



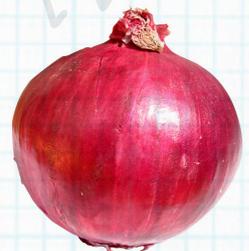
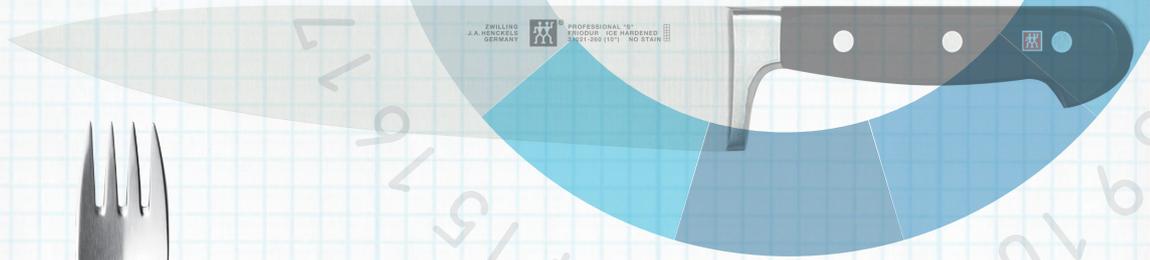
BodyConditioning

NUTRITIONAL EDUCATION



28 Day Eating Plan

Real food to help you achieve your goals



www.bodyconditioning.info

28 Day Eating Plan

Real food to help you achieve your goals

Introduction

First things first, this is not a **DIET**. Diets don't work. If they do, they last for a few weeks before you realise that you can't sustain the amount of food you are eating or they are so restricted that you throw the towel in. What we are aiming for in the 28 days is to:

- Educate you on the types of foods that you can eat on a regular basis
- Lose body fat and improve body shape
- Provide you with healthy, tasty recipes that you can eat and enjoy
- Give you a feeling of how the body should feel. Not tired, achy, bloated, flabby
- Show you how to integrate exercise into your lifestyle which is short and sustainable

The major benefits of this eating plan are that you get to eat **REAL** food. There is no more point systems, calorie counting or weighing of food. You may have tried many diets or eating plans previously. However, if you have found you have regained the weight or still feel tired and bloated, then the diet didn't work. You have probably heard us say before "**Abs are made in the kitchen**" or "**You can't out train a bad diet**". These quotes don't imply that everyone wants a flat stomach but often we believe that we can eat **LOTS** of junk food on a **REGULAR** basis and undo this by exercising, this doesn't and will never work, sorry. This program will include exercise but our main focus is nutrition. Exercise and activity is essential for a healthy lifestyle and helps us burn calories, shape your body, increase energy and plays an important role in weight loss.

Facebook Support Group

We have set up a private support group for everyone that shall be following the program, like-minded people that are in the same situation as you. It will be a platform for you to share your journey on a day to day basis if you wish or just once in a while. Everyone needs a download once in a while! It's a good place to share recipe ideas and your achievements along the way, and the odd slip up which we all have! The group will aim to keep you on the right path and will provide expert guidance from the Body Conditioning team and they will share their experience in nutrition, training and lifestyle choices.

Please join our Facebook group following the **hyperlink** below



<https://www.facebook.com/groups/1614290798826833/>



Nutrition

This program is going to feel different to anything else you may have tried. You get to eat lots of yummy foods. Everything we eat during this plan has the aim of increasing energy and vitality and not leaving you feeling hungry, deprived and craving more food. The majority of us eat a lot of processed quick-fix foods on a regular basis. When we eat like this we often need, pills, supplements, and loads of caffeine just to get us through the day. This is not great for our short or long term health and it makes us sick. Eating lots of processed foods puts major stress on our bodies because we aren't designed to eat them on a regular basis. This means that our body ends up working overtime to clear the toxins we have eaten from it. One of the main aims of this plan is to give your liver a break. Our liver has many roles such as removing toxins from our body, balancing blood sugar levels, breaking down hormones after they have served their purpose and storing nutrients. Therefore, if your liver cannot work properly you will experience many problems, such as weight gain, intolerances to food, tiredness, bad skin etc.

