



6 WEEK CHALLENGE

TRAINING PLAN



WK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 loading 60% 15-20 reps 3 sets	chest press BB deadlift BB fixed lunge DB bent row BB pulldown cable tricep ext. DB lateral raises	squat BB romanian deadlift BB shoulder press DB lateral lunges pullovers DB step ups DB DB tricep dips	rest	run 200m rest 45s repeat 3 at 70% (tempo run)	incline bench BB single arm row DB pull ups machine leg press machine reverse lunge DB bicep curls BB hamstring curls SB	rest	run 200m rest 45s repeat 4 at 70%
2 loading 70% 10-12 reps	chest press BB deadlift BB fixed lunge DB bent row BB pulldown cable tricep ext. DB lateral raises DB	squat BB romanian deadlift BB shoulder press DB lateral lunges pullovers DB step ups DB tricep dips	rest	run 200m rest 45s repeat 4 at 70% (tempo run)	incline bench BB single arm row DB pull ups machine leg press machine reverse lunge DB bicep curls BB hamstring curls SB	rest	run 200m rest 45s repeat 5 at 70%
3 loading 70% 10 reps	chest press BB deadlift BB fixed lunge DB bent row BB pulldown cable tricep ext. DB lateral raises DB	squat BB romanian deadlift BB shoulder press DB lateral lunges pullovers DB step ups DB tricep dips	rest	run 100m rest 30s repeat 5 at 80%	incline bench BB single arm row DB pull ups machine leg press machine reverse lunge DB bicep curls BB hamstring curls SB	rest	run 100m rest 30s repeat 5 at 80%
4 loading 80% 8-10 reps	chest press BB deadlift BB fixed lunge DB bent row BB pulldown cable tricep ext. DB lateral raises	squat BB romanian deadlift BB shoulder press DB lateral lunges pullovers DB step ups DB DB tricep dips	rest	run 100m rest 30s repeat 5 at 80%	incline bench BB single arm row DB pull ups machine leg press machine reverse lunge DB bicep curls BB hamstring curls SB	rest	run 100m rest 30s repeat 8 at 80%
5	90-100% 5reps 4sets squat DB lateral lunge DB tricep ext. DB step ups DB Front Squat	90-100% 5R 4S single arm rows DB floor press DB wide chins bench press BB bicep curl DB	rest	90-95% run 4x40m jog 4 x40m run 3x40m jog 3x40m run 2x40m jog 2x40m run 1x40m jog 2x40m	90-100% 5R 4S good morning BB one leg squat romanian deadlift BB reverse lunge DB Dips	rest	90-95% run 4x40m jog 4 x40m run 3x40m jog 3x40m run 2x40m jog 2x40m run 1x40m jog 2x40m
6	90-100% 5reps 4sets turkish get up DB one leg deadlift BB squat DB step ups DB push press DB	90-100% 5R 4S bent row DB shoulder press DB alt. grip chins one arm floor press BB tricep ext. DB	rest	90-95% run 4x40m jog 4 x40m run 3x40m jog 3x40m run 2x40m jog 2x40m run 1x40m jog 2x40m	90-100% 5R 4S deadlift BB bicep curl chest press DB pull down-machine wide chins	rest	90-95% run 4x40m jog 4 x40m run 3x40m jog 3x40m run 2x40m jog 2x40m run 1x40m jog 2x40m

DB Dumbbell
BB Barbell



6 WEEK CHALLENGE

NUTRITION RECIPES



BREAKFAST CHOICES

BIRCHER MUESLI

- Small bowl of soft oats
- Handful of mixed nuts and seeds (walnuts, almonds, sesame seeds, flax seeds and pumpkin seeds)
- Sprinkle of raisins
- Half a grated apple
- Small glass of apple juice (or water)
- Carton natural low fat probiotic yoghurt
- Carton low fat cottage cheese

Mix together all of the dry ingredients, add the apple juice and leave to soak overnight. In the morning, mix in the grated apple, cottage cheese and yoghurt.

FRUIT & PROTEIN SMOOTHIE

- 1-2 scoops quality protein powder (flavoured if preferred)
- 2 large cups mixed "zero calorie" fruits including the skin and seeds**
- 2 tbs milled flaxseed
- A little water to thin liquid

** (would not apply to melon, mango, papaya or pineapple).

Put all of the ingredients in a blender for 30-60 seconds.

