’ll train your mind (in just a few short weeks) to cope with hunger and enjoy the healthy food you’re now eating that much more.

b. REMIND yourself - It WILL go away. As your body gets familiar with having less food AND by improving the kind of food (the healthier the food the more it will fill you up) the hunger feeling WILL go away. A lot of people drop out on their commitment before they experience this. But I PROMISE if you stick it out, ACCEPT it and get on with it - it WILL go away

# PILLAR 9: ACCEPTANCE

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## **2. You're going to have to be more selective about "events" ACCEPT IT!**

Look I've been living like this consistently since I've been about 22. I could have easily found an excuse to get drunk every single weekend up to now, and eat the 'cheesy' chips at the end of the night and take away the next day etc...you likely know what I mean!

So depending on your social calendar, chances are you might not be able to have alcohol at every occasion you get invited to from now on. You might have to make healthier food decisions when you 'don't feel like it' too.

In just a minute I'm going to explain how it might not be necessary to completely restrict yourself. But one person's 'balance' is another person's 'binge'!

Making the commitment to yourself right now to say you ACCEPT that you may have to change up a few things in your life, so ultimately you can spend EVERY SINGLE DAY feeling happy about your body and yourself!

Many people have got dismissive with me on this - "I'm not giving up what I enjoy". HOWEVER, the flip side of that coin is this - you'll never enjoy a great body then!

## **You won't feel motivated all the time! ACCEPT that one too.**

The big "secret" to a super motivated person...there is NO secret. It's simply somebody that's accepted they won't always feel motivated but they still HAVE to do what is required regardless of whether they feel motivated or not, OR they don't get what they want.

In my life and experience of achieving my personal goals, the obstacle that's always in the way is ME. And me not fully accepting what has to be done to get there. It isn't until I accept it that I achieve what I want!  
ACCEPTANCE!



# PILLAR 10: USING THE OFFSET

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I'll get straight to the point. I still eat chocolate, I still have desserts and I still have the odd drinking session too. How is it possible to still do this and stay in shape?

You work out the calories you're going to have in the 'treats' (we are going to show you exactly how to do this) and you have a fewer calories in your food the days before and/or after it.

Pillar 2 comes into its element here. Focus on the 2 important things:

1. Total protein in each day.
2. Total calories in each day.

As long as those two things are in-check then we're good!

So when you want to have a bit of what you fancy, its easy, you use the food tracking app (an app we

are going to teach you to set up on your phone very soon). You work out, as accurately as possible, how many calories are going to be in this treat food/drink.

Then you strategically eat less in the days around it to OFFSET the treat food/drink!

It's actually simple to do this. Just takes some, you guessed it, PLANNING AHEAD!

Have some lean proteins (I show you loads of these in the food list is below) and plenty of vegetables and you'll have some calories left over for that meal out/ desert or some drinks!

Results are still achievable when doing this.

My philosophy has always been 90/10.

90% of the time I'm all about healthy food in healthy amounts.

10% of the time (which in my mind accounts for things like birthdays, holidays, special occasions) I do what I fancy and offset that.

This is how I created a LIFESTYLE which:

1. Got me in shape.
2. KEPT ME IN SHAPE whilst not feeling like I was enslaved to eating 'diet food' and nothing else forever more.

# PILLAR 11: TRACK WHAT YOU ARE EATING

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In the previous Pillars I've talked about us teaching you how to manage how much protein you are eating and also how many calories you are eating in each day.

These two figures will dictate your results.

The problem is what Charley thinks is a lot of protein, Amy doesn't and what Tim classes as lots of veg, Charley thinks is nothing!

The point is its unlikely you're going to be able to just GUESS how much protein to eat and get it right!

Unless you spend a period of time actually tracking what you eat (so you become very familiar with the right amounts of food) it's pretty much impossible to get this right.

