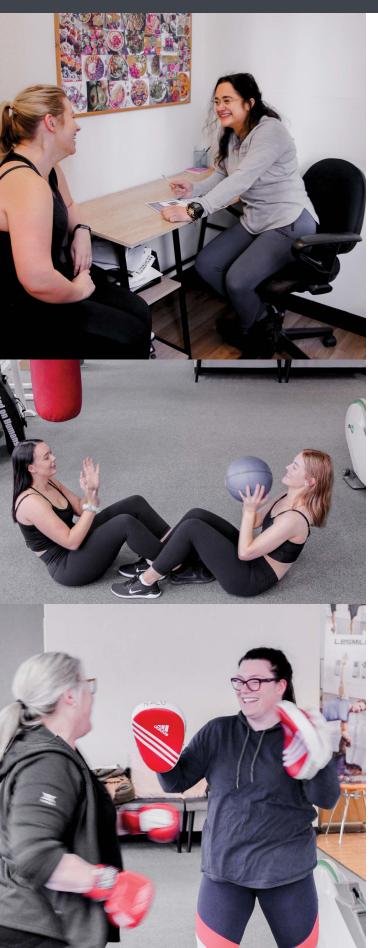


### WHATWE



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- Friendly & accessible trainers and instructors
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## BENEFITS OF EXERCISE



- Lower rates of obesity
- Reduce risk of chronic disease
- Avoid injuries from normal movement and sports
- Improve bone density and improve strength in muscles and joints
- Improved feelings of vitality and self esteem
- Prevent depression and anxiety

### MAXIMISE YOUR KESULTS

On the pages that follow, you'll find a free 3 day meal plan & a workout planner. We recommend combining the meal plan with a FREE 3 day trial at FFF to really maximise your results! Use our online timetable to choose & plan your workouts.

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### MEAL PLAN DAY ONE



### BREAKFAST: EGGS ON TOAST

#### INGREDIENTS

- 2 pieces Burgen bread
- · 2 eggs
- · 3 mushrooms
- 1 cup spinach

- 1. Cook eggs as desired- e.g. scrambled, poached or omelette. Do not use oil.
- 2. Cook vegetables.
- 3. Toast bread.
- 4. Top bread with eggs and vegetables.

## MEAL PLAN DAY ONE



### LUNCH: PESTO ZOOPLES WITH CHICKEN

#### INGREDIENTS

- 2 medium zucchini spiralized
- 1 medium onion thinly sliced
- 1/4 cup pesto
- 2 chicken breasts
- · 2 tbsp olive oil
- · Juice from half a lemon
- · Salt & pepper to taste
- Optional garnishes: shredded parmesan and pine nuts

- 1. Heat 1 tbsp olive oil in a pan over medium heat.
- 2. Place chicken breasts in pan. Season with salt and pepper, then add lemon juice to pan.
- 3. Cook chicken breasts for approximately 15 minutes, flipping halfway through cooking. Let chicken breasts rest for approximately 5 minutes before slicing.
- 4. Meanwhile, heat a second pan over medium heat with 1 tbsp olive oil.
- 5. Add sliced onion to skillet and sauté for a few minutes, until it starts to become transparent.
- 6. Add zoodles to onions and stir to combine. Sauté for about 3 minutes.
- 7. Stir pesto into zoodles and onions and cook for 2-3 more minutes, until incorporated.
- 8. To serve, dish up zoodles and top with sliced chicken. Garnish with parmesan and pine nuts if you want.