BEET, CARROT, APPLE, LEMON AND GARLIC JUICE

- 2 medium beets
- 1/2 lemon
- 2 large carrots
- 1 large apple
- 1 small piece of ginger
- 1 clove garlic

Put everything into a juicer. Pour into a glass. Dress with a slice of lemon.

MEXICAN OMELETTE

- Chopped onion, green/red peppers, green beans (2 cups)
- Small amount of kidney beans
- 1 whole egg, 3 egg whites
- Olive oil
- Dash of Tabasco, chilli powder
- Glove of garlic, crushed

In olive oil, sauté onion, kidney beans, peppers, green beans, garlic. Whip eggs and spices together and separately with oil cook omelette. Fill with vegetable mixture, fold and serve.

APPLE AND CINNAMON OATMEAL MIX

- 30g natural oats
- 10ml rice or almond milk
- 5g dried apples
- 3g brown sugar
- 1tsp ground cinnamon
- Sprinkle of ground cloves
- Pinch of salt

Combine all ingredients except milk. Put milk in saucepan and bring to boil. Add oatmeal mix. Cook and stir over medium heat until warmed through. Add additional milk for desired consistency if required. Cover and let stand for 1 minute.

LUNCH CHOICES

SEAFOOD SALAD

- Mixed seafood – shrimp, crab, lobster meat
- Large salad – cabbage, tomatoes, peppers, celery, onion
- Bed of fresh spinach
- Homemade mayonnaise with olive oil
- Olive oil & balsamic vinegar
- Fresh berries

Mix seafood with mayonnaise, and place on spinach bed, served next to salad drizzled with olive oil and vinegar. Fresh berries for desert!

GRILLED CHICKEN SALAD

- Chicken breast, grilled
- Sprinkle of parmesan
- Bed of fresh Spinach
- 2 medium tomatoes
- 1/2 onion
- 1/2 raw Zucchini, thinly sliced or grated
- 1-2 sticks celery, thinly sliced
- Olive oil
- Balsamic vinegar
- Lemon juice
- Worcester sauce
- Garlic powder
- Ground pepper

Prepare salad (tomato, onion, zucchini, celery), squeeze with lemon, glug of olive oil, season with garlic, Worcester sauce and pepper. Place chicken on top of spinach bed, sprinkle with parmesan, and serve to side of salad.

TUNA AND AVOCADO QUINOA SALAD

- Small tin of tuna in brine or water
- Half an avocado chopped into pieces
- Handful of chopped cucumber
- 1/2 red onion finely chopped
- 1/2 red/green pepper finely chopped
- Small bowl of cooked quinoa
- Generous sprinkle of shelled hemp seeds or roasted sunflower seeds
- 2 tablespoon of extra virgin olive oil
- 1 tablespoon cider vinegar
- 1 teaspoon of French mustard

In a large bowl, mix together olive oil, vinegar and mustard. Add all the other ingredients and mix well. Serve back in avocado shell and sprinkle with shelled hemp seeds or roasted sunflower seeds.

CARROT, FENNEL AND TANGERINE SALAD (FOR 2 PEOPLE)

- 1 medium carrot
- 1 medium fennel bulb
- 1tbs extra virgin olive oil
- 1tbs lemon juice
- 1/2tbs white wine vinegar
- 1/2 small red onion, thinly sliced
- 1 cup watercress sprigs, thick stem removed
- 1/2 cup tangerine sections
- Sea salt
- Freshly ground black pepper

Shave carrots lengthwise into ribbons. Remove stalks and fronds from fennel. Shave fennel lengthwise like carrots. Combine in bowl, toss with oil, lemon juice, and vinegar. Set aside for 20 minutes to soften. Add red onion. Gently mix watercress and tangerines. Season with salt and pepper. Serve with cooked, sliced chicken or turkey breast.

STIR FRIED PRAWNS WITH PEPPER AND SPINACH

- 3tbs olive oil
- 2 large garlic cloves, thinly sliced
- 1 red pepper, cored and thinly sliced
- 200g raw peeled tiger prawns, defrosted
- 2tbs soy sauce
- 100g baby spinach leaves

Heat wok, add oil and garlic slices. Stir until turning golden. Using a slotted spoon, remove garlic onto kitchen paper. Add pepper to wok and stir fry for 1 minute, scoop out and set aside. Add prawns to wok and stir fry for 2-3 minutes until cooked and browning. Add soy sauce. Add spinach and stir fry until begins to wilt. Return peppers and crisp garlic to wok, stir and serve immediately.

