

GET FIT!

BODY&FIT®

MUSCLE PLAN

**BUILD
MUSCLE
IN 8 WEEKS**

BUILD MUSCLE MASS





25

51

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A close-up photograph of a bodybuilder's torso and arms. The man is flexing his biceps, showcasing extreme muscle definition and vascularity. The lighting is dramatic, highlighting the contours of the muscles. The text 'GO' is superimposed over the chest area in a large, white, distressed font.

GO

FOR IT!



Nowadays, you can hardly help but notice all the photos on social media of friends and acquaintances' physical make-overs. Now it's your turn. Start our *Muscle Plan – Gain Muscle!* today! Here's to a new you with the Body & Fit muscle-building plan.

It's not going to be easy ... it'll take blood, sweat and tears, but at the end of the road we're sure you'll astonish even yourself. You'll achieve more than you ever thought possible and be asking yourself if that's really you in the mirror. More energy and more self-confidence, so what are you waiting for? Get started today!

This eight-week plan lays a solid foundation and, of course, we have a follow-up plan for you, too. It contains a full workout programme, nutrition plan, logbook, tips & tricks, and much, much more besides.

First, a brief explanation about nutrition, exercises and rest.

We'd love to see and hear how you're doing, so share your progress on Facebook and Instagram! If you have any questions during this muscle-building plan, please email us at customerservice@bodyandfit.com.

RECOMMENDED

WHAT DO YOU NEED?



1-3
shakes per
day

1

WHEY PERFECTION

Stimulates the building of fat-free muscle mass. It's the perfect source of protein to kick off your day and to ingest before and after your workout. Whey Perfection contains the highest-grade ultra-filtered Whey Protein Concentrate, Whey Protein Isolate, and Whey Hydrolysate, Di- and Tripeptides.

Build-up phase:
1 scoop, 4 times a
day, 5 days
Maintenance
phase: 1 scoop,
once a day



2

CREAPURE® CREATINE

Creatine gives you greater explosive strength and stimulates fat-free muscle growth. Perfect for the fanatics among us! CreaPure® Creatine is the purest creatine available, providing the best results.



2 capsules
at breakfast

3

MARINOL OMEGA-3

Omega3 fatty acids are essential fatty acids for a healthy body, especially while training or working hard. Marinol Omega3 contains EPA and DHA and is good for your brain, heart and maintaining a healthy blood pressure. Nowadays, supplements are essential because our food generally contains too little Omega3.



4 MULTI MEN

Multivitamins for men. Multi Men not only contains all the vitamins and minerals you need, but also Alpha Male blend. One tablet gives you enough vitamins and minerals to crush your day.



5 PERFECTION BAR

Our Perfection Bar is a delicious, protein-rich snack, providing 200 kcal of energy and 20 g protein with only 2.2 g of sugar! Perfect for top performance when you need an added boost.



6 SMART PROTEIN PANCAKES

By far the most delicious, protein-rich pancake you've ever tasted! Not only are our pancakes packed with proteins, but high-grade carbohydrates, too, such as oats and buckwheat. Pancakes are easy to prepare and ideal for lunch or dinner. They're also perfect for when you're out and about.



GOOD PREPARATION IS HALF THE JOB!

**FIND ALL THE INFORMATION YOU'LL
NEED ON WORKOUTS, NUTRITION AND
EXTRA TIPS & TRICKS FOR A FLYING
START!**

GOOD TO KNOW ...

EAT REGULARLY THROUGHOUT THE DAY

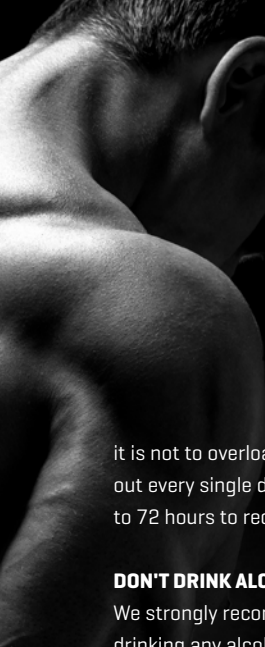
Never skip meals, but eat several times a day so it's easier to stomach and easier for the nutrients to be absorbed.

GET PLENTY OF REST

It's incredibly important to allow your body to get enough rest, especially when you start weight training. Your body has to get used to your workouts and needs the time to recover

fully in order to avoid injury. What's more, sufficient rest and sleep play a crucial role, allowing you to stay the course with more energy and greater motivation.

This workout programme consists of alternating training days and rest days. Resting ensures that your muscles don't become overloaded and that you recover fully. And we can't stress enough how important



it is not to overload your muscles by working out every single day. On average, you need 48 to 72 hours to recover fully.

DON'T DRINK ALCOHOL

We strongly recommend that you stop drinking any alcohol for the time being.

Alcohol absorbs directly into your bloodstream from your digestive system as soon as you drink it. This means that if you eat and drink alcohol at the same time both are absorbed or digested more slowly, and your body absorbs and processes the alcohol before it starts digesting the food. If this weren't already enough, it makes you feel drained and less motivated the next day to eat healthily and keep physically active, as well as containing a lot of calories. What's more, alcohol is detrimental to muscle repair after a heavy workout.

WARM UP WELL

Warming up it is very important. Our workout programme consists of a 7-minute warm-up on the cross trainer at a heart rate of about 90 bpm.

EXTRA ENERGY

We've even put together a nutrition plan for both your training days and rest days, including supplements. Throughout this eight-week muscle-building plan, we recommend that you take creatine every day as advised on the packaging, even during the build-up phase. One Multi Men and two Marinol Omega3 capsules every morning. We've even included variations to keep the nutrition plan as varied as possible.

Because you're looking to build muscle, the calorie intake is about 500 kcal above maintenance level. An average 18-year-old male weighing 75 kg and measuring 1.80 m in height needs a basic energy intake of about 2,300 kcal per day. By adding 500 kcal, you create a surplus and a daily calorie intake of 2800 kcal, even on rest days. This may seem counter-intuitive, but you'll still need the extra energy – not to work out, but to allow your muscles to recover.

As you can tell, making progress in the gym depends on various factors. If one of these factors is out of balance, you'll stop making progress.

TO UNDERSTAND THE PRINCIPLES BEHIND BUILDING MUSCLE, IT'S IMPORTANT TO UNDERSTAND THE BASICS AND SOME USEFUL TERMS.

A GOOD START...



MUSCLE PAIN is the result of overloading your muscles. Loading your muscles causes 'microtrauma' – a fancy word for small tears in your muscle tissue.

FULL RECOVERY Nutrition and rest are key to repairing these small muscle tears. Your muscles will recover if you're eating a healthy diet and getting enough rest. On average, you need 48 to 72 hours to recover fully. This depends on the workout, your capacity for recovery and how well-trained you already are.

MUSCLE GROWTH Working out and recovery make your muscles stronger – a process referred to as 'supercompensation' – and in turn 'muscle hypertrophy' [a fancy word for muscle growth].

OVERTRAINING If you don't allow your body to recover fully, it can – in a worst-case scenario – lead to a state of overtraining. Instead of supercompensation, the opposite happens and your muscle strength and resilience deteriorates – muscle atrophy. This can occur if you don't get enough rest or your diet is below par.

ENERGY We define energy [kcal] as the ability to perform work. The average man needs 2,500 kcal a day and the average woman 2000 kcal a day.

CARBOHYDRATES are a ready source of energy that your body needs to function properly. One gram of carbohydrate provides 4 kcal of energy.



FATS are also a source of energy. One gram of fat provides 9 kcal of energy, consequently serving as the body's main energy reserve. They also provide our bodies with insulation.

FIBRE plays an important role for our body's metabolism and helps keep our bowel movements regular. Fibre provides 2 kcal per gram.

PROTEIN plays a vital role for our body's cell structures, producing hormones and maintaining our muscles. They're incredibly important for muscle recovery and repair. One gram of protein provides 4 kcal of energy.

