

BEACH BODY READY - 7 DAY MEAL PLAN

This plan demonstrates a typical diet to support weight loss whilst providing enough nutrients to hit the gym and create that beach body.

MONDAY
Training Day

BEFORE
BREAKFAST



Thermobol

[148mg Caffeine*]

BREAKFAST



Poached Eggs on Wholemeal Toast

[2 Eggs, 1 Slice of Toast]

MID-MORNING
SNACK



Promax Lean Bar

184 kcal, 13.5g carbs, 5.5g fat, 20g protein

LUNCH



Chicken Laksa Soup

with a Small Wholemeal Roll

MID-AFTERNOON
SNACK



Promax Lean Powder

137 kcal, 3.7g carbs, 2g fat, 25g protein

DINNER



Steamed Haddock and Mixed Vegetables

EVENING
SNACK



Carrot Stick

and Low Fat Houmous



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TUESDAY
Training Day

BEFORE
BREAKFAST



Thermobol
(148mg Caffeine*)

BREAKFAST



Porridge with Honey
and Semi Skimmed Milk

MID-MORNING
SNACK



Reduced fat Peanut Butter
30g on 2 Multigrain Crispbreads

LUNCH



Chicken Salad
with Light Mayonnaise in a Wholemeal Wrap

MID-AFTERNOON
SNACK



Promax Lean Powder
137 kcal, 3.7g carbs, 2g fat, 25g protein

DINNER



Chilli Con Carne
(Small portion of Rice)

EVENING
SNACK



High Protein Yoghurt
and Seeds



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WEDNESDAY
Rest Day

BEFORE
BREAKFAST



Thermobol
(148mg Caffeine*)

BREAKFAST



Fruit and Fibre
and Semi Skimmed Milk

MID-MORNING
SNACK



Promax Lean Powder
137 kcal, 3.7g carbs, 2g fat, 25g protein

LUNCH



Tuna Salad

MID-AFTERNOON
SNACK



Handful of Mixed Nuts

DINNER



Seasoned Chicken
with Meditterean Vegetables

EVENING
SNACK



Promax Lean Bar
184 kcal, 13.5g carbs, 5.5g fat, 20g protein



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THURSDAY
Training Day

BEFORE
BREAKFAST



Thermobol
(148mg Caffeine*)

BREAKFAST



**Scrambled Eggs
on Wholemeal Toast**
(2 Eggs, 1 Slice of Toast)

MID-MORNING
SNACK



Promax Lean Powder
137 kcal, 3.7g carbs, 2g fat, 25g protein

LUNCH



Feta Cheese Salad

MID-AFTERNOON
SNACK



Promax Lean Bar
184 kcal, 13.5g carbs, 5.5g fat, 20g protein

DINNER



Steak Mixed Vegetables
and Sweet Potato Fries

EVENING
SNACK



**Large Glass of
Semi-Skimmed Milk**



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FRIDAY
Training Day

BEFORE
BREAKFAST



Thermobol
(148mg Caffeine*)

BREAKFAST



Fruit and Fibre
with High Protein Natural Yoghurt

MID-MORNING
SNACK



Promax Lean Bar
184 kcal, 13.5g carbs, 5.5g fat, 20g protein

LUNCH



Chicken Salad

MID-AFTERNOON
SNACK



Promax Lean Powder
137 kcal, 3.7g carbs, 2g fat, 25g protein

DINNER



Chicken Stir Fry

EVENING
SNACK



High Protein Yoghurt
and Seeds



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SATURDAY
Rest Day

BEFORE
BREAKFAST



Thermobol
[148mg Caffeine*]

BREAKFAST



Porridge with Nuts & Berries
and Semi Skimmed Milk

MID-MORNING
SNACK



Reduced fat Cheese Spread
on 2 Multigrain Crispbreads

LUNCH



Chicken Stir Fry
[Leftovers]

MID-AFTERNOON
SNACK



Promax Lean Powder
137 kcal, 3.7g carbs, 2g fat, 25g protein

DINNER



**Salmon Fillet
with Asian Greens**

EVENING
SNACK



Promax Lean Bar
184 kcal, 13.5g carbs, 5.5g fat, 20g protein



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SUNDAY
Rest Day

BEFORE
BREAKFAST



Thermobol
(148mg Caffeine*)

BREAKFAST



Ham and Cheese Omelette

MID-MORNING
SNACK



Promax Lean Bar

184 kcal, 13.5g carbs, 5.5g fat, 20g protein

LUNCH



Chicken Salad Sandwich

and a Banana

MID-AFTERNOON
SNACK



Promax Lean Powder

137 kcal, 3.7g carbs, 2g fat, 25g protein

DINNER



**Sunday Roast - Lots of Veg,
2 Roast Potatoes, Lean Meat**

[Cheat Meal]

EVENING
SNACK



**Large Glass of
Semi-Skimmed Milk**



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BEACH BODY READY TOP TIPS

- EVERY MEAL/SNACK SHOULD CONTAIN AT LEAST 10g OF PROTEIN
- TRY TO RESTRICT YOUR PORTION SIZE
- EAT SOMETHING EVERY 3-4 HOURS
- ALWAYS HAVE PROTEIN IMMEDIATELY FOLLOWING EXERCISE
- CHOOSE A DAIRY FORM OF PROTEIN BEFORE GOING TO BED
- NEVER SKIP BREAKFAST
- CHOOSE HIGHER CARBOHYDRATE FOODS ON TRAINING DAY
- YOUR DAILY ENERGY INTAKE SHOULD REFLECT YOUR TRAINING LOAD AND THE DESIRED WEIGHT LOSS
- MONITOR BODY WEIGHT, CLOTHES FITTINGS AND BODY MEASUREMENTS. TAILOR YOUR DIET ACCORDINGLY.
- HAVE A 2ND THERMOBOL 30 MIN BEFORE TRAINING AND A 3RD BEFORE 1600. ON REST DAY SPREAD THE THREE TABLETS EVENLY ACROSS THE DAY.

*Try to restrict your caffeine intake to 400mg a day. More information can be found at www.maximuscle.com