AVOCADO AND GINGER VICHYSOISE (FREEZE LEFTOVERS)

- 1/2 cup 100% vegetable spread
- 1 medium onion
- 1 ounce fresh ginger, peeled and grated
- 1 large avocado, peeled and mashed
- 2 cups chicken stock
- 1tsp black pepper

Melt vegetable spread in sauce pan. Add onion and ginger and sauté 2 minutes. Add mashed avocado and stock. Use whisk to eliminate lumps. Simmer low heat for 10 minutes. Add salt and pepper. Chill before serving.

DINNER CHOICES

BBQ CHICKEN

- Skinless chicken breast
- 4-6 lemon slices including rind
- 4-6 red onion slices
- 4-6 cauliflower florets
- Fresh spinach
- Small spoon BBQ sauce
- Olive oil and vinegar dressing
- Strawberries

Heat oven. Cover chicken with lemon and onion. Bake for 15 minutes. Reduce heat, baste with BBQ sauce. Cook until done. Put cauliflower on bed of spinach and cover in dressing. Eat the lemon! Strawberries for desert.

BROILED SALMON

- Salmon fillet
- Sprinkle of parmesan cheese
- Zucchini – at least one large
- 2 medium tomatoes
- Olive oil
- Fresh Rosemary, tarragon and dill to taste
- Lemon slice and squeeze of lemon juice
- Apple

Rub salmon fillet with herbs, brush with oil, grill until cooked, garnish with lemon. Cut tomatoes in half, sprinkle with parmesan and grill. Serve with cooked zucchini. Apple for desert.

SKILLET HASH

- Chicken or turkey breast – cooked and diced
- 1 large tomato - chopped
- 1 green/red pepper – chopped
- 1 red onion - chopped
- 2-3 florets broccoli - cut into small chunks
- 6-8 green beans - chopped
- Olive oil
- Salt & pepper
- Worcester Sauce
- Melon

Sauté peppers, onions, broccoli and green beans in olive oil. Add cooked meat, tomato, spices and Worcester sauce. Cook stirring until heated through. Melon for desert.

ORANGE GINGER CHICKEN (SERVING FOR 2)

- 2tsp olive oil
- 2 boneless, skinless chicken breasts
- 4 spring onions thinly sliced – keep green and white parts separate
- 2tsp grated fresh ginger
- 2tsp concentrated orange juice
- 1tbs soy sauce
- Salt and freshly ground pepper

Heat oil in heavy frying pan over medium heat. Season chicken breasts with salt and pepper. Brown chicken on both sides (approx 3 minutes per side). Add white part of spring onion. Add ginger. Cook for 1 minute, stirring. Add concentrated orange juice, soy sauce and 1-2 tbs water. Bring to simmer and cook until chicken cooked through. Remove from heat, add green part of spring onion

SALMON AND ASPARAGUS IN FOIL (FOR 2 PEOPLE)

- 2 x 5 oz salmon fillets
- 1/2lb asparagus
- 1/2 fresh lemon
- Fresh ground black pepper
- Sea salt to season
- Lemon wedge (to garnish)
- Olive oil

Preheat oven to 180°C Trim asparagus spears. Spray foil sheet with olive oil. Place salmon fillet in centre of sheet, with 1/2 asparagus. Drizzle with lemon. Sprinkle with pepper and salt. Seal foil parcel, with air to circulate. Bake for 15 minutes.

ROAST CHICKEN BREAST WITH CREAMY BUTTERNUT SQUASH AND CHILLI

- 1 chicken breast with skin
- 1/2 fresh chilli
- Fresh marjoram or oregano
- Sea salt and ground pepper
- 1/2 medium butternut squash
- Double cream
- Nutmeg

Preheat oven to 200°C. Put chicken breast in bowl. Deseed and slice half fresh chilli. Add to bowl with marjoram or oregano, sea salt and pepper. Toss together. Cut butternut squash into quarters. Remove seeds and slice ¼ to 1/2 as thinly as possible. Place chicken in roasting tray and fit squash snugly around. Pour a little double cream on squash not chicken. Season with nutmeg, salt and pepper. Drizzle with olive oil. Cook in middle oven for 25-35 minutes.