Caffeine

Caffeine is addictive and we are consuming too much. Most of us like a nice cup of coffee but we don't want to start relying on it for energy. We often drink coffee and have a maximum of two cups a day. We often try and

drink these before 2pm so it doesn't affect our sleep. Drinking a substance that stimulates the body doesn't make much sense before going to bed. We all tolerate caffeine differently so be aware of how it makes you feel. If you are consuming high levels of caffeine (10 cups a day) try and reduce it by half to start with.

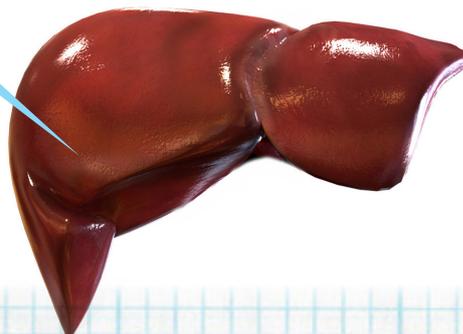
Treats

This is a lifestyle plan so we have included treats. These are healthy treats which actually taste great and contain lots of health benefits, not something we get from processed treats such as biscuits. Just be aware that they are still to be eaten once in a while. Eating all the homemade fudge is still calories and won't help you with your weight loss goals.

Bread

Bread has been introduced to the plan as having a piece of bread once in a while is fine. People often rely on bread for breakfast lunch and sometimes even dinner. It's so convenient, but not always the best choice, especially shop bought bread. We have used sourdough bread in our plan. We believe this is the healthiest bread for us with minimal ingredients and it also tastes great. You can choose another type of bread but please be aware of the highly processed shop bought bread.

This may seem like a lot of things to cut out but with this **overload of toxins on the liver** you can see why you may have fat stored that you just can't shift.



28 Day Eating Plan

Real food to help you achieve your goals

Nutrition Cont.

We realise with work commitments and people's social lives that sticking to a plan isn't always as easy as we would like. Therefore, please think ahead to allow yourself a better chance of making the right choice. This plan has been designed for OPTIMAL results. Everyone who has followed this plan has had great results. We are all different and want different things from the plan. The more you stick to the plan, the better the results. Once you get the results and feel great, look great, you don't want to go back to feeling tired, bloated, overweight, and feeling like you are out of control with your weight and health.

We realise for some people the thought of cutting out caffeine, alcohol or anything from the list makes your diet sound like hell. If you are someone who drinks lots of caffeine you may feel that halving the amount will make a difference and benefit you when it comes to weight and health improvements. For some of us this is a life-changing plan where some of the foods and meals are so different from our regular eating habits. We just want to stress the emphasis that you might opt to change 50% of your habits and not

change the others. As long you are aware that you may not get all the results you are after, it will still be a small step in the right direction to a healthier life. All recipes are provided in the recipe card section. Meals such as fruit salad and other snacks are not in the recipe card section as you can either buy them or don't need to be explained how to make them, such as carrots.

Regular Basis – I have highlighted this because people who live healthy lifestyles sometimes eat foods that aren't on the approved list during the 28 day plan, like chocolate or ice creams. A healthy eating plan doesn't encourage eating these foods because they don't provide the body with lots of healthy nutrients. However, we except that from time to time these will be eaten - that's life

**Before you eat it,
think to yourself.....
are the calories
actually worth it?**



Exercise

Exercise is an important part of a healthy lifestyle. Over the 28 days we would encourage that you integrate exercise into your plan. We have provided you with 2 different workouts that you can follow in the gym. You can also join some of the classes provided at the company, please check the board. Any regular exercise will benefit you during this plan. Please try and exercise at least twice a week during this 28 day period. Also aim to walk 30 minutes a day for at least four days a week.



28 Day Eating Plan

Real food to help you achieve your goals

Frequently Asked Questions

How will I feel when I start the plan?

Some people tend to find the first 4-7 days pretty tough. When your body starts to cleanse and detox it may bring on headaches, lack of energy and make you feel like this is not worth it. You often feel worse before you feel better on these plans. This doesn't happen to all people but please be aware; To help with the negative effects over the few days, please consume at least 2 litres of water. Once you are out the other side you will feel great.