I've also never met somebody with no experience who can consistently maintain lower calories, just by looking! A few slices of bread are 200 + calories. It's pretty easy to say "Oh it's only a little bit", when really it's got way more calories in than we thought it had. This is why for at least the first 6 weeks you must track what you eat.

We are going to teach how to ensure your diet is in a good position to win, so start doing a food diary and we can see what needs tweaking each day to ensure you see results!

# PILLAR 12: MOVE LOTS

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Obviously attending all our sessions every week is VITAL (never miss a session) BUT also moving lots is a something I see in the most successful results we have!

Your body is meant to move, that is how it 'uses' the fat. Start taking the stairs instead of the lift; stand up more; if you're going somewhere close by - try walking or biking. Go up and down the stairs a couple more times in the day. If you sit for long periods of time for your job, make a habit of standing up on purpose.

There's probably loads of times you could choose to be more active in your day. Choose ALL of them!

That's right choose to move as much as possible, plan moving into your weekends and your fun; I

personally enjoy a walk in the great outdoors!

Your 'metabolism' (something people often use as an excuse for not getting results) basically means your body 'metabolising' your body fat whilst moving. If your metabolism is 'slow' that really just means you aren't moving enough.

Get out - move more - enjoy it. Make a game out of it, make it part of your new LIFESTYLE, keep it on the top of your mind, the more you move the better the results!

That's it – they are my 12 Pillars of ultimate body transformation!

If you put these into practise alongside the 3 steps to coaching I explained at the beginning you will see AMAZING results.

I urge you to come back and read through these 12 Pillars regularly, especially in the starting phases.

I have two other quick 'Take Homes' for you:

1. Results are rarely lineal. It's VERY normal that you could work really hard all week and not see massive losses - this happens all the time! Then the following week see bigger losses. If you don't see big results after a week of hard work, PLEASE don't take the "screw it, I've worked so hard and it's not 'working' - I'm giving up" (woe is me) attitude that I see far too often in people. Your hard work WILL pay off, it's normal for it not to be immediate, you may also need a bit of extra advice so ask for help, that's what we want to do ☺.

# PILLAR 12: MOVE LOTS

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2. Motivation is NOT a requirement. Accepting you may not feel motivated and getting on with it is an attitude I recommend for you. Motivation comes and goes for everyone, fortunately your body fat doesn't have to come and go with it... IF you choose to stay committed to your results even when you don't feel motivated!

So that's it, follow the above and you WILL see great success! The rest of this guide is the food lists, examples and other insider secrets I've learnt along the way to make these 12 Pillars EASY to follow!

To keep this simple here is a HUGE list of foods, so you can start to plan out what you're going to buy in and eat to suit your taste 😊



# PROTEINS

LEAN Proteins	Higher FAT Proteins	Legumes
Chicken Turkey Game Meat Chicken Sausages Turkey Mince  Egg White  Tuna (fresh) Tuna (canned in water) Cod Haddock Hake Sole Pollock Mahi Mahi Prawns Lobster Shrimp  0% Plain Greek Yoghurt Fat Free Cottage Cheese Fat Free Quark Fat Free Protein Cheese  Protein Powder (whey, vegan - rice, pea, hemp)  Low Fat Quorn (check nutrition label for high protein, low fat and carbohydrates)	Beef Mince (see labels for lower fat varieties) Beef Steak (see labels for lower fat varieties) Beef Joint Lamb Pork (see below about refined meat) Back Bacon (suggest remove fat)  Whole Eggs (Incl the yolk)  Salmon Herring Sardines Mackerel Kipper Anchovies Halibut Trout  Cheese (most cheeses are pretty high in fat, and I recommend you search for lower fat options, and eat cautiously)  Processed Meat* Ham Sausage Chorizo Pepperoni	Lentils Chick Peas Kidney Beans

\*After having read some recent articles I don't recommend regularly eating processed meats, it seems there is links to illnesses. If you do I would class them as usually higher fat protein sources and generally not a healthy choice



