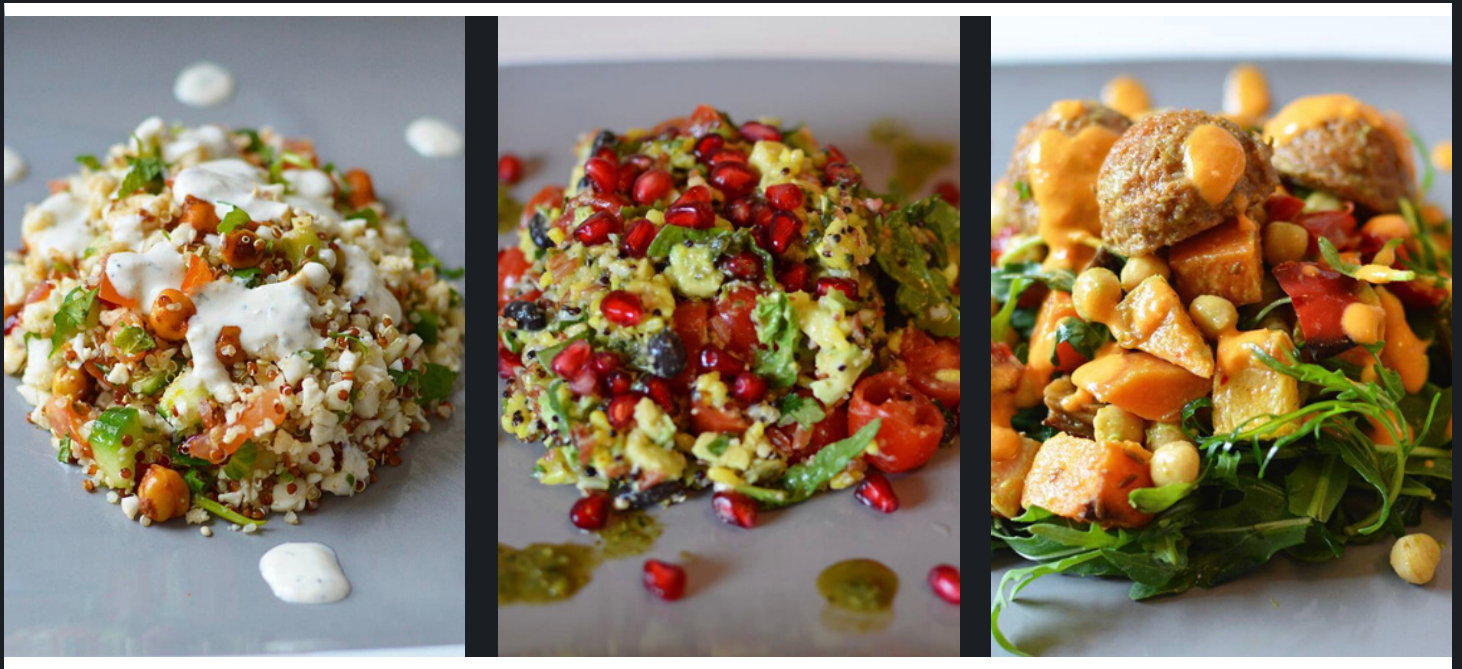




WORKOUT WITH TY DIET PLAN

DIET PLAN FOR REDUCING BODY FAT AND
TONING



RULES

You can be as creative as you want, just stick to the rules. I want minimal alcohol consumption for the duration of this. I also want you to take out dairy as much as possible so try and cut out cow's milk and use almond/coconut milk and also minimise cheeses.

Cook using coconut oil. I also want you to stay away as much as you can from gluten and wheat. As we are trying to train and compete, I want us to keep carbohydrates in meals for breakfast and lunch and cut out of evening meals past 5/6pm. However if you are training 2x a day and feel energy is really low, you can reload with a portion of carbs for an evening meal but has to be before 7pm.

Cut out white bread, white rice, white pasta and no processed foods and substitute it for brown if you ever eat these carbs, mostly if you're training three times a day then you can have a little bit more fuel. Do a big shop to get products that you like below. The meals you eat shouldn't be big portions, you will be having 3 meals a day and 2 snack meals but keep the portions of each type of food for the main meals around the size of your fist.

For vegetables up to a fist and a half and for proteins just a fist size. When having a main meal, don't eat till you become full but just content. The meal sizes should be enough to not make you feel hungry but also not to the point where you are feeling full up. Don't go hungry and starve, eat accordingly when you need to eat and are hungry but keep it within the rules and drink lots of water to keep hydrated. If you don't eat meat or fish use any substitutions for protein of your choice, i have another PDF with protein suggestions for plant based foods.

Around 100g of starchy carbs at breakfast and lunch. The rest of the carbs throughout the day will come from vegetables. If you feel energy is lacking then reassess to add a bit more food. If you ever eat out in a restaurant try no alcohol and just order food with some carbs, protein and vegetables. Try to stick to last meals latest at around 7pm unless training late. If you train first thing in the morning just have lots of water and then eat after training. If you have training in the evenings don't eat meal 4 (snack) too close to your session leave 3/4 hours of no food before training.