What happens if I miss a meal on the plan?

We always encourage people to follow the plan as it is scientifically designed for optimal health. However, sometimes we don't manage to stick to the plan and we fall off the wagon. This is fine and we always encourage people to get straight back onto the wagon and continue with the plan. This plan is not a pass or fail. If you struggle then you are going through the change process, which is great. Also use the Facebook group to help keep motivated and be inspired by others following the plan. Just remember, if you are struggling, you may not be the only one.

What if I feel hungry on the plan?

This plan is designed to give you tons of energy and make you feel full until your next meal. Often hunger is disguised as dehydration so before reaching for food, drink a glass of water. If this doesn't work then head for a snack listed in the recipe section.

I have a friend's birthday party at the weekend, how will I cope?

We always have things planned that will throw us off course when eating healthy. This doesn't mean you have to sabotage your results because of a birthday party. Stick with the plan during the day and try and choose wisely in the evening. Most restaurants are very accommodating and you can choose a healthy choice when you're out, like chicken and sweet potato fries. If you are worried about washing down lots of booze, then drive. Eliminating choice and driving will encourage you to drink less and help you stay on track.

How many calories should I eat?

This plan is not about counting calories, sins, low fat, lighter, longer, leaner. This is all about a wide variety of wholesome foods that nourishes the body. People often count calories and forget about the quality of foods that they are eating. Often people on this plan are eating more food than they have previously eaten and still lose body fat. Nourish the body and it will work with you not against you.

Frequently Asked Questions

How will I have any energy if I am not eating carbohydrates such as bread and pasta?

Carbs are in more foods than we realise; they are in all fruits and vegetables. So the bulk of our meals will include carbs. For energy we need fats and protein alongside these carbs. Fats in our diet can be broken down into fatty acids which give us energy. Not eating complex carbohydrates all the time such as pasta allows the body to start breaking down some of our body fat stores for energy. This leads to increase energy and fat loss.

Do I need to eat all the snacks?

NO, we have placed a wide variety of snacks in the 28 day plan. However, if you are not hungry, then we recommend that you don't eat them. We are all different and have a preferred eating style. Clients have been successful eating 3 meals plus 1 snack whilst others have been successful just eating 3 meals. Try and listen to your body.

Can I buy food on the run?

One of the biggest obstacles to healthy eating is time or preparation of food. This often discourages people from sticking to their health plan or progressing to the next level. Sometimes it only takes a little bit of planning and preparation to actually succeed with sticking on a plan. We all experience times where we struggle to prepare food for the day. We have provided below a list of some of the foods that you can buy on the run if you haven't made your own food. The food you grab may not be as good as your home cooked meal but it's effective and contains the correct nutrients to keep the body fuelled during your day.

Food List:

Nuts (almonds, cashews, walnuts)
Cooked Meat ready to eat (chicken, ham, turkey, beef)
Greens – a bag of spinach / mixed leaf salad
Biltong (beef jerky) – (peppered)
Boiled eggs with spinach (ready to eat)
Fruit (apple, mango, blueberries, pineapple) (just one portion)
Naked bars or trek bars (Just one portion)
Carrots / celery with hummus (snack pot)
Dark chocolate small bar (above 70%)

28 Day Eating Plan

Real food to help you achieve your goals

Food for thought

It is often said that healthy food is expensive. This maybe the case but the benefits are certainly worth it. Also there are always ways of saving money when shopping and cooking ensuring that you can still eat on a budget. Remember that buying oils, spices and certain ingredients for the first time may seem expensive but they will last you for lots of meals. When making healthy meals in bulk, you can start to feed a family of 4 for less than £7. Suddenly buying a bargain bucket for £10 from KFC isn't such a bargain. We have listed some common items that we often buy and don't also consider the actual expense. A pint of beer costs £4 A large glass of wine costs £6 A packet of cigarettes costs £7-8 A cup of coffee costs £2.50 These items above are remarkably expensive for what you actually get. Considering it cost 3p to make a cup of coffee we

are willing to pay £2.50. I am not saying don't buy coffee with friends but we have to start to become aware of our decisions on what we spend our money on. Everyone has a budget and people spend their money how they want to. However, with knowledge and awareness you can start to eat healthy food at a reasonable price. As a society we are often looking for cheaper and cheaper foods. Often the cost of things increases over time. With food, we often expect to buy it cheaper and cheaper. This comes at a price (excuse the pun) and food is being produced with chemicals, poor (unhealthy) ingredients and even items such as feathers to keep prices low. Hopefully over the next 28 days, this plan will make you more aware of the types of foods you are eating and how, with preparation and thought you can eat well, for less.