ONE-REPETITION MAXIMUM [1RM] is the maximum amount of weight that a person can possibly lift for one repetition. For your 1RM, it's also important that you perform the exercise well. It's not recommended for beginners to try to find out what their 1RM is.

Instead, it can be estimated by doing the 1RM sub-maximal test. This entails selecting a weight for a particular exercise and then performing as many reps as possible. Using the table below, it's then possible to estimate what your 1RM would be.

In order to master a technique properly, we'll be using a slightly lower 1RM percentage in this muscle plan than listed in the table below. Weight is less important in the early phases.

1 REP	100%
3 REPS	95%
5 REPS	90%
6 REPS	85%
8 REPS	80%
10 REPS	75%
12 REPS	70%
14 REPS	65%
17 REPS	60%

**DON'T LET
DREAMS
STAY
DREAMS!**

TO BUILD MUSCLE, IT'S IMPORTANT YOU CONSUME ENOUGH OF THE RIGHT NUTRIENTS.

WATER Of all the nutrients, we need water the most – without water, life as we know it isn't possible. Water also serves as a lubricant when we contract our muscles, and as a means to transport nutrients around the body.

VITAMINS are essential to all living organisms in trace amounts in order to function normally.

MINERALS are indispensable for our body's skeleton, cells and tissue. Depending on your goals, it's important to know which nutrients to consume and in what proportions. In this muscle-building programme, we've endeavoured to create an optimal balance between proteins, fats and carbohydrates.

EATING AT MAINTENANCE LEVEL means eating enough so that you neither gain weight nor lose weight. In other words, you use all the energy you consume. An average 18-year-old male weighing 75 kg and measuring 1.80 m in height needs a basic energy intake of about 2,300 kcal per day.

BULKING If your goal is to build muscle, you'll have to eat above maintenance level. You'll gain weight if you eat above maintenance level, thereby creating a calorie surplus. Your body won't use all the energy you're



consuming, so it will store the surplus in its reserves. This is what causes you to gain weight. In the world of weight training and bodybuilding, this is referred to as 'bulking up'. A rule of thumb for gaining weight is to create a surplus of 500 kcal.

MAINTENANCE If your goal is to preserve muscle mass, you'll have to eat at maintenance level.

GETTING LEAN, GETTING RIPPED OR CUTTING

If your goal is to reduce your fat percentage, you'll have to eat below maintenance level. Eating below maintenance level has the opposite effect. You create a calorie deficit and your body turns to its reserves to get the energy it needs to function properly. This is what causes you to lose weight. A healthy of rule of thumb for losing weight is to create a deficit of 500 kcal.

MAIN MUSCLE GROUPS

DELTOIDS

The thick, triangular muscles forming the contour of the shoulders

WORKOUTS



ABDOMINALS

The stomach muscles

WORKOUTS



BICEPS

The front, double-headed upper-arm muscles

WORKOUTS



PECTORALS

A group of chest muscles comprising the *pectoralis major* (large pec) and the *pectoralis minor* (small pec)

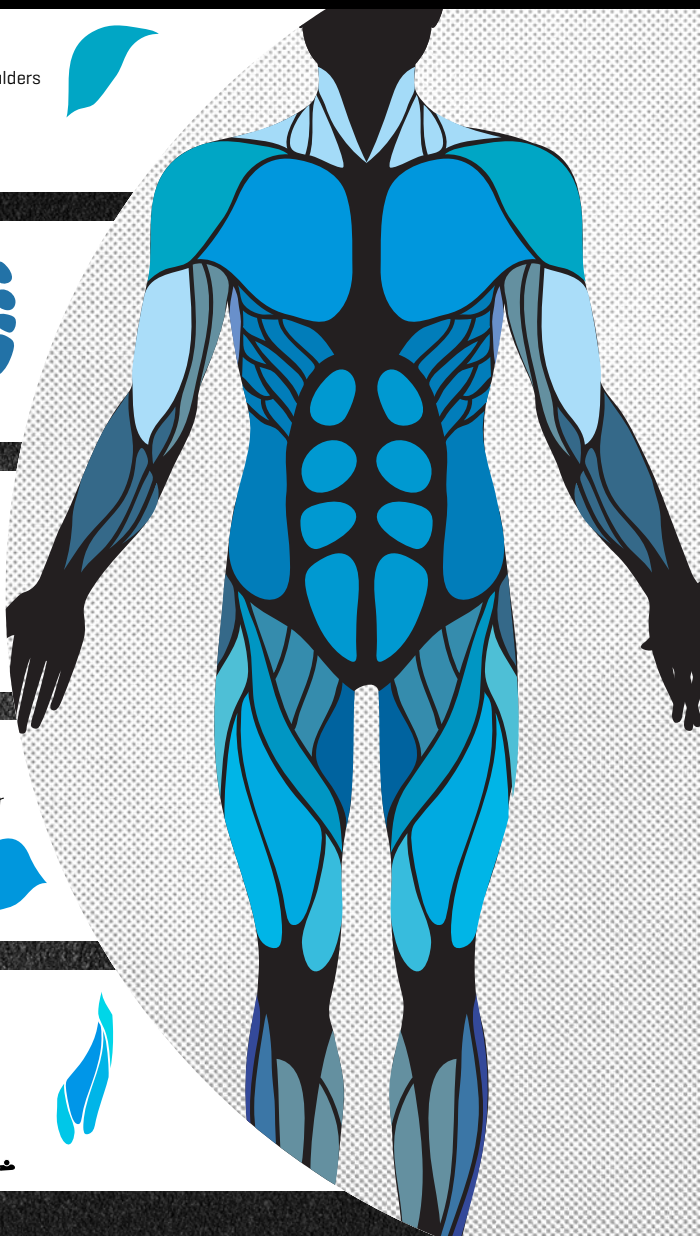
WORKOUTS



QUADRICEPS

The front, four-headed thigh muscles

WORKOUTS



MUSCLE GROUPS



TRAPEZIUS

The trapezoidal muscle at the top of the back

WORKOUTS



TRICEPS

The rear, three-headed upper-arm muscles

WORKOUTS



LATISSIMUS DORSI

The wide back muscles

WORKOUTS



GLUTEUS

A group of three buttock muscles comprising the *gluteus maximus*, *gluteus medius* and *gluteus minimus*

WORKOUTS



HAMSTRINGS

The rear thigh muscles

WORKOUTS



CALVES

The rear lower-leg muscles

WORKOUTS



THE PAIN
YOU FEEL
TODAY
WILL BE THE
STRENGTH
YOU FEEL
TOMORROW.



WEEK






1

WORKOUTS

MONDAY PECS & ARMS

We are going to start by working out the pecs and triceps. This is a logical combination because for many exercises the pecs act as agonist and the triceps as synergist. The first two exercises activate both muscle groups simultaneously. The third exercise is an isolation exercise for the chest, and the fourth and fifth exercises are isolation exercises for the triceps. An isolation exercise is one in which only one muscle group is used. For the first two weeks, we'll be using machines for the exercises so that your body can get used to the loads. In the workout plan, we'll be switching to loose weights – dumbbells and barbells.

Our workout programme consists of a 7-minute warm-up on the cross trainer at a heart rate of about 90 bpm.

		SETS × REPS	INTENSITY [%1RM]	REST BETWEEN SETS
CHEST PRESS [M]		3 × 20	40%	60 s
INCLINE CHEST PRESS [M]		3 × 20	40%	60 s
PEC DECK		3 × 20	40%	60 s
TRICEP PUSH-DOWNS		3 × 20	40%	60 s
CABLE PUSH-DOWNS		3 × 20	40%	60 s



TUESDAY REST

WEDNESDAY BACK & BICEPS

After a day's rest, your body will be ready for your next workout – back in combination with biceps. As for pecs and triceps, these two muscle groups also often act as agonist and synergist. This is certainly the case for the first two exercises. The third exercise is an isolation exercise for the back, and the fourth and fifth exercises are isolation exercises for the biceps.

