



28 DAY NUTRITION KICKSTART

YOUR QUARTERLY REMINDER TO EAT THE RIGHT THINGS



INSPIRE FITNESS

Why This Quarterly Nutrition Kickstart?

Old habits die hard, and you're only human after all!

And sometimes we all get stuck, or tired, and the first thing that usually goes out the window is eating right.

So if you've slipped a bit... the main reason behind this is to get you back on track as soon as possible

This 28 Day Nutrition Kickstart should leave you feeling more energised and in control, yet you must commit to following along.

We run this just four times a year, to make sure that when you hit a slump, or are feeling a little de-motivated, that you've got the team and community all doing something together, all supporting each other, and holding each other accountable, and having fun along the way.

Good luck!

How does it work?

It's easy, really!

We have 3 levels of difficulty or commitment on the next page, and you'll **pick one**. You'll make your choice based on your lifestyle and which you're most comfortable with.

I encourage you to follow along our Meal plans (at the end), or you can plan your food for the week, based on our guidelines if you prefer.

You'll get an email every Saturday, prompting you to **upload your Food Diary** and to **complete your Weekly Online Habits Checklist**. Don't underestimate the power of these exercises.

In the studio, you'll find a 28 Day Calendar with your name beside it. **Mark a green tick for every day you followed the plan**, and a red tick for the days you struggled.

Upload your food photos and progress on our Facebook group for the 28 days. This will help keep you accountable and has also proved a great way to share recipes and ideas with other members.

There will be a **Facebook Live Q & A every week** with one of the team, to answer all your questions and to hold you accountable.

Choose a level that suits your lifestyle

Level 1

1. Drink 2 litres water every day
2. Eat 3 meals and 2 snacks every day
3. 100% attendance
4. Avoid all sugar/junk food 5 days per week
5. Avoid alcohol 5 days per week.

Level 2

1. Drink 2 litres water every day
2. Eat 3 meals and 2 snacks every day
3. 100% attendance
4. 2, 30 min walks per week
5. Avoid all sugar/junk food 6 days per week
6. Avoid alcohol 6 days per week
7. Avoid carbohydrates after 5pm, 5 days per week

Level 3

1. Drink 2.5 litres water every day
2. Eat 3 meals and 2 snacks every day
3. 100% attendance
4. 3,, 30 minute walks per week
5. Avoid all sugar/junk food for the 28 days
6. Avoid all alcohol for the 28 days
7. Avoid carbohydrates after 5pm, 5 days per week

Our #FEELGOOD Nutrition Habits

- Drink 2 litres of water daily.
- Eat 3 meals & 2 snacks daily.
- If weight loss is your goal, avoid starchy carbs after 5pm.
- Avoid late night snacking, dinner will be your last meal.
- Quit mid-week sugar and alcohol.
- Do your weekly food shop on a Friday.
- Plan on a Friday, your meals for the week ahead.
- Take a night or two off at the weekend after 6pm, but keep a healthy routine and structure throughout the day.
- Keep your mid-morning snack light, (e.g. piece of fruit), and aim to have a more substantial snack of carbohydrates & protein in the afternoon (e.g hummus with oatcakes)
- Get rid of sweeteners and sugar in tea/coffee. It will be almost impossible to get rid of a sweet tooth if you continue to have these in your hot drinks.
- Remember that there is no better feeling than feeling healthy and fit, cravings only last 3 days, and you can do this!

Meal Plan: Week 1

	Breakfast	Snack	Lunch	Snack	Dinner
MONDAY	Porridge	Veggie sticks with hummus	Sandwich with Bowl of Soup	Oatcakes with any type of nut butter	Chickpea & Tomato Curry (Make double)
TUESDAY	Porridge	Natural Yoghurt	Sandwich with Bowl of Soup	Natural yogurt with 1 tsp of mixed seeds, and mixed berries	Chickpea & Tomato Curry
WEDNESDAY	Porridge	Oatcakes with any type of nut butter	Sandwich with Bowl of Soup	Piece of fruit with handful of nuts	Spinach & Mushroom Omelette
THURSDAY	Porridge	Piece of fruit	Sandwich with Bowl of Soup	Oatcakes with any type of nut butter	Chicken Stir-Fry (Make double)
FRIDAY	Porridge	Piece of fruit	Sandwich with Bowl of Soup	Natural Yoghurt	Chicken Stir-Fry
SATURDAY	Omelette	Piece of fruit	Sandwich with Bowl of Soup	Veggie sticks with hummus	Night off
SUNDAY	Omelette	Fruit with handful of nuts	Sandwich with Bowl of Soup	Veggie sticks with hummus	Vegetable Curry (Make Double)

Shopping List: Week 1

	Shopping List	
MONDAY	Breakfast: <ul style="list-style-type: none"> • 6 Eggs • Oats 	Spinach & Mushroom Omelette: <ul style="list-style-type: none"> • Bag of mushrooms • Bag of spinach
TUESDAY	Lunch: <ul style="list-style-type: none"> • 6 Cartons of soup • 1 packet of wholemeal wraps • 1 loaf of brown soda bread • Filling for sandwiches: (Turkey/Ham/Tuna) 	Snacks: <ul style="list-style-type: none"> • 6 Greek yoghurts • 1 Packet of nuts • 2 cartons of hummus • Celery sticks • Carrot sticks • Oatcakes • Nut Butter
WEDNESDAY	Dinner:	
THURSDAY	Chickpea & Tomato Curry: Onions Ginger Turmeric Cayenne pepper Cinnamon Garam masala Tomato puree Garlic 2 tins chickpeas 1 tin tomatoes	Fruit: <ul style="list-style-type: none"> • Mandarins • Pears • Apples
FRIDAY	Spinach Veg stock	
SATURDAY	Chicken Stir-Fry: <ul style="list-style-type: none"> • 2 chicken breast • 1 red onion • 1 red pepper • 1 glove garlic • Lump of grated ginger • 1 Big Broccoli • Soy sauce • Honey • Chili powder 	
SUNDAY		