# VEGETABLES – FRESH & FROZEN ARE GREAT!

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A to Ce	Ch to L	M to Z
Aubergine Asparagus Artichoke Brussels Sprouts Broccoli Beans in a Pod Beans (Green) Beans (String or Runner) Beetroot Carrots Cauliflower Celery  Frozen Peas (you can throw in the microwave when needed)	Chilli Pepper Courgette Fennel Garlic Kale Leek Lettuce	Mushrooms Onion Peas Mange Tout Sugar snap Peas Petit Pois Pumpkin Rocket Shallots Spinach Sweet Pepper Squash Tomato Turnip Tinned Tomatoes Plum Tomatoes Watercress

# FRUIT – FRESH & FROZEN ARE FINE!

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A to C	G to Pa	Pe to Z
Apples Apricots Blackberries Blackcurrant Blueberries Cherries Cranberries  <b>TIP:</b> Packs of Frozen Berries/ Fruit = Awesome	Grapefruit Kiwifruit Lemon Lime Mango Melon Oranges Passion Fruit Pineapple	Peaches Pears Plums Pomegranate Raspberries Redcurrants Strawberries Tangerines Grapes

# HEALTHY FATS – FOODS HIGHER IN FAT

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Healthy Fats (higher fat foods)	
<p><b>To cook with: (Rarely have to)</b></p> <p>Olive Oil Coconut Oil Butter</p> <p>Nut Butters (watch the calories on these)</p> <p>Peanut Butter Cashew Nut Butter Almond butter Cashew Nut Butter Hazelnut Butter (can be purchased from Holland &amp; Barrett)</p>	

# STARCHY CARBOHYDRATES\*

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Starchy Vegetables and Fruit	Starchy Carbs (healthier kinds)
Sweet Potato New Potatoes Potatoes Parsnips Swede  Bananas	White Rice Brown Rice Wild Rice Microwave Rice Oats Couscous Quinoa (microwaved or fresh) Rice Noodles Rice Flour Pasta  Lo- Dough Flat Breads Gluten Free Protein Wraps

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\*Follow guidelines with the starch

# HERBS, SPICES, CONDIMENTS & SHOP BOUGHT EXTRAS\*

Herbs and Spices	Condiments	Shop Bought Extras
Oregano	Olive oil	Pure Tomato Puree
Paprika	Apple Cider Vinegar	Pure Tomato Passata
Parsley	Balsamic vinegar	Tinned Chopped Tomatoes
Mint	Lemon Juice	Coconut Milk
Rosemary	Lime Juice	Mustard
Saffron		
Sage	Sea Salt ( <b>Not Table Salt</b> )	<b>Easy Thai Curry Kit</b> – red, green or yellow
Tarragon	Pepper	(can be purchased from Tesco, Sainsbury's and other supermarkets)
Thyme		
Turmeric		
Horseradish		
Basil		
Cardamom Seeds		
Cayenne		
Chilli Powder		
Chives		
Cinnamon		
Cloves		
Coriander		
Cumin		
Fennel Seed		
Garlic		
Ginger		
Nutmeg		
Chilli Pepper		
Courgette		
Fennel		
Garlic		
Kale		
Leek		
Lettuce		

\*Things to use instead of the typical jarred sauces that tend to be high calories



# LIQUIDS FOR DRINKING AND COOKING

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Coffee

'Builders' Tea

Herbal tea

Fruit Tea

Spice Tea

Green tea

Almond Milk

Cashew Milk

Rice Milk

Coconut Milk

Milk (skimmed or semi skimmed)



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# GAME CHANGER SNACKS FOR ON THE GO

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# GAME CHANGER SNACKS FOR ON THE GO

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1. 0% Fage Total Greek Yoghurt. Highly recommend with frozen berries slightly warmed in the microwave for 40 seconds or mixed with fresh fruit! Winner!