£4



£6



£2.50



£9

Meal Plans – Important

We would like you to stick to the meal plan as best as you can. If there is something on the menu that you don't like, then please select something else from the meal plan to eat. It's ok to eat the same meal twice. Example: Quinoa, seeds and nuts, replaced by porridge and berries. The foods chosen on this plan give you a wide variety of different meals to eat throughout the week. Trying new foods and meals helps maintain a balanced eating plan as all foods provide different nutrients to help maintain a healthy lifestyle.

Breakfast

Quinoa
with berries
and seeds

Snack

Sweet Potato
Crisps
(see recipe)

Lunch

Beef Burgers and
salad (cooked the
night before
eaten cold)

Dinner

Southern Fried
Chicken, Parsnips
Chips (see recipe)

Drinks

Min 2 litres of
water /
herbal teas



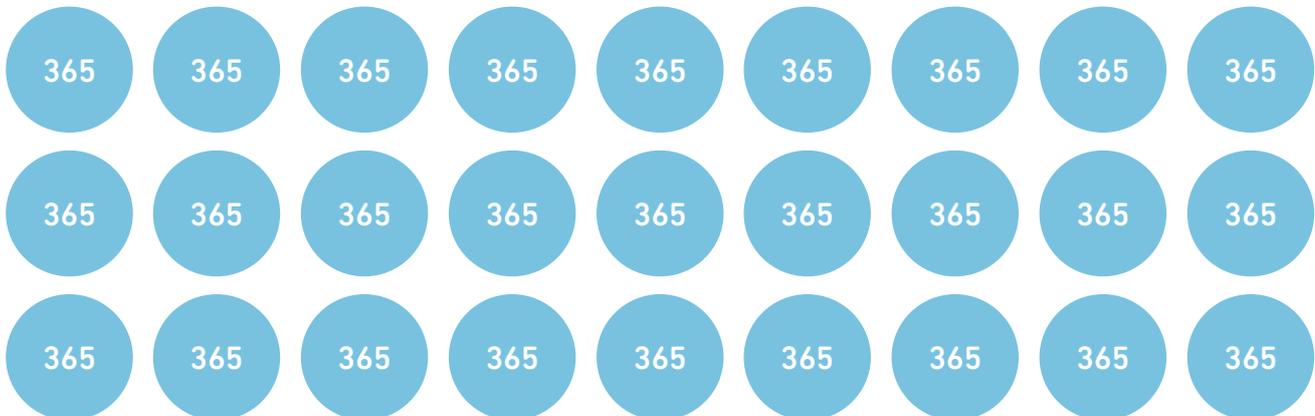
28 Day Eating Plan

Real food to help you achieve your goals

10 Important Points

1. You will have to take some time to think about food preparation. We all have time; we just need to make it. Most of us leave the house on a daily basis and hope that we can buy food from the shops, which tends to be unhealthy. Most of the time it's quick convenient and full of hidden ingredients which aren't great for our health or our waist lines. Places such as BP with a Marks and Spencer's store offer some of the best options for food choices if you are caught leaving the house without your own food.
2. Its 28 days, not 28 years. Therefore, it is a very short period of time. Please remember this if you are struggling after the first week. Results at the end will be worth it. You will always experience difficulty when you make a change, stick with it and you will feel great after.

Its **28 days**, not **28 years**.



3. When going to a social event it's not hard to stick to the plan. You can still have a glass of wine, eat meats and vegetables etc. You may be surprised how accommodating people can be.
4. It won't be easy... most things in life which are worth achieving aren't. When you continue throughout the process things will become easier.
5. Ignore the Doubters. People, who can't do things themselves, often try and drag people down with them. Ignore them, stay on track and let your results speak for themselves.