		SETS × REPS	INTENSITY [%1RM]	REST BETWEEN SETS
[M = MACHINE]				
LAT PULL-DOWNS		3 × 20	40%	60 s
MID ROWS [M]		3 × 20	40%	60 s
BACK EXTENSIONS [M]		3 × 20	body weight	60 s
CABLE CURLS		3 × 20	40%	60 s
BICEP CURLS [M]		3 × 20	40%	60 s




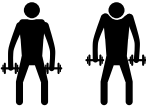
WORKOUTS

THURSDAY REST

FRIDAY SHOULDERS & TRAPS

Today, it's your shoulders and traps' turn, although your triceps will also get a workout. This is because your triceps act as synergists for your shoulder muscles [agonist]. We've added your traps to this workout because they're next to your shoulder muscles.

[M = MACHINE]

		SETS × REPS	INTENSITY [%1RM]	REST BETWEEN SETS
SHOULDER PRESS [M]		3 × 20	40%	60 s
LATERAL RAISES [M]		3 × 20	40%	60 s
CABLE FRONT RAISES		3 × 20	40%	60 s
SHRUGS		3 × 20	40%	60 s



TIP





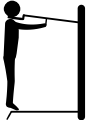
Take a beaker of protein powder with you to the gym so that you can make a post-workout shake.



SATURDAY REST

SUNDAY LEGS

'Don't skip leg day!' is a well-known saying in the gym world. It refers to the fact a lot of attention is often paid to the upper body and less to the lower body. If you don't train your legs, you're merely training half your body. *But we don't skip leg day!* Today is leg day. Leg workouts 1 & 2 will include several isolation exercises. From workout 3 onwards, we'll be jacking up the intensity with every workout.

		SETS × REPS	INTENSITY [%1RM]	REST BETWEEN SETS
LEG PRESS		3 × 20	40%	60 s
HACK SQUATS		3 × 20	40%	60 s
LEG EXTENSIONS		3 × 20	40%	60 s
HAM-STRING CURLS		3 × 20	40%	60 s
CALF RAISES [M]		3 × 20	40%	60 s

**DON'T
WISH FOR
IT ...**

**WORK
FOR IT!**



WEEK






2

WORKOUTS

MONDAY REST

After the first round of workouts, we'll be increasing the number of reps slightly, although the exercises and weights will remain the same.




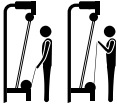

TUESDAY PECS & TRICEPS

[M = MACHINE]	SETS × REPS	INTENSITY [%1RM]	REST BETWEEN SETS
CHEST PRESS [M] 	3 × 25	40%	60 s
INCLINE CHEST PRESS [M] 	3 × 25	40%	60 s
PEC DECK 	3 × 25	40%	60 s
TRICEP PUSH-DOWNS 	3 × 25	40%	60 s
CABLE PUSH-DOWNS 	3 × 25	40%	60 s



WEDNESDAY REST

THURSDAY BACK & BICEPS

		SETS × REPS	INTENSITY [%1RM]	REST BETWEEN SETS
[M = MACHINE]				
LAT PULL-DOWNS		3 × 25	40%	60 s
MID ROWS		3 × 25	40%	60 s
BACK EXTENSIONS		3 × 25	body weight	60 s
CABLE CURLS		3 × 25	40%	60 s
BICEP CURLS [M]		3 × 25	40%	60 s




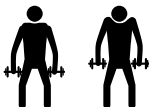
WORKOUTS



FRIDAY REST

SATURDAY SHOULDERS & TRAPS

[M = MACHINE]

	SETS × REPS	INTENSITY [%1RM]	REST BETWEEN SETS
SHOULDER PRESS [M] 	3 × 25	40%	60 s
LATERAL RAISES [M] 	3 × 25	40%	60 s
CABLE FRONT RAISES 	3 × 25	40%	60 s
SHRUGS 	3 × 25	40%	60 s

SUNDAY REST

A photograph of a muscular man's torso and arms, lifting a dumbbell. The image is split vertically: the left side is in grayscale, and the right side is overlaid with a vibrant blue color. The man is wearing a white tank top and dark jeans with a silver belt. The dumbbell is positioned in the lower right, with its handle and weights visible. The overall composition is dynamic and emphasizes strength and fitness.

WEEK

3

WORKOUTS







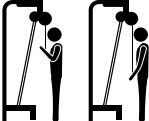
MONDAY LEGS

		SETS × REPS	INTENSITY [%1RM]	REST BETWEEN SETS
LEG PRESS		3 × 25	40%	60 s
HACK SQUATS		3 × 25	40%	60 s
LEG EXTENSIONS		3 × 25	40%	60 s
HAM-STRING CURLS		3 × 25	40%	60 s
CALF RAISES [M]		3 × 25	40%	60 s

TUESDAY REST

After the second round of workouts, we'll be using loose weights as well as machines. Using loose weights activates your muscles more compared to using a machine because your body has to compensate and stabilize itself. In other words, you use more synergists. Otherwise, the number of reps remains the same.

WEDNESDAY PECS & TRICEPS

[M = MACHINE]	SETS × REPS	INTENSITY [%1RM]	REST BETWEEN SETS
BENCH PRESS 	3 × 20	40%	60 s
CHEST PRESS [M] 	3 × 25	40%	60 s
PEC DECK 	3 × 25	40%	60 s
TRICEP PUSH-DOWNS 	3 × 25	40%	60 s
CABLE PUSH-DOWNS 	3 × 25	40%	60 s

**THERE'S
ALWAYS
TIME FOR
EXERCISE.**

WORKOUTS



THURSDAY REST

FRIDAY BACK & BICEPS

		SETS × REPS	INTENSITY [%1RM]	REST BETWEEN SETS
[M = MACHINE]				
BARBELL BENT-OVER ROWS		3 × 20	40%	60 s
LAT PULL-DOWNS		3 × 25	40%	60 s
BACK EXTENSIONS [M]		3 × 25	body weight	60 s
CABLE CURLS		3 × 25	40%	60 s
BICEP CURLS [M]		3 × 25	40%	60 s

TIP

Supplements are indispensable for anyone who works out intensively. Throughout this eight-week muscle-building plan, we recommend that you take creatine every day as advised on the packaging, even during the build-up phase. One Multi Men and two Marinol Omega3 capsules every morning.



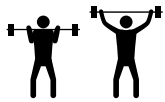


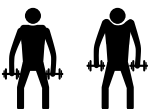
WORKOUTS



SATURDAY REST

SUNDAY SHOULDERS & TRAPS

[M = MACHINE]

	SETS × REPS	INTENSITY [%1RM]	REST BETWEEN SETS
BARBELL SHOULDER PRESS 	3 × 20	40%	60 s
LATERAL RAISES [M] 	3 × 25	40%	60 s
CABLE FRONT RAISES 	3 × 25	40%	60 s
SHRUGS 	3 × 25	40%	60 s



TIP

Fancy a change? Our Smart Bar is the leading low-carb diet bar available and contains the highest-grade proteins. What's more, it only contains 145 kcal and is utterly delicious.

A full-body photograph of a very muscular man, shirtless, holding two dumbbells. The image is heavily stylized with a blue and black color palette. The man's muscles are highly defined and highlighted by the blue light. The background is black. The text 'WEEK' is in a white, distressed, blocky font, and the number '4' is a large, white, solid blocky font. Both are centered on the man's chest.

WEEK






4

WORKOUTS

MONDAY REST

TUESDAY LEGS & ABS

Once again, we'll be starting this week's workouts with abs. You actually use your abs during several leg exercises, principally those using loose weights because they support your leg muscles. In other words, they act as synergists.






		SETS × REPS	INTENSITY [%1RM]	REST BETWEEN SETS
SQUATS		3 × 20	40%	60 s
LEG EXTENSIONS		3 × 25	40%	60 s
HAM-STRING CURLS		3 × 25	40%	60 s
CALF RAISES [M]		3 × 25	40%	60 s
AB CRUNCHES [M]		3 × 25	40%	60 s



WEDNESDAY REST

To make even more progress in week four, we've added an extra exercise using loose weights and increased the intensity for the remaining exercises. We're not going to increase the weight yet, but we will be adding extra reps to the exercise you first learnt using loose weights. Your muscles have already become accustomed to the load and you should now have learnt the proper technique during the previous workout rounds.