SPICED PORK WITH SWEET POTATOES

- 2 pork loin chops with bone, about 10 ounces each
- 1/2tsp mild chili powder, to taste
- 1/2 teaspoon sweet paprika
- Sea salt and black pepper
- 1 tablespoons olive oil
- Few thyme sprigs
- 2 garlic cloves (unpeeled), lightly smashed
- 3 star anise, lightly smashed
- 1/2 teaspoon coriander seeds, lightly crushed
- 3 small sweet potatoes, about 1/2 pound
- 1/2 red chile, trimmed, seeded, and minced

Cut off rind and excess fat from chops. Mix chili, paprika, salt, pepper, olive oil in baking dish. Add thyme, garlic, star anise and coriander seeds. Add pork chops and turn to cover with mixture. Cover and leave for 30 minutes. Uncover and place in oven, preheated to 180°C for 15 minutes. Peel sweet potatoes and cut into slices. Add to pan of boiling water and cook until almost tender. Drain and run under cold water. Dice potato and set aside. Remove chops to warm plate and cover. Remove garlic from peel and return to baking dish. Add chili, add potatoes, salt and pepper and toss to mix. Bake for 10 minutes until tender. Stir coriander through sweet potato. Place on warm plate and add chops.

DINNER CHOICES

WARMING COCONUT AND CARROT SOUP

- 400ml coconut milk
- 2 garlic cloves chopped finely
- 1 medium white onion chopped finely
- 1 litre low salt yeast free veg stock (or make your own vegetable stock if you have time)
- 3 large carrots
- 1 heaped teaspoon curry powder
- 1 small sweet potato
- 400ml coconut milk
- 2 teaspoons chopped fresh ginger (optional)

Sweat onions in a little of the vegetable stock. Add in the garlic, curry powder and chopped ginger and cook for a further 2-3 minutes. Add in the chopped carrots and sweet potato. Add in the vegetable stock, bring to boil then simmer for about 15 mins. Add in the coconut milk and let simmer for a further 5 mins until coconut is warmed through with the soup.

LENTIL CURRY

- 400g tin of lentils (brown or puy no added salt) for quickness
- 400g tin tomatoes
- 1 heaped tsp curry powder
- 1 medium onion
- 2 garlic cloves
- 2 handfuls of fresh spinach (take off stalks)
- 1 tsp coconut oil
- Shredded coconut

Sautee the onion in a pan with melted coconut oil (sweat until soft). Add in the curry powder and sweat for a further 2-3 mins. Add in chopped garlic, tomatoes and let simmer for 5 mins. Add in lentils (drain liquid) and simmer for 5 mins. Add fresh spinach and let cook for 2-3 mins before serving. Sprinkle top with shredded coconut before serving.

SNACK CHOICES

PROBERRY POT

- Few Mixed Berries
- Low Fat Natural Probiotic Yoghurt
- Ground Flax Seed

Mix it all up together and enjoy!

TURKEY AND GUACAMOLE

- 2 thin slice of cooked turkey (natural if possible)
- guacamole
- Chopped fresh pineapple

Spread guacamole on turkey slice, roll, and eat with pineapple

EGGS & CELERY

- 2 hard boiled eggs
- 2 sticks celery
- 1/2 apple
- 2 loaded tsp natural crunchy peanut butter

Spread a little peanut butter on celery, and eat with the rest.

CARROT AND GINGER DIP

- 2 medium carrots, sliced
- 1/2 inch ginger, sliced
- 1/2tsp curry powder
- 1/2 cup soya yoghurt
- 2 tbs olive oil
- 1/2tsp white vinegar
- 1/2tsp honey
- Raw vegetable crudités (broccoli, cauliflower, celery)

Steam carrots and ginger until carrot is tender. Blend with remaining ingredients until smooth. Allow to cool, and dip with crudités.

STRAWBERRY SOUFFLÉ WITH GINGER (2-3 PEOPLE)

- 6 egg whites
- 1 gelatine envelope
- 2 cups strawberries (or other berries) pureed
- 1 lemon, including pulp and juice
- 1tsp sugar
- 2tsp olive oil
- 1/2tsp ground ginger

Whip egg whites until marshmallow consistency. Put gelatine, strawberries, lemon and sugar in pan. Heat until gelatine and sugar melted. Cool. Whip into egg whites with ground ginger. Spoon into soufflé dish and brush with oil. Bake 20 minutes until puffed and light brown.