# MEAL PLAN PAY ONE



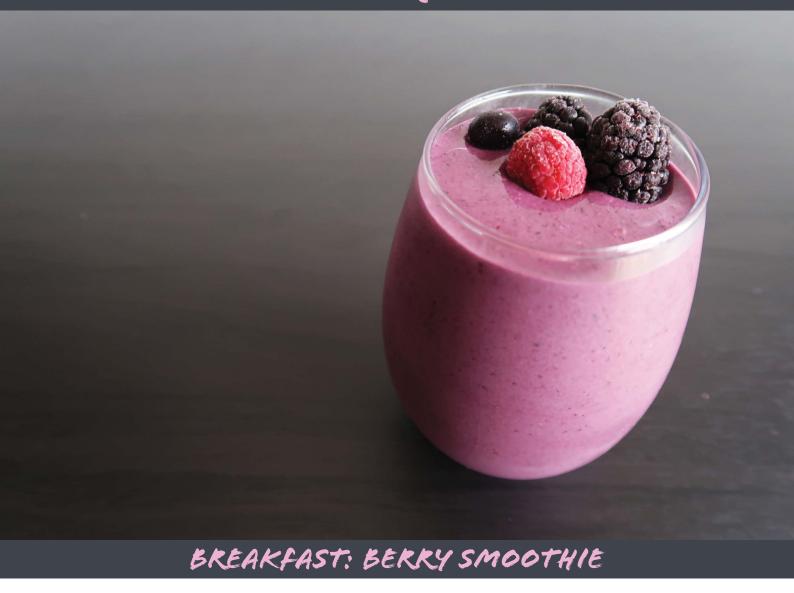
### DINNER: CHICKPEA & SPINACH CURRY

#### INGREDIENTS

- ½ can chickpeas
- ½ cup spinach
- 1 cup tomato
- ½ onion
- 1 garlic clove
- 1 tsp garam masala
- 1 tsp ginger
- 1/4 tsp turmeric
- ½ cup water
- 1 cup vegetable stock
- · 30 g Basmati rice

- 1. In a medium saucepan, saute the onions with a splash of water until translucent.
- 2. Add chickpeas, spinach, tomatoes, garlic, garam masala, ginger, turmeric, stock cube and water. Bring to the boil then reduce heat and simmer gently, stirring occasionally, for approximately 10-12 minutes, until spinach has cooked and water has reduced.
- 3. Cook rice. Serve curry with rice and fresh coriander.

# MEAL PLAN DAY TWO



#### INGREDIENTS

- 1 Uncle Toby's Quick Oats Sachet
- 100g mixed berries or ½ banana
- 1 scoop protein powder
- 1 tbsp flaxseed
- · Water as needed

- 1. Place all ingredients in a blender and blend until smooth.
- 2. Top with a few extra berries and enjoy!

# MEAL PLAN DAY TWO



### LUNCH: ZUCCHINI, CHILLI & KICOTTA FRITTATA

#### INGREDIENTS

- 1 teaspoon olive oil
- 2 zucchini thinly sliced
- 1 garlic clove crushed
- 1/2 teaspoon dried red chilli flakes
- 100g chopped trimmed kale
- · 150g (1 cup) frozen peas
- · 8 eggs
- 2 tablespoons milk
- · 85g (1/3 cup) fresh ricotta
- 4 slices wholemeal grain toast
- · Lemon wedges, to serve

- 1. Heat half the oil in a large, ovenproof non-stick frying pan over medium-high heat. Add zucchini and cook, turning, for 2-3 minutes or until golden. Transfer to a plate.
- 2. Add the garlic, chilli and remaining oil and cook, stirring, for 1 minute or until aromatic. Add kale and peas and cook, stirring, for 2 minutes or until kale is wilted. Return zucchini to pan.
- 3. Whisk together the eggs and milk in a large jug. Season. Pour egg mixture evenly over the vegetables and dollop with ricotta. Reduce heat to low and cook, covered, for 15 minutes or until egg mixture is almost set.
- 4. Preheat grill on high. Place frittata under the grill and cook for 5 minutes or until golden, set and puffed. Set aside for 5 minutes before cutting into 4 wedges.
- 5. Serve with wholegrain toast and lemon wedges.



# MEAL PLAN DAY TWO



DINNER: TANDOOK! CHICKEN BURGER

#### INGREDIENTS

- 500g chicken breast fillets
- 100g tandoori paste
- 2 tbsp Greek natural yoghurt
- 1 tbsp fresh lemon juice
- Olive oil spray
- 1 Lebanese cucumber
- 2 large Turkish bread rolls split and toasted
- · 80g baby spinach leaves
- 3 ripe tomatoes thinly sliced
- Fresh mint leaves to serve
- 120g mango chutney Minted Yoghurt:
- 2/3 cup Greek natural yoghurt
- 1 ½ tbsp fresh mint shredded