THURSDAY PECS & TRICEPS

		SETS × REPS	INTENSITY [%1RM]	REST BETWEEN SETS
INCLINE BENCH PRESS		3 × 20	40%	60 s
BENCH PRESS		3 × 25	40%	60 s
PEC DECK		3 × 25	40%	60 s
TRICEP PUSH-DOWNS		3 × 25	40%	60 s
CABLE PUSH-DOWNS		3 × 25	40%	60 s

WORKOUTS



FRIDAY REST

SATURDAY BACK & BICEPS

[M = MACHINE]		SETS × REPS	INTENSITY [%1RM]	REST BETWEEN SETS
BARBELL BENT-OVER ROWS		3 × 25	40%	60 s
LAT PULL-DOWNS		3 × 25	40%	60 s
BACK EXTENSIONS [M]		3 × 25	body weight	60 s
CABLE CURLS		3 × 25	40%	60 s
DUMBBELL BICEP CURLS [simultaneous]		3 × 25	40%	60 s

SUNDAY REST

WEEK

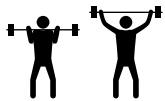


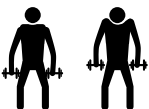
5



WORKOUTS

MONDAY SHOULDERS & TRAPS

[M = MACHINE]

	SETS × REPS	INTENSITY [%1RM]	REST BETWEEN SETS
BARBELL SHOULDER PRESS 	3 × 25	40%	60 s
DUMBBELL LATERAL RAISES 	3 × 20	40%	60 s
CABLE FRONT RAISES 	3 × 25	40%	60 s
SHRUGS 	3 × 25	40%	60 s

TUESDAY REST








TIP

If you experience lasting muscle pain after working out, try our Amino Perfection product.



WEDNESDAY LEGS & ABS






		SETS × REPS	INTENSITY [%1RM]	REST BETWEEN SETS
SQUATS		3 × 25	40%	60 s
LUNGES		3 × 25	40%	60 s
LEG EXTENSIONS		3 × 25	40%	60 s
CALF RAISES [M]		3 × 25	40%	60 s
AB CRUNCHES [M]		3 × 25	40%	60 s

THURSDAY REST

WORKOUTS

FRIDAY PECS & TRICEPS

Slowly but surely, we'll be working towards a workout programme in which you'll be using loose weights for most of the exercises. Machines are a great way to get used to the load and to activate your muscles, but using loose weights activates more muscles [agonists and synergists]. Working out with loose weights is more effective once you've laid a solid foundation. We've added an extra exercise to this round of workouts that uses loose weights. What's more, we've increased the weight and reduced the number of reps for several of the exercises that you are now familiar with and can perform well.

		SETS × REPS	INTENSITY [%1RM]	REST BETWEEN SETS
[M = MACHINE]				
INCLINE BENCH PRESS		3 × 25	40%	60 s
BENCH PRESS		3 × 20	50%	60 s
PEC DECK		3 × 20	50%	60 s
TRICEP PUSH-DOWNS		3 × 20	50%	60 s
TRICEP KICK-BACKS		3 × 20	50%	60 s



SATURDAY REST

SUNDAY BACK & BICEPS

[M = MACHINE]		SETS × REPS	INTENSITY [%1RM]	REST BETWEEN SETS
BARBELL BENT-OVER ROWS		3 × 20	50%	60 s
LAT PULL-DOWNS		3 × 20	50%	60 s
DEAD LIFTS		3 × 25	empty barbell	60 s
CABLE CURLS		3 × 20	50%	60 s
DUMBBELL BICEP CURLS [simultaneous]		3 × 25	40%	60 s

I GOT
MY BEST
RESULTS
ONCE I
DITCHED
THE
EXCUSES!

WEEK

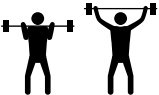


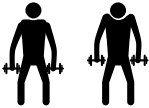
5



WORKOUTS

MONDAY REST

TUESDAY SHOULDERS & TRAPS

[M = MACHINE]		SETS × REPS	INTENSITY [%1RM]	REST BETWEEN SETS
	BARBELL SHOULDER PRESS 	3 × 20	50%	60 s
	DUMBBELL LATERAL RAISES 	3 × 25	40%	60 s
	DUMBBELL FRONT RAISES 	3 × 20	40%	60 s
	SHRUGS 	3 × 20	50%	60 s

TIP






Find a workout partner! Working out with someone can give you an enormous boost and help you perform even better. You can motivate and challenge one another. A workout partner can also push you to complete your last set when you might otherwise have given up.



WEDNESDAY REST

THURSDAY LEGS & ABS

It's virtually impossible to focus entirely on using loose weights when working out your legs. You can train your quadriceps and hamstrings very easily and effectively using machines. The same is true for your calf muscles.

		SETS × REPS	INTENSITY [%1RM]	REST BETWEEN SETS
[M = MACHINE]				
SQUATS		3 × 20	50%	60 s
LUNGES		3 × 12 (each leg)	40%	60 s
LEG EX- TENSIONS		3 × 20	50%	60 s
CALF RAISES [M]		3 × 20	50%	60 s
AB CRUNCHES [M]		3 × 20	50%	60 s

WORKOUTS



FRIDAY REST

SATURDAY PECS & TRICEPS

Once again, we'll be increasing the intensity by making all the exercises the same in terms of 1RM% and number of reps.

[M = MACHINE]		SETS × REPS	INTENSITY [%1RM]	REST BETWEEN SETS
INCLINE BENCH PRESS		3 × 20	50%	60 s
BENCH PRESS		3 × 20	50%	60 s
PEC DECK		3 × 20	50%	60 s
TRICEP PUSH-DOWNS		3 × 20	50%	60 s
TRICEP KICK-BACKS		3 × 20	50%	60 s

SUNDAY REST




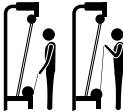



WEEK

7

WORKOUTS

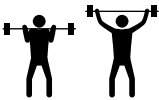


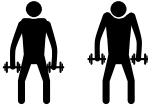
MONDAY BACK & BICEPS

[M = MACHINE]		SETS × REPS	INTENSITY [%1RM]	REST BETWEEN SETS
BARBELL BENT-OVER ROWS		3 × 20	50%	60 s
LAT PULL-DOWNS		3 × 20	50%	60 s
DEAD LIFTS		3 × 25	empty barbell	60 s
CABLE CURLS		3 × 20	50%	60 s
DUMBBELL BICEP CURLS [simultaneous]		3 × 25	40%	60 s

TUESDAY REST



WEDNESDAY SHOULDERS & TRAPS

	SETS × REPS	INTENSITY [%1RM]	REST BETWEEN SETS
BARBELL SHOULDER PRESS 	3 × 20	50%	60 s
DUMBBELL LATERAL RAISES 	3 × 25	40%	60 s
DUMBBELL FRONT RAISES 	3 × 20	40%	60 s
SHRUGS 	3 × 20	50%	60 s






TIP

Everyone has a particular exercise they're not so good at or find tricky. Because it's your least favourite exercise, chances are you leave it until the end of your workout. Try swapping things about and doing this exercise at the start. It also saves you having to do the rest of your workout thinking about that one exercise you usually leave until the end!

WORKOUTS

THURSDAY REST

FRIDAY LEGS & ABS






		SETS × REPS	INTENSITY [%1RM]	REST BETWEEN SETS
[M = MACHINE]				
SQUATS		3 × 20	50%	60 s
LUNGES		3 × 12 (each leg)	40%	60 s
LEG EXTENSIONS		3 × 20	50%	60 s
CALF RAISES [M]		3 × 20	50%	60 s
AB CRUNCHES [M]		3 × 20	50%	60 s



SATURDAY REST

SUNDAY PECS & TRICEPS

Once again, we'll be increasing the intensity by upping the weight slightly. Otherwise, the number of reps remains the same.