2. Protein Bars - CHECK the nutrition content as we are looking for high protein, lowest carbohydrate and lowest fat content, these numbers should definitely be lower than the protein content!

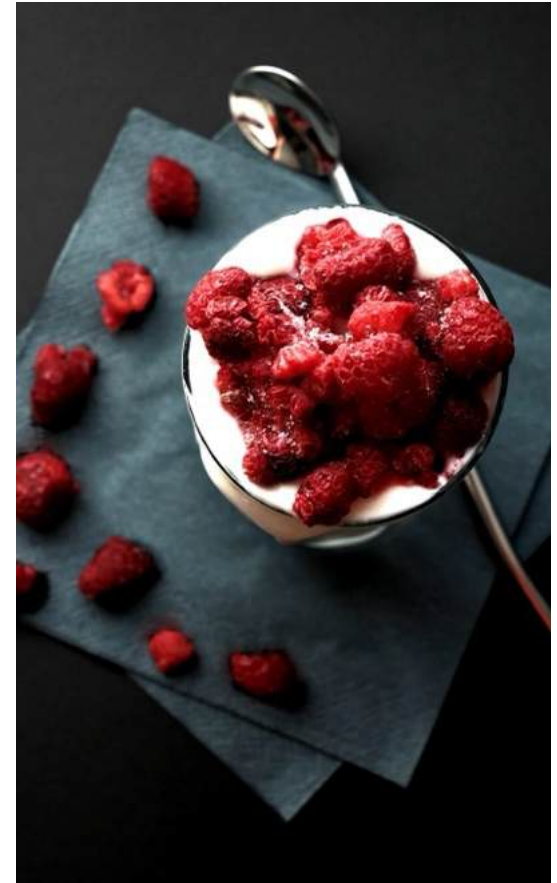
**Grenade 'Carb Killa', Quest Bars, R Bars, FulFil bars.** These are the only brands I personally recommended. These can be purchased at lower costs when bought in bulk online from places such as Amazon.co.uk, but you may want to try a singular flavour first, to see if you like it and then order some. You can also pick these up in most supermarkets and health food stores.

4. Tinned Tuna in water, not oil or brine!

5. Fat Free Cottage Cheese

6. Pre-Cooked Chicken (you can often buy this in shops too if really needed)

7. Sugar Snap Peas (dip them in your cottage cheese?)



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# TRANSFORMATION INSIDER SECRETS

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# TRANSFORMATION INSIDER SECRETS

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## 1. Protein Powder

Be mindful some companies put added sugar and/or fat into their protein powder, so if using another brand be sure to check the nutritional label, it should have next to no carbohydrates or fat inside of it.

GET SOME RIGHT AWAY!

Often associated with body building and 'bulking up', however, protein powder WILL NOT bulk you up. It's literally just extra protein at your convenience. This awesome stuff has so many benefits such as: super lean protein source, a great snack that's quick and kills hunger, an aid to help you reach your daily protein targets (that oh so important

number), a game changing addition to put it smoothies so you can make lovely blends full of veg and fruit and contain protein.

Adding a flavoured protein to plain 0% Greek yoghurt can transform it into whatever flavour you like and keep it lean and protein packed. So many flavours to choose from and experiment with! Do this, most of our clients LOVE it.

An extra expense you may think? Quite the contrary. Granted a bag may cost £20 + (depending on size) but inside that bag each protein portion will cost about 50p (a massive bargain when you compare that to a portion of any other protein source).

I don't recommend this as a meal replacement. Don't go living on 3



protein shakes a day but an absolute game changer addition to have.

TIP: I use flavoured proteins to have on the go and with 0% yoghurt; chocolate and strawberry are some of my favourites and I use a non-flavoured protein to put into smoothies.



# TRANSFORMATION INSIDER SECRETS

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My recommendation is Whey Isolate – which is better than concentrate for digestion and gets better results. Whey is dairy and is vegetarian.

