

**#thebrideguy**  
Bride to Be Transformation Specialist

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## 7 Day Starter Meal Plan

*Timings are ideals	Mon	Time	Tues	Time	Wed	Time	Thurs	Time	Fri	Time	Sat	Time	Sun	Time
Get Up		6am		6am		6am		6am		6am		7am		7am
Breakfast PREP TIME 5-10 mins, excl Sat 30 Mins	2 scrambled eggs, handful of spinach. Teaspoon of almond butter	6:30- 7am	Banana Pancake with 1 dessert spoon of Greek yogurt, raspberries + ground cinnamon to taste	6:30- 7am	2 scrambled eggs, handful of spinach. Teaspoon of almond butter	6:30- 7am	Banana Pancake with 1 dessert spoon of Greek yogurt, raspberries + ground cinnamon to taste	6:30- 7am	2 scrambled eggs, handful of spinach. Teaspoon of almond butter	6:30- 7am	2 poached eggs, 150g smoked salmon and grilled asparagus then 40g organic porridge with Koko Coconut Milk (EAT AFTER EXERCISE)	7:30-8am	Banana Pancake with 1 dessert spoon of Greek yogurt, raspberries + ground cinnamon to taste	7:30- 8am
Snack PREP TIME: 5 mins	3 dessert spoons of Greek Yogurt with blueberries and 10 roasted almonds	10- 10:30 am	Super Green Smoothie (make enough to freeze for Saturday)	10- 10:30 am	3 dessert spoons of Greek Yogurt, blueberries and 10 roasted almonds	10- 10:30 am	Strawberries and Cashew Nuts – 4-5 large strawberries. 8-10 cashews	10- 10:30 am	3 dessert spoons of Greek Yogurt with blueberries and 10 roasted almonds	10- 10:30 am	Super Green Smoothie	11- 11:30am	Strawberries and Cashew Nuts – 4-5 large strawberries. 8-10 cashews	11- 11:30am
Lunch PREP TIME: 10 mins, excl Sat 30 mins	Cooked Mackerel Fillets + Greek Salad (fresh or pre made from supermarket) 1 piece of non berry fruit + 7 roasted almonds	1- 2pm	Stir fry from night before	1-2pm	Salmon Salad + Glass of Koko Coconut Milk	1- 2pm	Cooked Mackerel Fillets + Greek Salad (fresh or pre made from supermarket) 1 piece of non berry fruit + 7 roasted almonds	1-2pm	Chicken & Balsamic Salad (your choice of salad items) + Glass of Koko Coconut Milk	1- 2pm	Grilled Halloumi cheese salad (spinach, cheery toms, cucumber, avocado) dressed in olive oil and balsamic vinegar	1:20- 2:30pm	Chunky Soup (make enough to freeze and have during week)	1:20- 2:30pm
Snack (if did not have snack in morning)	As above	4- 4:30p m	As above	4- 4:30pm	As above	4- 4:30p m	As above	4- 4:30pm	As above	4- 4:30p m	As above	4-4:30pm	As above	4- 4:30pm
Dinner PREP TIME: 30 mins	Any kind of stir fry with a fresh veg – Try to make your own sauce instead of packets (MAKE EXTRA FOR LUNCH TOMORROW	7:30- 8pm	Pan Fried Tuna Steak with Pak choi and rice noodles	7:30- 8pm	Chicken With Chumicherri Sauce + Veg/Salad+ Half Avocado	7:30- 8pm	Any kind of steak with pan fried veg and sweet potato wedges	7:30- 8pm	Oysters/Mussel s/Oily Fish + fresh veg/salad of your choice	7:30- 8pm	Pan fried chicken strips with sun dried tomato's and grilled aubergine	7:30-8pm	Chicken With Chimichurri Sauce + Veg/Salad+ Half Avocado	7:30- 8pm
Drinks	2 liters of mineral + 5 cups of any green tea	All day	2 liters of mineral + 5 cups of any green tea	All day	2 liters of mineral + 5 cups of any green tea	All day	2 liters of mineral + 5 cups of any green tea	All day	2 liters of mineral + 5 cups of any green tea	All day	2 liters of mineral + 5 cups of any flavored green tea	All day	2 liters of mineral + 5 cups of any green tea	All day
Exercise			High Intensity session for 25-35 minutes.	PM before dinner			High Intensity session for 25-35 minutes.	PM before dinner			High Intensity session for 25-35 minutes.	AM before break-fast		
Bed		10pm		10pm		10pm		10pm		11pm		11pm		10pm