[M = MACHINE]		SETS × REPS	INTENSITY [%1RM]	REST BETWEEN SETS
INCLINE BENCH PRESS		3 × 20	60%	60 s
BENCH PRESS		3 × 20	60%	60 s
PEC DECK		3 × 20	60%	60 s
TRICEP PUSH-DOWNS		3 × 20	60%	60 s
TRICEP KICK-BACKS		3 × 20	60%	60 s

I DON'T
STOP
WHEN
I'M TIRED.

I STOP
WHEN I'M
DONE!

WEEK




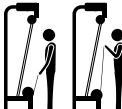

80



WORKOUTS

MONDAY REST

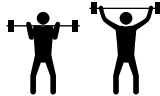


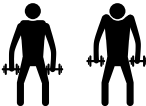
TUESDAY BACK & BICEPS

[M = MACHINE]		SETS × REPS	INTENSITY [%1RM]	REST BETWEEN SETS
BARBELL BENT-OVER ROWS		3 × 20	50%	60 s
LAT PULL-DOWNS		3 × 20	50%	60 s
DEAD LIFTS		3 × 25	empty barbell	60 s
CABLE CURLS		3 × 20	50%	60 s
DUMBBELL BICEP CURLS [simultaneous]		3 × 25	40%	60 s



WEDNESDAY REST

THURSDAY SHOULDERS & TRAPS

[M = MACHINE]		SETS × REPS	INTENSITY [%1RM]	REST BETWEEN SETS
BARBELL SHOULDER PRESS		3 × 20	60%	60 s
DUMBBELL LATERAL RAISES		3 × 20	60%	60 s
DUMBBELL FRONT RAISES		3 × 20	60%	60 s
SHRUGS		3 × 20	60%	60 s

FRIDAY REST

TIP

Physical exercise is extremely healthy for you, but intensive workouts can weaken your immune system because they demand a lot of your body. We highly recommend taking extra vitamin C to help you top up your immune system.

WORKOUTS



SATURDAY LEGS & ABS

		SETS × REPS	INTENSITY [%1RM]	REST BETWEEN SETS
[M = MACHINE]				
SQUATS		3 × 20	60%	60 s
LUNGES		3 × 12 (each leg)	60%	60 s
LEG EX-TENSIONS		3 × 20	60%	60 s
CALF RAISES [M]		3 × 20	60%	60 s
AB CRUNCHES [M]		3 × 20	60%	60 s

SUNDAY REST

TIP

You can perform exercises at different rates. The most common is the 1-2 method, which means you take one second to perform the movement (concentric) and two seconds to return to the starting position (eccentric). You can vary this to vary the stimulus you provide your muscles. For example, you could use a slower 2-4 method, which would focus more on muscle stamina.

SET GOALS AND DON'T STOP UNTIL YOU GET THERE!

Chances are you've caught the 'workout bug' by now and there's no way you're quitting!

By following this workout programme, you've been laying a foundation for what's to come. It's important to watch your diet and learn the correct technique

so you don't demand too much of your muscles too soon. We were as far as 20 reps at 60% 1RM.

Feel free to extend this plan and continue for another eight weeks, gradually increasing the intensity to 12 reps at 70% 1RM.

All the best with the next stage!



NUTRITION PLAN

It's difficult enough building muscle, but don't then underestimate the importance of the right nutrition. This will only make it easier.

You'll often hear it said that nutrition actually accounts for 70% of your results and training only 30%. In any case, the right

nutrition gets you a long way along the path to success.

The first part of this workout programme deals with everything to do with training and resting. But we've also put together seven daily menus for you to use throughout this muscle-building plan, as well as four five-day meal-prep plans.





DAY

1

BREAKFAST

BANANA & OATMEAL

SNACK

1 SCOOP WHEY PERFECTION* SHAKE
200 ML WATER (OR SKIMMED MILK)
MUESLI BAR OR PROTEIN BAR*

LUNCH

CHICKEN BREAST SANDWICH
PEANUT BUTTER SANDWICH

SNACK

PERFECTION BAR*

DINNER

CHICKEN, BROCCOLI & RICE

SNACK

BANANA + HANDFUL NUTS*

BEDTIME SNACK

250 G LOW-FAT FROMAGE FRAIS



*Available from Body & Fit

MENU



BANANA & OATMEAL

50 g **oatmeal** | 200 ml **milk**

1 tbsp **linseed*** | **banana**

Pour the milk into a saucepan, add the oatmeal and bring to the boil on a low heat. Allow the oatmeal to cook thoroughly, stirring continuously. Serve the oatmeal in a bowl with sliced bananas and linseed.

CHICKEN, BROCCOLI & RICE

150 g **chicken breast** | 200 g **broccoli**

150 g **brown rice*** (boiled)

Cook the rice, following the instructions on the packaging. Put a pan with water on a high heat and cut the broccoli into florets. Boil the broccoli for 5 minutes. Meanwhile, heat a frying pan with Smart Cooking Spray or coconut oil. Sauté the chicken on both sides until golden-brown. Serve the chicken with the broccoli and rice.

DAY

2

BREAKFAST

3 SLICES OF BREAD & PEANUT BUTTER*

SNACK

1 SCOOP WHEY PERFECTION* SHAKE
200 ML WATER (OR SKIMMED MILK)
BANANA

LUNCH

SMOKED MEAT SANDWICH
EGG SANDWICH

SNACK

PERFECTION BAR*
APPLE

DINNER

STEAK, CAULIFLOWER & POTATOES

SNACK

HANDFUL NUTS*

BEDTIME SNACK

250 G LOW-FAT FROMAGE FRAIS



TIP

Fancy a change?
Have you tried our
Clean Protein Bar yet?
Pure protein and fibre
– low-carb and only
179 kcal.

MENU

STEAK, CAULIFLOWER & POTATOES

150 g **steak** | 200 g **cauliflower**
250 g **potatoes**

Bring two pans of water to the boil. Peel the potatoes and chop in half. Cut the cauliflower into florets. Boil the potatoes and cauliflower for 15 minutes in two separate pans. Heat the coconut oil in the pan and fry the steak the way you like it [rare/medium/well-done]. Serve the steak with the cauliflower and potatoes. Add salt and pepper to taste, if needed.



DAY

3

BREAKFAST

FROMAGE FRAIS & OAT FLAKES*
300 G FROMAGE FRAIS | 30 G OAT FLAKES |
BANANA | 1 TBSP SEEDS*

SNACK

APPLE & PEANUT BUTTER*
CUT THE APPLE INTO QUARTERS &
SPREAD WITH PEANUT BUTTER*

LUNCH

SALAD

SNACK

PERFECTION BAR*

DINNER

MINCED BEEF IN TOMATO SAUCE & PASTA

SNACK

HANDFUL NUTS*

BEDTIME SNACK

1 SCOOP WHEY PERFECTION* SHAKE
[OR MICELLAR CASEIN*]
200 ML WATER [OR MILK]



MENU



SALAD

3 hard-boiled **eggs** | 40 g **quinoa***
 $\frac{1}{2}$ **avocado** | 1 **tomato** | 100 g **broccoli**
30 g **lamb's lettuce**

Peel and cut the hard-boiled eggs into segments. Cook the quinoa, following the instructions on the packaging. Cut the broccoli into florets and boil for 10 minutes. Cut the avocado in half and remove the pit. Cut the tomato. Drain the quinoa and serve all the ingredients in a dish. Season with salt and pepper.

MINCED BEEF IN TOMATO SAUCE & PASTA

125 g lean **minced beef** | 200 g **veggie mix**
50 g **High-Protein Pasta***
250 ml **tomato sauce**
25 g **30% reduced-fat cheese**

Boil the pasta for about 6 to 7 minutes until cooked. Heat a wok and fry the minced beef, stirring continuously. Add the vegetables and stir-fry for another 5 minutes until cooked. Stir in the tomato sauce and add salt and pepper to taste. Drain the pasta in a sieve. Serve the minced beef in tomato sauce with the pasta and grated cheese.