Are you **hungry** or are you **thirsty**?

- Please remember the basic rule of calories in vs calories out. Not all calories are equal but eating a whole bag of nuts because it says eat high levels of fat will still encourage weight gain. Think about portion control. The advantage of this plan is it increases satiety, which leads to people eating less.
- Do not underestimate the power of water. Often we are thirsty not hungry. Drink lots of water, not diet coke or orange squash water. Increasing your trips to the toilet is worth the trade-off for great results.
- Try to do your best to follow the plan. If you fall off the wagon and eat junk food, don't stress about it. Check your plan and get back to eating proper food. This isn't an all or nothing plan. One mistake doesn't make you unhealthy.
- Please forget all of the conventional wisdom that you have been educated with over the last 40 years, i.e. that fat makes us fat; It's bad for our heart and health. We have eaten good sources of fats for thousands of years. There is no clear evidence on how eating good sources of fat is bad for our health. It has only been during the last 40 years that we have reduced our fat consumption (even olive oil, butter) and the average person now weighs 3 ½ stone more than they did in the 70's. Something is not right. This is a discussion for another time but the key statement to remember is that **FAT** does not make you **FAT**.
- This plan is encouraged to make you aware of healthy food choices, improve your energy levels and make you feel great. The by-product of eating well and feeding your body with healthy nutritious food is you will also lose weight. Don't become obsessed with the scales.



Don't become obsessed
with the scales.

28 Day Eating Plan

Real food to help you achieve your goals

28 Day Plan Quotes

If it weren't for the fact that the TV set and the refrigerator are so far apart, some of us wouldn't get any exercise at all

Joey Adams

We all have to learn to reengineer healthy living back into our lives

Risa Mourey

IF THERE IS NO STRUGGLE, THERE IS NO CHANGE

Frederick Douglass

In our fast forward culture, we have lost the art of eating well. Food is often little more than fuel to pour down the hatch while doing other stuff – surfing the web, driving, walking along the street. Dining al desko is now the norm in many workplaces. All of this speed takes a toll. Obesity, eating disorders and poor nutrition are rife

Carl Honore

Time and health are two precious assets that we don't recognize and appreciate until they are gone

Dax Moy

MORE PEOPLE IN THE WORLD ARE NOW DYING FROM OBESITY (WRONG FOOD CHOICES) THAN MALNUTRITION (NOT ENOUGH FOOD)

Jamie Oliver

STOP REWARDING YOURSELF WITH FOOD. YOU'RE NOT A DOG

Paul Chek

It's challenging, but you have to at least try to eat right and exercise

Joely Fisher

TAKE CARE OF YOUR BODY. IT'S THE ONLY PLACE YOU HAVE TO LIVE

Jim Rohn

Excuses change nothing, but make everyone feel better

Mason Cooley



Body Conditioning

Shopping List for 28 day plan

This list contains most (not all) of the foods on the 28 day plan. Please feel free to ask any questions on the Facebook group about food

Eggs

Duck
Chicken
Goose

Poultry

Chicken
Duck
Turkey

Meat/Game

Lamb
Beef
Pork
Venison
Gluten free sausages (More than 80% meat)
Unsmoked bacon

Fish/Seafood

Anchovies
Salmon
Sardines
Mackerel
Herring
Shrimp
Sea Bass
Scallops
Mussels
Crab
Squid
Cod
Pollock
Haddock
Lemon Sole
Dover Sole
Halibut
Trout
Tuna

Vegetables

Asparagus
Broccoli
Brussel sprouts
Butternut squash
Cabbage
Carrots
Cauliflowers
Celery
Celeriac
Macadamias
Pecans
Pistachios

Walnuts
Cucumber
Kale
Lettuce
Mushrooms
Red onions
White onions
Parsnips
Peppers
Radish
Spinach
Sweet potato
Watercress

Fruits

Lemon
Lime
Avocados
Blackberries
Blueberries
Raspberries
Strawberries
Tomatoes
Melon
Apples
Peaches