## What you need to know:

1. Only eat carbs after exercising. If you're not exercising, then space out eating carbs across 3 days of the week. I would suggest Tues, Thurs and Saturday. Carbs must be good carbs. Forget worrying about carbs making you fat. You need good carbs in your diet, just spaced out the right way. If you're exercising you should **ALWAYS** have good carbs within an hour of finishing the exercise. If you can't do it that quick, then have some protein with the carbs later in the day but always after exercise and not before.
2. Your body will get energy from healthy fats and the foods you eat – don't think you can only get energy from eating carbs. – this is not true. Lots of foods contain carbs in varying quantity but the best to go for in my opinion is sweet potato, jasmine rice and organic oats.
3. You can move exercise days to suit – just move the carbs with them to be eaten after exercising. If more than 2 days pass without exercising have some good carbs on the 3<sup>rd</sup> day regardless.
4. Get up and bed times are a guide, always go for 8 hours sleep (that's not watching TV for 2 hours then 6 hours sleep). The closer to the 6am-10pm window you get, the more fat burning hormones your body will release at night. Late bed times and less than 8 hours sleep can dramatically reduce this happening. Remember – its not you smashing it in the gym that burns fat, its how you body and its hormones react to it after (like at night) that burns fat faster.
5. Only snack once per day, either am or pm if you've not had the morning one.
6. Times for meals are a guide, they are flexible.
7. Drinking mineral water (not tap water) is essential to flushing out waste from your body that can affect fat burning.
8. Green tea will give you a natural caffeine boost and is proven to help the body burn fat faster.
9. Only use olive oil or coconut oil to cook with.
10. Eat decent portions, you don't have to eat less food to burn more fat. Eat decent meals, stay satisfied and enjoy your food.
11. **You must avoid all wheat, gluten, processed food, sugars, dairy and caffeine (except green tea) – this is critical to make this work.** The above has been worked out on this basis.
12. I've included some recipes in plan (details below) and recommended some additional items which are detailed below and where to get them.

## Recipes:

### **Banana Pancake (serves 1)**

Mash one banana with 1 egg. Fry it on a medium heat using (olive oil) until hardens (1-2 mins) place frying pan under hot grill, grill until slightly browned

### **Pan Fried Tuna & Pak Choi (serves 2)**

#### *Ingredients*

Tuna steak x2

2tsp olive oil

Half lime juice

1 packet of pac choi sliced

1 garlic clove peeled and chopped  
1tsp of gluten free soy sauce  
2tsp of chicken or veg stock

#### *Method*

For the pak choi, heat the little olive oil in a non-stick frying pan and sauté the pak choi for 2-3 minutes.

Add the garlic to the pan with the lime juice and soy sauce. Stir together and heat for a further two minutes. Pour in the stock, and reduce the heat and simmer for 2-3 minutes.

For the tuna, heat the oil in a non-stick frying pan and sear the tuna for two minutes on each side. Remove from the heat.

Spoon the pak choi onto a serving plate and serve the seared tuna on top.

### **Chimichurri Sauce**

#### *Ingredients:*

small bunch parsley roughly chopped

½ tsp oregano fresh or dried

2 garlic clove

1 shallot chopped

½ tsp chilli flakes

2½ tbsp olive oil

Juice ½ lemon

2 tsp red wine vinegar

#### *Method*

To make the chimichurri, blitz the parsley, oregano, garlic, shallot and chilli flakes in a food processor or chop very finely by hand.

Add 2 tbsp of the olive oil, the lemon juice, vinegar and some seasoning, and pulse to combine everything to a saucy consistency.

Rub the remaining oil and a little seasoning into the steaks. Heat a griddle or frying pan and cook the steaks for 2-3 mins on each side or until done to your liking. Rest for a few mins, then spoon over the sauce and serve with fries and salad.

### **Grilled Halloumi Cheese Salad (serves 2)**

Cut block of Halloumi into 2 halves, pan fry in olive oil on a high heat until browned to your taste, then flip and repeat. Serve with any salad of your choice. TIP eat quickly so cheese remains hot and soft before it cools and gets harder

### **Chunky Soup (serves 1)**

### *Ingredients*

1 courgette

1 red onion

1 large red pepper

10-12 cherry tomatoes

2 garlic gloves

Handful fresh basil(ripped)

Stock cube

450mls water (roughly)

### *Method*

Chop vegetables chunky. Soften the onions, courgette, pepper and garlic in a pan with a little coconut oil season with black pepper. Add water (enough to cover the veg) bring to the boil and put in stock cube. Simmer for 10 mins put in a bowl add basil.

### **Super Green Smoothie (serves 1)**

2 cups spinach

2 stalks celery

½ avocado

1 chopped cucumber

1 cup frozen raspberries

½ pint water

1 tsp cinnamon

Bled all ingredients together

### **Salmon Salad (serves 1)**

#### *Ingredients*

1 romaine lettuce

Cucumber (how much is your preference)

4-5 cherry tomatoes (cut in ½)

6-8 almonds

Salmon fillet (cooked)

### Method

Cut up the lettuce, cucumber and cherry toms and add to your plate. Sprinkle over the almonds and add your salmon to the top. (have the salmon whole or cut up to your preference)

### Grilled Aubergine/Eggplant

Cut lengthways in half. Grill skin side down for 6-10 mins.

Turn over

Brush olive oil on, sprinkle dried mixed herbs on, brush balsamic vinegar on. Then grill skin side down until browned for 10 mins.

Recommended Items:

#### Meridian Almond Butter

£2.50-£3.50 available in most super markets



#### Koko Coconut Milk

£1.00-£1.50 available in most super markets