DAY

4

BREAKFAST

BANANA-OATMEAL PANCAKES
FRESH FRUIT

SNACK

PERFECTION BAR*

LUNCH

TUNA SANDWICH
CHICKEN BREAST SANDWICH

SNACK

2 RICE WAFFLES & PEANUT BUTTER*

DINNER

TURKEY BREAST, SPINACH & SWEET POTATO

SNACK

HANDFUL NUTS*

BEDTIME SNACK

WHEY PERFECTION*
[OR MICELLAR CASEIN* OR
250 G FROMAGE FRAIS]

MENU

BANANA-OATMEAL PANCAKES & FRESH FRUIT

30 g **oatmeal*** | 2 **eggs** | 1 **ripe banana**
 $\frac{1}{2}$ tsp **cinnamon**

Put the oatmeal in a bowl. Blend the eggs and banana. Add the mix and cinnamon to the oatmeal. Mix everything together. Heat the coconut oil in a frying pan and pour a portion of batter into the pan. Fry the pancakes until golden-brown on a medium heat. Serve the pancakes with fresh fruit.

TURKEY BREAST, SPINACH & SWEET POTATO

120 g **turkey breast** | 200 g **spinach**
120 g **sweet potato** | 1 tbsp **coconut oil***

Cut the sweet potato into pieces and boil for 10 minutes until cooked. Heat the oil in a wok and stir-fry the chopped turkey breast until golden-brown. Briefly stir-fry the spinach with the turkey. Serve the sautéed turkey with the spinach and sweet potato. Add salt and pepper to taste.





BLUEBERRY OATMEAL & WHEY PERFECTION

1 scoop **Whey Perfection***

200 ml **water** | 20 g **Ultra Fine Oats***

handful **blueberries**

Mix all the ingredients in a blender until rich and creamy.

DAY

5

BREAKFAST

CHICKEN, AVOCADO & OMELETTE ON BREAD

SNACK

BLUEBERRY OATMEAL*
WHEY PERFECTION*

LUNCH

TUNA SALAD

SNACK

2 RICE WAFFLES & PEANUT BUTTER*

DINNER

CHICKEN, PINEAPPLE & RICE

SNACK

PERFECTION BAR*

BEDTIME SNACK

250 G LOW-FAT FROMAGE FRAIS



TIP

Try our Power Butter.
100% nuts and zero
additives.

MENU

CHICKEN, AVOCADO & OMELETTE ON BREAD

chicken breast | 2 **eggs** | 1 **avocado**

Beat the eggs in a bowl. Heat the coconut oil in a frying pan. Pour in the egg mix. Cook until the egg solidifies. Meanwhile, cut the avocado into slices. Serve the chicken breast, omelette and avocado on the bread. Add salt and pepper to taste.

TUNA SALAD

120 g **tuna** | 50 g **lettuce** | 2 hard-boiled **eggs** | $\frac{1}{4}$ **cucumber** | 2 tbsp **cottage cheese** | 2 tbsp **pine nuts*** | 1 **tomato**

Drain the tuna and mix in with the lettuce in a bowl. Peel the hard-boiled eggs and cut into segments. Chop the cucumber and tomato into pieces. Add the vegetables, cottage cheese and pine nuts to the lettuce. Stir everything together. Add salt and pepper to taste.

CHICKEN, PINEAPPLE & RICE

120 g **chicken breast** | 200 g **veggie mix**
120 g **brown rice*** | 2 slices **pineapple**
4 tbsp **sweet & sour sauce**

Cook the rice, following the instructions on the packaging. Heat the oil in a wok and stir-fry the chicken breast until golden-brown. Add the veggie mix and sauté briefly with the chicken. Cut the pineapple into chunks and add to the chicken along with the sweet & sour sauce. Stir well. Serve the chicken with the broccoli and rice.

DAY

6

BREAKFAST

OAT CEREAL

SNACK

PERFECTION BAR*

LUNCH

SALMON & CREAM CHEESE WRAPS

SNACK

WHEY PERFECTION* SHAKE

1 PIECE OF FRUIT

DINNER

CHICKEN, BROCCOLI & PASTA*

SNACK

SMART PROTEIN COOKIES*

BEDTIME SNACK

250 G LOW-FAT FROMAGE FRAIS



TIP

Why not add some extra fibre to your shake? Try adding chia seed powder for a change!

MENU

OAT CEREAL

30 g **oat flakes*** | 25 g **cashew nuts***

30 g **protein powder*** | 20 g **dates***

1 tsp **coconut oil*** | 1 tsp **desiccated**

coconut* | ½ tsp **vanilla powder**

Soak the oat flakes and cashew nuts for at least 4 hours. Drain well and put into a blender. Add the remaining ingredients and blend into a smooth, creamy paste.

SALMON & CREAM CHEESE WRAPS

3 **wholewheat wraps*** | 120 g **smoked**

salmon | 4 tbsp **low-fat cream cheese**

50 g **lettuce** | 2 **tomatoes**

Roll the smoked salmon, cream cheese, lettuce and tomatoes in the wrap.

CHICKEN, BROCCOLI & PASTA

50 g **High-Protein Pasta*** | 120 g **chicken**

breast | 200 g **broccoli** | ½ **red onion**

2 tbsp **low-fat herb cream cheese**

Boil the broccoli for 8 minutes until cooked. Heat the coconut oil in a wok and sauté the red onion. Add the chopped chicken breast and sauté until golden-brown. Add the cream cheese and season to taste with salt and pepper. Drain the pasta and broccoli and serve with the creamy chicken sauce.

DAY

7

BREAKFAST

WAFFLES & BERRIES

SNACK

HANDFUL NUTS*

LUNCH

CHICKEN BREAST & CHEESE TOASTIE

PEANUT BUTTER & BANANA TOASTIE

SNACK

WHEY PERFECTION* SHAKE

DINNER

SALMON, VEGGIE & OMELETTE WRAPS

SNACK

PROTEIN CRISPS*

BEDTIME SNACK

MICELLAR CASEIN* SHAKE

(OR 250 G FROMAGE FRAIS)



TIP

**Need an extra boost
before your workout?
Try a pre-workout!**

MENU

WAFFLES & BERRIES

[2-3 waffles] 40 g **Ultra Fine Oats***

1 scoop **Whey Perfection*** | 1 **egg**

½ tsp **baking powder*** | 1 **banana**

150 ml **water** | **Smart Cooking Spray***

handful **fresh berries** | **honey***

Mix all of the ingredients in a bowl.

Heat the waffle iron and spray with

Smart Cooking Spray. Pour a portion of

batter on to the waffle iron. Cook until

golden-brown and serve with fresh berries
and honey.

SALMON & VEGGIE OMELETTE WRAPS

2 **eggs** | 50 ml **skimmed milk**

½ tbsp **chives** [chopped]

Smart Cooking Spray* | 2 tbsp **cottage**

cheese | 60 g **smoked salmon** | 1 **spring**

onion [chopped] | 25 g **iceberg lettuce**

salt & pepper

Beat the eggs in a bowl with the

skimmed milk and chives. Heat the

Smart Cooking Spray in a frying pan. Pour

half of the batter into the pan and fry on

a low heat. Flip the wrap once the upper

surface has solidified, and continue frying.

Do the same for the second wrap. Spread

the wraps with cottage cheese, smoked

salmon, spring onion and iceberg lettuce.

Add salt and pepper to taste. Fold the ends

in first and then roll the wrap.

MEAL PREP



When taking the first steps towards a new lifestyle, it's important to choose food that isn't too different from what you're used to eating. It's also worth your while thinking about how much time and space you have for your meals and their prep time.

If you're busy throughout the week, you'll probably find it most convenient to do all your meal prepping on a Sunday – ready for the rest of the week. On the other hand, if you love cooking and have the time, then feel free to prepare your meals fresh each day.

We purposely put together a 'flexible menu' so you can learn and experience for yourself what feels right and which healthy variations you can come up with yourself. This gives you the freedom to adapt the recipes to your taste and schedule, the season and your budget.