Fats

Oils
Extra virgin olive oil
Extra virgin Coconut oil
Avocado oil
Macadamia oil

Solid Fats

Ghee
Grass-fed butter (Kerrygold)
Coconut Oil

Other

Grass-fed heavy cream
Coconut milk
Coconut flakes
Coconut cream (tin or carton)
Coconut cream (bar)
Desiccated coconut
Almond Milk

Nuts/Nut Butters

Almonds
Brazil nuts
Cashews
Chestnuts
Hazelnuts

Meal Plan – Week 2

Day	Breakfast	Snack	Lunch	Snack	Dinner	Drinks
Monday	Breakfast shake or any smoothie (see recipe)	Hummus and celery	Protein Salad (see recipe card)	Boiled egg	Lentil Bolognese	Min 2 litres of water / herbal teas
Tuesday	Protein pancake	Handful of nuts	Leftovers from last night's dinner	Snack of choice	Tex Mex Chicken (see recipe)	Min 2 litres of water / herbal teas
Wednesday	Berry Pot (see recipe)	Snack of choice	Leftovers from last night's dinner	Mixed berries	Sweet Potato Cottage Pie (see recipe)	Min 2 litres of water / herbal teas
Thursday	Breakfast Omelette	Handful of berries and nuts	Leftovers from last night	Apple and nut butter of choice	Salmon in Tomato Sauce	Min 2 litres of water / herbal teas
Friday	Chia seed pot (select choice)	Handful of salt and vinegar nuts (see recipe)	Lunch of choice	Cucumber and Hummus	Prawn curry with cauliflower rice	Min 2 litres of water / herbal teas
Saturday	Sourdough (select choice)	Sweet Potato Crisps (see recipe)	Turkey salad (Protein salad) (See recipe)	Boiled Egg	Dinner of Choice	Min 2 litres of water / herbal teas
Sunday	Full English	Fruit salad	Roast chicken and steamed vegetables	Kale Crisps (see recipe)	Chicken Fajitas with parsnip chips	Min 2 litres of water / herbal teas

Meal Plan – Week 1

Day	Breakfast	Snack	Lunch	Snack	Dinner	Drinks
Monday	Banana Omelette (see recipe)	Handful of nuts and an apple	Protein Salad (see recipe card)	Fruit salad	Stir Fry with turkey (see recipe). Make extra for lunch	Min 2 litres of water / herbal teas
Tuesday	Mango and Cashew Smoothie (see recipe)	Hummus and carrots	Leftovers from last night's dinner	Handful of berries and nuts	Good Old Chili served with cauliflower rice (see recipe). Make extra for lunch	Min 2 litres of water / herbal teas
Wednesday	Protein Pancake (see recipe)	Handful of mixed nuts	Leftovers from last night's dinner	Boiled egg	Chicken Pizza and Sweet Potato Wedges (see recipe) Make extra for lunch	Min 2 litres of water / herbal teas
Thursday	Quinoa with blueberries (see recipe)	Handful of Soy Sauce Seeds (see recipe)	Leftovers from last night's dinner	Snack of choice	Burgers with salad (see recipe). Make extra to freeze	Min 2 litres of water / herbal teas
Friday	Porridge (select choice)	Hummus and carrots	Lunch of choice	Apple and handful of nuts	Chicken Curry (see recipe card)	Min 2 litres of water / herbal teas
Saturday	Sourdough (select choice)	Courgette Pancake (see recipe)	Roast chicken and roasted vegetables	Snack of choice	Dinner of choice	Min 2 litres of water / herbal teas
Sunday	Full English	Carrot and pepper sticks	Protein Salad	Snack of choice	Salmon and Avocado Salsa	Min 2 litres of water / herbal teas



