

GOOD FOOD DIET PLAN



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12WEEK PLAN: GOOD FOOD PLAN

This is a complete 12-week program to help you transform.

Main Goal: Health Kick
 Level: Health
 Program Duration: 12 Weeks
 Days Per Week: 7 Days

Meals Off: 1
 Trainer: Laura Kavanagh

Day 1

Diet Plan	HEALTH	STRICT
MONDAY		
Breakfast	Protein shake, Oats, Dark chocolate, Peanut butter	
Snack	Turkey slices on oatmeal bread	
Lunch	Chicken & sundried tomato salad	
Snack	Cottage cheese & Cucumber	
Dinner	5% lean mince chill & Rice	
Snack	Pineapple chunks	
Exercise: Yes		

Day 2

Exercise & Weight	HEALTH	STRICT
TUESDAY		
Breakfast	Heck sausages, bacon medallions & Poached egg	
Snack	Nuts & Blueberries	
Lunch	Sweet potato jacket, Cottage cheese & Tuna	
Snack	Carrot sticks & Low fat hummus	
Dinner	Quinoa broccoli & Chicken stir-fry	
Snack	Veg smoothie; Cucumber, Apple spinach Carrot, Coconut water	
Exercise: Rest Day		

Day 3

Exercise & Weight	HEALTH	STRICT
WEDNESDAY		
Breakfast	Banana chunks & Greek yogurt	
Snack	Mixed nuts	
Lunch	Brown rice & Chicken	
Snack	Greek yogurt & Honey	
Dinner	5% lean mince vegetable lasagne	
Snack	Fruit salad	
Exercise: Yes		

Day 4

Exercise & Weight	HEALTH	STRICT
THURSDAY		
Breakfast	Salmon & Avocado muffin	
Snack	Dark chocolate & Almonds	
Lunch	Whole-grain pasta & Chicken salad	
Snack	Kiwifruit & Greek yogurt	
Dinner	Chicken fajitas	
Snack	Celery sticks	
Exercise: Yes		

Day 5

Exercise & Weight	HEALTH	STRICT
FRIDAY		
Breakfast	Bagel with Egg & Avocado	
Snack	Protein berry smoothie	
Lunch	Tuna mixed salad	
Snack	Apple slices & Peanut butter	
Dinner	5% lean mince with sweet potato & Veg	
Snack	Mixed Nuts	

Exercise: Yes

Day 6

Exercise & Weight	HEALTH	STRICT
SATURDAY		
Breakfast	Granary toast with Turkish bacon & Tomatoes	
Snack	Porridge & Berries	
Lunch	Cod rice & Vegetables	
Snack	Greek yogurt & Dark chocolate	
Dinner	Chicken breast Avocado & Vegetables	
Snack	Rice cakes	
Exercise: Rest Day		

Day 7

Exercise & Weight	HEALTH	STRICT
SUNDAY		
Breakfast	Oats, berries & Pumpkin seeds	
Snack	Celery sticks & Peanut butter	
Lunch	Whole grain wrap with avocado & Prawns	
Snack	Egg muffin cups	
Dinner	Salmon, wholemeal pasta coriander & cherry tomato	
Snack	Frozen banana bites dipped in dark chocolate 80% +	
Exercise: Rest Day		