- 1. Cut the chicken in half horizontally. Cut each piece in half lengthways.
- 2. Place the tandoori paste, yoghurt and lemon juice in a shallow glass or ceramic dish and stir until well combined. Add the chicken and toss to coat. Cover with plastic wrap and place in the fridge for 10 minutes to marinate.
- 3. Preheat a barbeque grill or chargrill on medium-high. Lightly spray both sides of the chicken with olive oil spray. Add the chicken to the barbeque and cook for 2 minutes each side or until cooked through.
- 4. Meanwhile, to make the minted yoghurt, combine the yoghurt and mint in a small bowl.
- 5. Use a vegetable peeler to slice the cucumber lengthways into thin ribbons. Spread the minted yoghurt evenly over the base of each bread roll. Top with the spinach, tomato, cucumber, chicken and mint. Serve with the mango chutney.



# MEAL PLAN PAY THREE



#### INGREDIENTS

- 2/3 cup almond milk
- 2 tbsp cacao powder
- · 2 tbsp chia seeds
- 30g protein powder
- 100g berries

- 1. Blend or mix first four ingredients in a container or glass. Refrigerate overnight.
- 2. Top with berries before serving.

### MEAL PLAN DAY THREE



### LUNCH: TURMERIC FRIED EGG & VEG BOWL

#### INGREDIENTS

- 2 1/2tablespoons extra virgin olive oil
- 3 garlic cloves thinly sliced
- 2 x 150g packets kale leaf & spinach mix
- · 425g can chickpeas drained
- 1 lemon, rind finely grated juiced
- 1/2 teaspoon ground turmeric
- 1/4 teaspoon dried chilli flakes
- · 4 eggs
- 200g grape tomatoes sliced
- 1/2 small red onion finely chopped
- 1/2 cup fresh dill sprigs chopped
- 1 cup cooked brown rice

- 1. Heat 1 tbsp of oil in a deep-frying pan over med-high heat. Add garlic. Cook, stirring, for 30 seconds or until golden and aromatic. Add kale mix and cook, covered, for 2 minutes or until wilted. Add chickpeas and cook, uncovered, for 1 minute.
- 2. Remove from heat and stir in lemon rind and 1 tbsp juice. Season. Transfer to a bowl and set aside.
- 3. Heat 1 tbs of remaining oil in same pan over medium-high heat. Add turmeric and chilli. Cook, stirring, for 30 seconds or until aromatic.
- 4. Crack eggs into pan. Cook for 2-3 minutes for soft yolks and crispy whites. Remove from heat. Add 1 tbs remaining lemon juice, drizzling around eggs. Swirl to combine.
- 5. Combine the tomato, onion, dill, remaining oil and remaining juice in a bowl.
- 6. Divide kale mixture and brown rice among serving bowls. Top with egg and salsa. Drizzle with any pan juices.



### MEAL PLAN DAY THREE



### DINNER: BBQ CHICKEN PIZZA

#### INGREDIENTS

- 30g BBQ pizza sauce
- · 3 mushrooms sliced
- · 30g baby spinach
- · 30g capsicum sliced
- · 25g light cheese
- 50g chicken breast
- 1 Mission wholemeal wrap

- 1. Preheat your oven.
- 2. Top wrap with pizza sauce, chicken, vegetables and cheese.
- 3. Bake in oven until cheese has melted and is starting to brown.

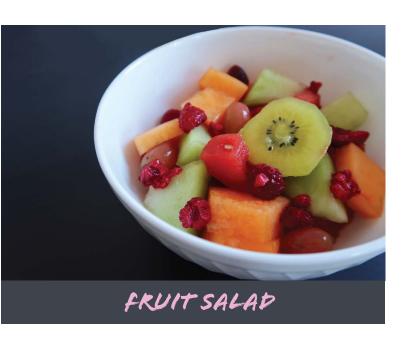
# SNACK OPTIONS



- 2 tbsp hummus
- 1 large carrot



- · 1 boiled egg
- 2 light Cruskits



• 1 cup fresh fruit salad



- 1 tub YoPro yoghurt
- 1/2 cup berries

# WORKOUT PLANNER

DAY	WOKKOUT	AM OR PM
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIÞAY		
SATURÞAY		
SUNPAY		



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