Meal Plan – Week 4

Day	Breakfast	Snack	Lunch	Snack	Dinner	Drinks
Monday	Breakfast shake or any smoothie (see recipe)	Hummus and celery	Pulled Pork leftovers	Boiled egg	Spag bowl with courgetti (see recipe)	Min 2 litres of water / herbal teas
Tuesday	Banana Omelette	Handful of nuts	Left over spag bowl with salad	Snack of choice	Cajun Chicken and Sweet Potato Wedges	Min 2 litres of water / herbal teas
Wednesday	Porridge (select choice)	Snack of choice	Protein Salad	Mixed berries	Tomato and Egg Bake	Min 2 litres of water / herbal teas
Thursday	Breakfast Omelette	Handful of berries and nuts	Leftover dinner	Apple and nut butter of choice	Burgers and salad (cook extra)	Min 2 litres of water / herbal teas
Friday	Fruit and nut yoghurt	Handful of salt and vinegar nuts (see recipe)	Left over burgers and salad	Cucumber and Hummus	Chicken Curry with cauliflower rice (see recipe)	Min 2 litres of water / herbal teas
Saturday	Salmon and Scrambled Eggs	Sweet Potato Crisps (see recipe)	Lunch of choice	Boiled Egg	Easy roast lamb (see recipe)	Min 2 litres of water / herbal teas
Sunday	2 eggs with mushrooms, bacon and tomatoes	Fruit salad	Left over lamb	Kale Crisps (see recipe)	Salmon and avocado salsa	Min 2 litres of water / herbal teas

Meal Plan – Week 3

Day	Breakfast	Snack	Lunch	Snack	Dinner	Drinks
Monday	Mango and Cashew Smoothie (see recipe)	Handful of nuts and an apple	Protein Salad (see recipe card)	Fruit salad	Chicken and vegetable bake (see recipe).	Min 2 litres of water / herbal teas
Tuesday	Protein Pancake (see recipe)	Hummus and carrots	Leftovers from last night's dinner	Handful of berries and nuts	Beef Casserole (see recipe). Make extra for lunch	Min 2 litres of water / herbal teas
Wednesday	Banana Omelette (see recipe)	Handful of mixed nuts	Leftovers from last night's dinner	Boiled egg	Butternut Squash Frittata	Min 2 litres of water / herbal teas
Thursday	Berry Pot (see recipe)	Handful of Soy Sauce Seeds (see recipe)	Leftovers from last night's dinner	Snack of choice	Burgers (Veggie Alternative) with salad Make extra to freeze	Min 2 litres of water / herbal teas
Friday	Porridge (select choice)	Hummus and carrots	Lunch of choice	Apple and handful of nuts	Lemon Chicken with courgetti	Min 2 litres of water / herbal teas
Saturday	Full English	Courgette Pancake (see recipe)	Lunch of choice	Snack of choice	Pulled Pork with Sweet Potato Jackets	Min 2 litres of water / herbal teas
Sunday	Sour Dough	Carrot and Pepper Sticks	Roast chicken and roasted vegetables	Handful of Soy Sauce Seeds (see recipe)	Dinner of choice	Min 2 litres of water / herbal teas

Medical Disclaimer



Body Conditioning

The Service, Content and other services and information presented by **Body Conditioning** through the Service are for educational purposes only and is in no way intended to diagnose, cure, or treat any medical or other health condition. The Service, including any Content therein, does not constitute medical advice and is not intended to be and should not be used in place of the advice of your physician. Before starting any diet or fitness program through the Service, consult your physician to determine if such a program is right for your needs. Do not start a diet or fitness program through the Service if your physician or healthcare provider advises against it. This is particularly true if you (or your family) have a history of high blood pressure or heart disease, or if you have ever experienced chest pain when exercising or have experienced chest pain in the past month when not engaged in physical activity, smoke, have high cholesterol, diabetic (type 1 or 2) are obese, or have a bone or joint problem that could be made worse by a change in physical activity. Do not start this program if your physician or health care provider advises against it. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately. **Body Conditioning** reserves the right for you to participate in the challenge unless you inform us (or if we otherwise determine) that you have certain medical conditions.

The transmission and receipt of the Service and any Content therein does not constitute or create a doctor-patient, therapist-patient, or other healthcare professional relationship between you and **Body Conditioning**. I am participating in this 28 day plan, entirely at my own risk.

Signed

Name

Date



BodyConditioning

NUTRITIONAL EDUCATION

www.bodyconditioning.info

2016