We also did this so you don't need to go to any extremes to get the nutrition you need. When you're starting out, it's vital that you eat enough. Are you getting enough proteins for your muscles, fats for your eyes, brain and muscles, and carbohydrates for your energy reserves?



Try using coconut oil to prepare your meals. It contains mainly MCT fats, which your body won't store, but will use for energy.



WEEK

1

For 5 days

BREAKFAST

WHEY PERFECTION* SHAKE
OATMEAL*

SNACK

BANANA BREAD & PEANUT BUTTER*

LUNCH

2 × MUSHROOM OMELETTES
4 SLICES WHOLEWHEAT (OR SPELT) BREAD
3 × MEATLOAF
4 SLICES WHOLEWHEAT BREAD

SNACK

PROTEIN* OR MUESLI BAR
POST-WORKOUT > PROTEIN SHAKE*

DINNER

3 × CHICKEN, BROCCOLI & RICE
2 × STEAK, CARROTS & SWEET POTATO

SNACK

HANDFUL NUTS & PIECE OF FRUIT

BEDTIME SNACK

250 G FROMAGE FRAIS
[+ NATURAL FLAVOURING*]



WHEY PERFECTION SHAKE & OATMEAL

1 scoop **Whey Perfection*** | 1 **banana**
30 g **Ultra Fine Oats*** | 1 tbsp **linseed***
Mix all the ingredients in a blender with
200 ml of milk and blend until smooth and
creamy.

OMELETTE

3 **eggs** | 50 g **mushrooms** | 1 tsp **coconut oil***
| 4 slices **wholewheat bread**
Beat the eggs in a bowl. Chop the mushrooms
into small pieces and stir in with the egg.
Heat the coconut oil and pour the egg into
the pan. Allow the egg to solidify on a medium
heat. Serve the omelette on the bread.

CHICKEN, BROCCOLI & RICE

150 g **brown rice** [boiled]* | 150 g **chicken
breast** | 200 g **broccoli**
Cook the rice, following the instructions on
the packaging. Put a pan with water on a high
heat and cut the broccoli into florets. Boil
the broccoli for 8 minutes. Meanwhile, heat
a frying pan with Smart Cooking Spray or
coconut oil. Sauté the chicken on both sides
until golden-brown. Serve the chicken with
the broccoli and rice.

*Available from Body & Fit

MEAL PREP

STEAK, CARROTS & SWEET POTATO

120 g **sweet potato** | 200 g **carrots**
½ tbsp **coconut oil*** | 150 g **steak salt & pepper**

Bring two pans of water to the boil. Peel the potatoes and chop in half. Cut the carrot into pieces. Boil the potatoes and carrots for 15 minutes in two separate pans. Heat the coconut oil in the pan and fry the steak the way you like it (rare/medium/well-done). Serve the steak with the carrots and potatoes. Add salt and pepper to taste, if needed.

BANANA BREAD – an *@healthyfuns* recipe

3 **eggs** | 3 **bananas** | 6 **Medjool dates*** (pitted) | 130 g **Ultra Fine Oats*** | 2 scoops **protein powder*** [e.g. cookies & cream] | 1 tbsp **baking powder*** | 1–2 handfuls **nuts, pure chocolate, raisins** or **berries*** | **coconut oil/Smart Cooking Spray***

Preheat the oven to 180 °C. Put the bananas and dates in a bowl and mix with a hand blender. Add the eggs, baking powder, Ultra Fine Oats and protein powder and mix until smooth. Add the nuts or any other extras and stir well. Grease a baking tin with coconut oil or Smart Cooking Spray. Pour the cake mix into the tin. Bake the banana bread in the middle of the oven for about 45 minutes.

MEATLOAF

1 tbsp **olive oil** | 3 cloves **garlic** (pressed) | ½ **red onion** (finely chopped) | 1 **red pepper** (finely chopped) | ½ **courgette** (finely chopped) | 2 tbsp **basil** | 1 tbsp **parsley** | **salt & pepper** | 750 g **lean minced beef** (or minced turkey) | 2 **eggs** | 3 tbsp **breadcrumbs*** | 250 g **tomato purée** (or sugar-free pasta sauce)

Heat the olive oil in a pan. Sauté the garlic, red onion and pepper for 10 minutes on a medium heat. Season the vegetables with salt, pepper, basil and parsley. Remove the vegetables from the heat and allow to cool. Preheat the oven to 180 °C. Put the minced beef in a bowl and add the eggs, breadcrumbs and veggie mix. Knead everything together until all the ingredients are well mixed. Put the meatloaf mix into a baking tin and press down well. Spread the tomato purée over the meatloaf and bake in the oven for 45 to 60 minutes.

NUTRITIONAL INFORMATION (PER LOAF)

Energy 2531 kcal | **Carbohydrate** 35.8 g
Fat 158.4 g | **Fibre** 9 g | **Protein** 235.2 g



WEEK

2

For 5 days

BREAKFAST

BANANA, FRUIT & PECAN NUT* PANCAKES

SNACK

WHEY PERFECTION*
200 ML SKIMMED MILK
4 TBSP ULTRA FINE OATS*

LUNCH

3 × TUNA, EGG & QUINOA SALAD
2 × SAVOURY EGG MUFFINS
3 SLICES WHOLEWHEAT BREAD

SNACK

SMART BAR*
Post-workout > PROTEIN SHAKE*

DINNER

3 × STEAK & NUT* PASTA
2 × CHICKEN [OR TURKEY], SPELT
COUSCOUS & GUACAMOLE

SNACK

FRUIT & PEANUT BUTTER*

BEDTIME SNACK

250 G LOW-FAT FROMAGE FRAIS



TIP

Had enough of bread?
Try our low-carb protein
crackers ... they're jam-
packed with nutrients.



BANANA, FRUIT & PECAN NUT* PANCAKES

30 g **oatmeal*** | 2 **eggs** | 1 **ripe banana**
 $\frac{1}{2}$ tsp **cinnamon** | 50 g **fresh fruit**
[e.g. blueberries] | 1 tbsp **pecan nuts***

Put the oatmeal in a bowl. Mix the eggs and banana in a blender or food processor. Add the mix and cinnamon to the oatmeal. Mix everything together. Heat the coconut oil in a frying pan and pour a portion of batter into the pan. Fry the pancakes until golden-brown on a medium heat. Serve the pancakes with the fresh fruit and pecan nuts.

WHEY PERFECTION* OATMEAL

1 scoop **Whey Perfection**
200 ml **skimmed milk**
4 tbsp **Ultra Fine Oats**

Put all of the ingredients in a shaker beaker. Shake until all of the ingredients are well mixed.

MEAL PREP

TUNA & QUINOA SALAD

3 hard-boiled **eggs** | 40 g **quinoa***
½ **avocado** | 1 **tomato** | ¼ **cucumber**
30 g **lamb's lettuce** | 120 g **tuna**
1 tbsp **black olives**

Peel the hard-boiled eggs and cut into segments. Cook the quinoa, following the instructions on the packaging. Remove the pit from the avocado and cut into pieces. Cut the tomato, cucumber and olives and add to the lamb's lettuce. Divide the tuna into small pieces and add to the salad. Drain the quinoa and mix in with the salad. Season with salt and pepper.



EGG MUFFINS

225 ml **liquid egg white*** | ½ **pepper**
1/3 **courgette** | 100 g **cottage cheese**
50 g **grated 30% reduced-fat cheese**
1 tbsp **herbs** [e.g. Italian mix] **salt & pepper**

Preheat the oven to 180 °C. Cut the pepper and courgette into chunks. Mix all the ingredients in a bowl. Divide the batter into an 8-cup muffin baking tray. Bake the egg muffins in the middle of the oven for about 45 minutes. Serve the egg muffins with wholewheat bread.