When you go to bed don't go to bed feeling full up. Even feeling a tiny bit hungry is good. Having tea with chamomile and a bit of honey with fresh mint will help you with a sweet tooth in the evenings. I've also added some tips at bottom.

Take your vitamins and probiotics and any other medications you may need to take. These are examples of the types of foods to eat so if there's something that doesn't suit your taste then you can change it. Every 12 days of perfect eating you can have a cheat meal (any meal you crave for.) Also these are all examples so feel free to be as creative as you want.

SAMPLE PLAN

DAY 1:

Breakfast - 9am: Takes 5 minutes to prepare. (after morning cardio) One slice of sourdough bread with half mashed avocado on top with spinach and tomato and 2 eggs poached or scrambled.

Protein shake mixed with water with half a small banana, 2 dates and half a teaspoon of almond butter blended with ice and water. Multivitamins and Omega 3. Drink green tea or water.

Meal 2 - 11:30 am: Snack Fruit smoothies of your choice or green juice, water or green tea.

Lunch - 1:30pm: Tofu and mixed vegetables either fried or grilled and a small portion of brown rice. Drink water.

Meal 4 - 3:30pm: Protein shake mixed with some fruit, you can buy from any health food cafe or juice shop.

Dinner - 6:45 - 7pm: Papaya salad and grilled aubergines mixed grilled vegetables and drink water. If you get a craving for something sweet to eat a bit of Low GI fruit (not too much) and/or drink grapefruit juice or just have pure grapefruit.

DAY 2:

Breakfast - 10am: Smoothie: If you do not want to have breakfast too early just make a green smoothie which will give you the right nutrients. Smoothie: This can be your breakfast if you don't have time to cook. Also make a big portion so you can have for the next day too. If too complicated buy some smoothies from a healthy juice shop and keep in the fridge. Spinach (handful) half Avocado tiny bit of fresh ginger half a lemon squeezed 1 apple 400m of water & a touch of honey. Make double portions and keep in the fridge for the next couple days to save you time. With Scrambled eggs with small rye bread.

Meal 2 - 11:45am: Coconut protein yoghurt and a little bit of low GI fruit of your choice.

Lunch - 1pm: Couscous salad with tomatoes, walnuts, raisins, lemon juice and cucumber

Meal 4 - 3:30pm: 1 apple and protein shake low carb

Dinner - 7:00pm: Asian ramen salad. Drink water

DAY 3:

Breakfast - 8:30 am: Small bowl of oats with coconut milk and 2 eggs scrambled or poached. Probiotic Tablets Multivitamins and Omega 3 & green tea

Meal 2 - 11:30am: Protein shake chocolate flavour mixed with water with half a small banana, 2 dates and half a teaspoon of almond butter blended with ice and water

Lunch - 12:30 pm: Chopped kale salad with avocados and mix with grains. Eat a fruit.

Meal 4 - 3:00pm: Protein shake with any Low Gi Fruit.

Dinner - 6:00 pm: Quinoa and chicken salad. Drink another green juice and drink lots of water

DAY 4:

Breakfast - 7:30 am: Small bowl of granola mixed with strawberries and goji berries and chia seeds with coconut milk. Probiotic Tablets Multivitamins and omega 3 green tea

Meal 2 - 11:00am: Protein shake mixed with water.

Lunch - 12:30 pm: Thai aubergine curry and small portion of brown rice

Meal (snack) 4 - 3:45pm: Protein shake of your choice low carb and drink green tea and a small protein ball.

Dinner - 6:30 pm: Vegetable stir fry flavour to your choice

Day 5:

Breakfast - 8:30 am: Chocolate Protein shake mixed with one banana, 1 dates and half a teaspoon of almond butter. Drink a green juice and take any supplements.

Meal 2 - 10:45am: Protein balls and a pear.

Lunch - 1pm: Sea bass fillet with quinoa and tomatoes.

Meal 4 - 3:30pm: Protein shake and cucumber, carrots and hummus dip.

Dinner - 7:00pm: Tofu, aubergine and tomato mix with chargrilled broccoli and carrots

Day 6:

Breakfast - 11:00 am: Poached eggs and half an avocado with one slice sourdough bread, drink a protein shake.

Meal 2 - 11:45am: Any low Gi fruit and green tea. Have a low sugar protein bar.

Lunch - 1pm: Mushroom, lemon and lentil salad with fish.

Meal 4 - 3:30pm: Coconut protein yoghurt and a few berries

Dinner - 7:00pm: Leek and pea soup, spicy cauliflower salad, egg, and Capers with dressing

Day 7:

Breakfast - 11:00 am: Small bowl of oats with scrambled eggs and protein shake.

Meal 2 - 11:45am: Some nuts and a green juice

Lunch - 1pm: Tofu and black cabbage with carrots and grains or brown rice.

Meal 4 - 3:30pm: Chocolate Protein shake mixed with one whole banana, 1 date and half a teaspoon of almond butter and take any supplements.

Dinner - 7:00pm: Beetroot Salad with Spinach, Egg, and Capers with dressing

LIST OF LOW GI FRUITS

Cherries

Plums

Grapefruit

Peaches

Peach canned in natural juice

Apples

Pears

Dried Apricots

Grapes

Coconut

Kiwi Fruit

Oranges

Strawberries

NOW GO & SMASH IT
GOOD LUCK