



YOUR NUTRITION PLAN

FITFOOD



FROM THE BODY FACTORY

OUR NUTRITION PLANS AND FITFOOD OPTIONS ARE DESIGNED TO GIVE YOU AN OPTIMAL MIX OF PROTEINS, FATS AND CARBOHYDRATES FOR A LEAN BODY WHEN COMBINED WITH REGULAR EXERCISE. THEY HAVE A CALCULATED AMOUNT OF CALORIES TO HELP YOU LOSE WEIGHT AND MAINTAIN LEAN MUSCLE FOR BOTH MEN AND WOMEN.

- + 2,000 CALORIE PER DAY PLAN FOR MEN TO DEVELOP A LEAN, MUSCULAR PHYSIQUE**
- + 1,200 CALORIE PER DAY PLAN FOR WOMEN TO LOSE WEIGHT AND HAVE A SLIM PHYSIQUE**

YOUR WEEKLY NUTRITION PLAN AND FOOD

WHAT TO EAT AND WHEN TO EAT - 2,000 CALORIE PLAN FOR MEN TO LOSE WEIGHT AND DEVELOP A LEAN MUSCULAR PHYSIQUE. 1,200 CALORIE PER DAY PLAN FOR WOMEN TO LOSE WEIGHT AND HAVE A SLIM PHYSIQUE.

To develop a lean physique it is vital to keep your portion sizes under control. This is where many people struggle and is a reason they do not lose weight. Our nutrition plans and FitFood meals are designed in portions that will provide nutrients and energy without over eating. Each day contains food equating to approximately 2,000 calories for men and 1,200 calories for women. The foods are wholesome and lean with a variety of protein and carbohydrate sources. We also include a morning and afternoon snack, and Sunday you choose your own. We use different breakfast, lunch and dinner choices to create variety and ensure it's easy to stay on track. We have Gluten Free, Lactose Free, and Vegetarian options so there is something for everyone.



NUTRITION PLAN

MEAL	MONDAY	TUESDAY	WENESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY - YOU CHOOSE!
BREAKFAST	Frittata with eggs and spinach	Super Granola with Greek Yogurt	Overnight Oats	Frittata with eggs and spinach	Super Granola with Greek Yogurt	Overnight Oats	Break it up with yummy Banana Pancakes
MORNING TEA	Lean 5 Protein	Lean 5 Protein and 1 medium sized apple	Lean 5 Protein	Lean 5 Protein	Lean 5 Protein and 1 medium sized apple	Lean 5 Protein	You Choose!
LUNCH	Thai Chicken with Quinoa and green vegetables	Tuna to Go with Chickpeas	Lean Chicken with Basmati Rice and green vegetables	Thai Chicken with Quinoa and green vegetables	Tuna to Go with Chickpeas	Lean Chicken with Basmati Rice and green vegetables	Try Asia Style: 2x Sushi rolls with brown rice or Stir fry with low calorie sauce and brown rice
AFTERNOON TEA	Low Carb Protein Bar	Low Carb Protein Bar	Low Carb Protein Bar	Low Carb Protein Bar	Low Carb Protein Bar	Low Carb Protein Bar	You Choose!
DINNER	Kangaroo Bolognese with Sweet Potato and green vegetables	Turkey Meatballs with Sweet Potato and green vegetables	Moroccan Beef with Chickpeas	Turkey Shepherds Pie with Sweet Potato and green vegetables	Honey, Soy & Cashew Chicken with basmati rice and green vegetables	Chipotle Steak with Mexican Rice and green vegetables	BBQ Time: We suggest a lean meat with vegetables and salad
CALORIES	MEN - 1,990 WOMEN - 1,194	MEN - 1,942 WOMEN - 1,267	MEN - 2,013 WOMEN - 1,170	MEN - 1,980 WOMEN - 1,224	MEN - 1,922 WOMEN - 1,232	MEN - 2,274 WOMEN - 1,184	The calories will depend on what you eat

All the meals in the nutrition plan are available at FitFood! Order from fitfood@thebodyfactory.com.au.

IT'S IMPORTANT THAT YOU EAT WHOLEFOODS FOR YOUR MAIN MEALS AND DO NOT SNACK. THESE INCLUDE LEAN MEATS, CARBOHYDRATES AND GREENS RATHER THAN PROCESSED FOODS.

- WITH OUR NUTRITION PLAN YOUR LUNCH AND DINNER OPTIONS CAN BE SWAPPED AROUND.
- IF YOU ARE COOKING YOUR OWN, YOU CAN MAKE THE MEAL VEGAN OR VEGETARIAN BY REPLACING THE MEAT WITH TEMPEH.



Our Sunday breakfast suggestion is guilt free, dairy and gluten free, banana pancakes. They are easy!

Blend 1 banana, 3 eggs, vanilla, cinnamon and 1 tablespoon of peanut butter, cook as usual and add your favourite healthy toppings like natural yoghurt and fresh berries.

YOUR BEFORE & AFTER WORKOUT SUPPLEMENTS


HOW TO GET THE MOST OUT OF YOUR WORKOUT WITH NUTRITIONAL SUPPLEMENTS

FOR WEIGHT LOSS WE SUGGEST TAKING SUPPLEMENTS BEFORE AND AFTER YOUR WORKOUT. A FAT BURNING PRE-WORKOUT WILL HELP MOBILISE AND BURN FAT DURING HIGH INTENSITY SESSIONS. BCAA'S WILL HELP PREVENT MUSCLE BREAKDOWN AND AID RECOVERY.

WHILE THERMOGENIC SUPPLEMENTS CAN HELP YOU LOSE WEIGHT, THEY MUST BE USED WITH A HEALTHY DIET AND REGULAR EXERCISE OTHERWISE THEY HAVE LITTLE EFFECT.



BEFORE AND AFTER WORKOUT SUPPLEMENTS

SUPPLEMENT	MONDAY	TUESDAY	WENESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BEFORE WORKOUT 	HydroxyBurn Shred. One to two scoops	HydroxyBurn Shred. One to two scoops	HydroxyBurn Shred. One to two scoops	HydroxyBurn Shred. One to two scoops	HydroxyBurn Shred. One to two scoops	HydroxyBurn Shred. One to two scoops	Rest day
AFTER WORKOUT 	BCAA Fuel One scoop	BCAA Fuel One scoop	BCAA Fuel One scoop	BCAA Fuel One scoop	BCAA Fuel One scoop	BCAA Fuel One scoop	Rest day

WHAT ARE BCAA'S? BRANCHED CHAIN AMINO ACIDS (BCAA'S) MAKE UP THE PROTEIN MOLECULES THAT ARE CRITICAL FOR BUILDING LEAN MUSCLE AND AID IN RECOVERY. THESE ARE SUITABLE FOR BOTH MEN AND WOMEN.