For vegan – rice, pea are good alternatives, test them first for taste etc. MyProtein.com offer a flavoured vegan protein blend.

## Corgetti and Cauliflower rice

This is basically spiralised courgette (like spaghetti) you can buy it 'ready-made' from the supermarkets or purchase a spiralizer (they are cheap and simple) and make it yourself with fresh courgette. This is fantastic vegetable alternative to pasta and cooks in minutes! Cauliflower rice is boiled or steamed cauliflower mashed up, sounds odd, but gives a similar texture to rice.



## Smoothies and blends

Smoothies & Blends can be great but you need to add protein powder to them. These are a great way of making a healthy meal that is quick and simple. I make smoothies all the time with my blender using mixed vegetables, frozen berries and protein powder.

My suggestion is to add some **unflavoured** protein powder to

your smoothie as it will not affect the taste. Flavored is still fine to use but might affect the taste of it.





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# EATING OUT

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# EATING OUT

These guidelines are nearly always manageable when eating out. Just check out the 'grill' section of the menu. There you will find meat/fish options so you get your protein in, that's the main goal. I normally have mash instead of chips and most restaurants will have veggie sides, so you can usually do this quite easily with a little thought and planning.





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KEEP GOING

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# KEEP GOING

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**“Nutrition is a journey not a destination.”**

It won't be perfect, but you can make consistently better decisions and continue to learn as you go. The people with the best bodies simply 'decided' to eat healthily and then they kept going.

**Example meal plan**

On the next page you will find our example meal plan. Remember this is to help you make your own meal plan, not to give you a cut and copy set of meals to follow. By all means use it to follow and help, but we want you to get into the habit of planning your own meals based on the guidelines in this booklet and this is just an example.

Use it to inspire some ideas for your own food choices. The recipes for these meals are in the accompanying RECIPE BOOK, and have just quoted the name of the recipe to keep it simple for you! Please use that recipe book in combination with this guide to give you plenty of new meal ideas that fit perfectly with this plan.



DAY	MEAL 1	MEAL 2	MEAL 3	SNACKS
Monday	0% Greek Yoghurt Winter Warmer Recipe	Chicken Salad Chicken and ALL The Salad Recipe	Beef Chilli 5% Beef Chili Recipe (make extra for lunch)	Protein Shake + handful of fresh berries
Tuesday	Smoothie Strawberry Smoothie Bowl	Beef Chilli, with Sugar Snap Peas, Cucumber and Sliced Bell Pepper	Cod Dinner Miso Cod with Broccoli and Kale Rice	100g 0% Yoghurt + 20g Protein Powder Fruit
Wednesday	Scrambled Eggs and Tomatoes (2 whole eggs + 2/3 egg whites)	Prawn salad Use ANY Salad Recipe and Exchange Protein with Prawns	Chicken Skewers Chicken Skewers Recipe (make extra for lunch)	Grenade Carb Killa Protein Bar
Thursday	0% Greek Yoghurt Keeping It Simple Recipe	Left over Chicken Skewers from last night	Steak Dinner See Steak with Roasted Veg Recipe	Protein Shake + handful of fresh berries
Friday	Smoothie Super Green Smoothie Recipe	Chicken Salad Vitality Chicken Salad Recipe	Fish Pie Fish Pie with Cauliflower Mash Recipe	100g 0% Yoghurt + 20g Protein Powder Fruit
Saturday	Protein Pancakes Protein Pancakes Recipe	Bacon Eggs and Beans Brunch – Bacon Eggs & Beans Recipe	Chicken Curry Chicken Curry For All The Family Recipe	Grenade Carb Killa Protein Bar
Sunday	Cooked Breakfast Cooked Breakfast Recipe	Chicken Pizza Lo- Dough Pizza Recipe	Chilli Prawns Chilli Prawns Recipe	Protein Shake + handful of fresh berries