STEAK & NUT* PASTA

125 g **steak** | 50 g **High-Protein Pasta***
½ tsp **coconut oil*** | 150 g **mangetouts**
1 **onion** | 1 tbsp **soy sauce** | **cashew nuts***
Boil the pasta for about 6 to 7 minutes until cooked. Meanwhile, heat the coconut oil in a wok. Cut the steak into strips. Sauté the steak briefly until it's done the way you like it. Take the steak out of the wok and sauté the mangetouts with the finely chopped onions for 5 minutes. Add the soy sauce, cashew nuts and steak and sauté for a little while longer. Serve the steak and veggies with the pasta and sprinkle the nuts on top.

CHICKEN (OR TURKEY), SPELT COUSCOUS & GUACAMOLE

50 g **spelt couscous*** | ½ tsp **coconut oil*** | 120 g **chicken breast** | 200 g **stir-fry vegetables, guacamole** [½ avocado, ½ tomato, ½ red onion, 2 cm red chili pepper, 1 garlic clove]

Cook the couscous, following the instructions on the packaging. Heat the coconut oil and stir-fry the chicken breast until golden-brown. Add the vegetables and stir-fry for 5 minutes. Make the guacamole by adding all of the ingredients together and mixing with a hand blender or food processor.

WEEK

3

For 5 days

BREAKFAST

APPLE & RAISIN OATMEAL

SNACK

WHEY PERFECTION* SHAKE
BLUEBERRIES & 2 TBSP OATMEAL*

LUNCH

3 × CHICKEN & PEPPER OMELETTE
3 SLICES OF WHOLEWHEAT BREAD
2 × TURKEY, AVOCADO & QUINOA SALAD

SNACK

SMART/PERFECTION* BAR

DINNER

3 × COD, VEGGIES & RICE
2 × MEATBALLS, GREEN BEANS & MASHED
SWEET POTATO

SNACK

HANDFUL NUTS & 1 PIECE OF FRUIT
Post-workout > WHEY PERFECTION
SHAKE*

BEDTIME SNACK

MICELLAR CASEIN* shake
(or 250 g fromage frais)



TIP

Give Liquid Egg Whites a try, next time you make an omelette!



APPLE & RAISIN OATMEAL

50 g **oatmeal** | 250 ml **skimmed milk**

1 **apple** | 1 **tblsp raisins***

1 **tsp cinnamon** | 1 **tblsp chia seed***

Pour the milk into a saucepan, add the oatmeal and bring to the boil on a low heat. Allow the oatmeal to cook thoroughly, stirring continuously. Cut the apple into pieces. Serve the oatmeal in a bowl with sliced apple, raisins, cinnamon and chia seed.

CHICKEN & PEPPER OMELETTE

3 **eggs** | 1 **pepper** | 1 **tsp coconut oil***

3 slices **wholewheat bread** | 6 slices
chicken breast

Beat the eggs in a bowl. Chop the peppers into chunks and stir in with the egg. Heat 1 **tblsp** of coconut oil in a frying pan. Pour the egg into the pan. Allow the egg to solidify on a medium heat. Serve the chicken breast and omelette on the bread.

MEAL PREP

TURKEY, AVOCADO & QUINOA SALAD

75 g **quinoa*** | 80 g **turkey** | 1 tsp **coconut oil*** | ½ **avocado** | 1 **tomato**

2 tbsp **cottage cheese** | **salt & pepper**

Cook the quinoa, following the instructions on the packaging. Cut the turkey into strips. Meanwhile, heat the coconut oil in a frying pan. Sauté the turkey on both sides until golden-brown. Remove the pit from the avocado and cut into pieces. Cut the tomato into pieces. Mix all of the ingredients in a bowl. Add the cottage cheese and season with salt and pepper.



COD, VEGGIES & RICE

75 g **brown rice*** | 1 tbsp **veggie mix**

120 g **cod fillet** | 200 g **veggie mix**

1 tbsp **soy sauce**

Cook the brown rice, following the instructions on the packaging. Heat half of the olive oil in a wok and stir-fry the vegetables. Heat the other half of the olive oil in a frying pan and sauté the cod. Stir the soy sauce in with the veggies. Serve the cod and veggies on the rice.



MEATBALLS, GREEN BEANS & MASHED SWEET POTATO

150 g **lean minced beef** | ½ **red onion**

120 g **sweet potato** | 200 g **green beans**

Mix the minced beef and finely chopped onion and add salt and pepper to taste. Roll the minced beef into two meatballs. Meanwhile, boil the sweet potato and green beans for 10 minutes in separate pans. Heat a frying pan and fry the meatballs all round until golden brown. Drain the sweet potatoes and mash well. Add a dash of warm milk to make the potatoes creamier, if needed. Drain the green beans and serve with the meatballs and mashed sweet potato.

TIP

Set interim goals. And if you're doing well, don't forget to reward yourself!

WEEK

4

For 5 days

BREAKFAST

BANANA & OATMEAL*

SNACK

FRUIT & PEANUT BUTTER*

LUNCH

3 × HAM & PEPPER OMELETTE
1 SLICE OF BREAD WITH PEANUT BUTTER*
2 × CHICKEN, BROCCOLI & RICE

SNACK

HANDFUL NUTS*

DINNER

3 × CHICKEN & GUACAMOLE WRAPS
2 × SALMON, BROCCOLI & PASTA

SNACK

PERFECTION BAR*

BEDTIME SNACK

MICELLAR CASEIN* SHAKE
(OR 250 G FROMAGE FRAIS)



BANANA & PROTEIN OATMEAL

50 g **oatmeal*** | 250 ml **skimmed milk**
1 scoop **why perfection*** | 1 **banana**
1 tbsp **linseed***

Put the oatmeal and milk in a saucepan. Bring to the boil, stirring continuously. Allow the oatmeal to thicken. Stir in the protein powder. Serve the oatmeal in a bowl with sliced banana and linseed on top.

**3 SLICES OF BREAD WITH
HAM & PEPPER OMELETTE &
1 SLICE OF BREAD WITH
PEANUT BUTTER***

2 **eggs** | 6 **slices ham** | ½ **pepper**

Beat the eggs in a bowl. Chop the peppers into chunks and stir in with the egg. Heat 1 tbsp of coconut oil in a frying pan. Pour the egg into the pan. Allow the egg to solidify on a medium heat. Serve the omelette and ham on the bread.

MEAL PREP

CHICKEN, BROCCOLI & RICE

150 g **chicken breast** | 200 g **broccoli**
150 g **brown rice** (boiled)*

Cook the rice, following the instructions on the packaging. Heat a pan of water and cut the broccoli into florets. Boil the broccoli for 8 minutes. Meanwhile, heat a frying pan with smart cooking spray or coconut oil. Sauté the chicken on both sides until golden-brown. Serve the chicken with the broccoli and rice.

CHICKEN & GUACAMOLE WRAPS

1 tbsp **coconut oil*** | 120 g **chicken breast**
| 2 **tomatoes** | 1/3 **courgette**
50 g **sweetcorn** | 50 g **red kidney beans**
salt & pepper | **guacamole** (1/2 avocado,
1/2 tomato, 1/2 red onion, 2 cm red chilli
pepper, 1 clove garlic)

Heat the coconut oil in a wok. Cut the chicken breast into strips and sauté until golden-brown. Cut the tomatoes and courgette into chunks. Add the tomatoes, courgette, sweetcorn and red kidney beans and sauté briefly with the chicken. Meanwhile, make the guacamole by adding all the ingredients together and mixing with a hand blender or food processor. Add the chicken filling and roll the wraps, then spread with guacamole.

SALMON, BROCCOLI & PASTA

50 g **high-protein pasta***
1/2 tbsp **coconut oil*** | 120 g **salmon**
200 g **broccoli** | 1 tbsp **pesto**

Boil the pasta for about 6 to 7 minutes until cooked. Cut the broccoli into florets and boil for 8 minutes until cooked. Heat the coconut oil in a frying pan. Sauté the salmon on both sides. Drain the pasta and mix in the pesto. Serve the salmon with the broccoli and pasta.



INSPIRATION

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MUSCLE PLAN

LOGBOOK

Date _____
Weight _____

WORKOUT	SETS	REPS	KG	SETS	REPS	KG	SETS	REPS	KG	SETS	REPS	KG



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