Meal Plan: Week 2

	Breakfast	Snack	Lunch	Snack	Dinner
MONDAY	Porridge	Veggie sticks with hummus	Sandwich with Bowl of Soup	Oatcakes with any type of nut butter	Vegetable Curry from Sunday
TUESDAY	Porridge	Natural Yoghurt	Sandwich with Bowl of Soup	Natural yogurt with 1 tsp of mixed seeds, and mixed berries	Beef Stir-Fry (Make Double)
WEDNESDAY	Porridge	Oatcakes with any type of nut butter	Sandwich with Bowl of Soup	Piece of fruit with handful of nuts	Beef Stir-Fry
THURSDAY	Porridge	Piece of fruit	Sandwich with Bowl of Soup	Oatcakes with any type of nut butter	Butternut squash & Chickpea Tagine (make double)
FRIDAY	Porridge	Natural Yoghurt	Sandwich with Bowl of Soup	Piece of fruit	Butternut squash & Chickpea Tagine
SATURDAY	Omelette	Piece of fruit	Sandwich with Bowl of Soup	Veggie sticks with hummus	Night off
SUNDAY	Omelette	Fruit with handful of nuts	Sandwich with Bowl of Soup	Veggie sticks with hummus	Vegetable Frittata

Shopping List: Week 2

	Shopping List	
MONDAY	Breakfast: <ul style="list-style-type: none"> • 6 Eggs • Oats 	Beef Stir-Fry: <ul style="list-style-type: none"> • 100g lean Beef Sirloin • Packet green beans • 1 red pepper • 1 onion • 1 glove garlic • 1 carrot • 1 Big Broccoli • Soy sauce • ½ tbsp. chili flakes • Soy sauce Vegetable Frittata <ul style="list-style-type: none"> • 2 eggs • 1 courgette • 2 small peppers Snacks: <ul style="list-style-type: none"> • 6 Greek yoghurts • 1 Packet of nuts • 2 cartons of hummus • Celery sticks • Carrot sticks • Oatcakes • Nut Butter Fruit: <ul style="list-style-type: none"> • Mandarins • Pears • Apples
TUESDAY	Lunch: <ul style="list-style-type: none"> • 6 Cartons of soup • 1 packet of whole meal wraps • 1 loaf of brown soda bread • Filling for sandwiches: (Turkey/Ham/Tuna) 	
WEDNESDAY	Dinner: Butternut squash & Chickpea Tagine <ul style="list-style-type: none"> • Onion • Cumin • White pepper • Ground cardamom • Ground cinnamon • ½ butternut squash • 1 piece ginger • Garlic • 1 tin chickpeas • 10 tomatoes • Handful coriander • Veg stock 	
THURSDAY		
FRIDAY		
SATURDAY		
SUNDAY		

Meal Plan: Week 3

	Breakfast	Snack	Lunch	Snack	Dinner
MONDAY	Porridge	Veggie sticks with hummus	Sandwich with Bowl of Soup	Oatcakes with any type of nut butter	Gingered Chicken Breasts (Make Double)
TUESDAY	Porridge	Natural Yoghurt	Sandwich with Bowl of Soup	Natural yogurt with 1 tsp of mixed seeds, and mixed berries	Gingered Chicken Breasts
WEDNESDAY	Porridge	Oatcakes with any type of nut butter	Sandwich with Bowl of Soup	Piece of fruit with handful of nuts	Beef Stir-Fry
THURSDAY	Porridge	Piece of fruit	Sandwich with Bowl of Soup	Oatcakes with any type of nut butter	Curried Chicken with Spinach (Make Double)
FRIDAY	Porridge	Piece of fruit	Sandwich with Bowl of Soup	Natural Yoghurt	Curried Chicken with Spinach
SATURDAY	Omelette	Piece of fruit	Sandwich with Bowl of Soup	Veggie sticks with hummus	Night off
SUNDAY	Omelette	Fruit with handful of nuts	Sandwich with Bowl of Soup	Veggie sticks with hummus	Spinach & Mushroom Omelette

Shopping List: Week 3

Shopping List	
MONDAY	<p>Breakfast:</p> <ul style="list-style-type: none"> • 4 Eggs • Oats
TUESDAY	<p>Lunch:</p> <ul style="list-style-type: none"> • 6 Cartons of soup • 1 packet of wholemeal wraps • 1 loaf of brown soda bread • Filling for sandwiches: (Turkey/Ham/Tuna)
WEDNESDAY	<p>Dinner:</p> <ul style="list-style-type: none"> • Gingered Chicken Breasts • 4 Chicken Breasts • Garlic • Ginger • 1 Lemon
THURSDAY	<p>Beef Stir-Fry:</p> <ul style="list-style-type: none"> • 100g lean Beef Sirloin • packet green beans • 1 red pepper • 1 onion • 1 glove garlic • 1 carrot • 1 Big Broccoli • Soy sauce • ½ tbsp. chili flakes • Soy sauce
FRIDAY	<p>Curried Chicken with Spinach</p> <ul style="list-style-type: none"> • 4 chicken breasts • 2 tins chopped tomatoes • Bag of Spinach • Bunch Coriander • Garam Masala • 2 tins chickpeas • 2 onions • garlic • Cumin seeds • Curry Paste
SATURDAY	<p>Snacks:</p> <ul style="list-style-type: none"> • 6 Greek yoghurts • 1 Packet of nuts • 2 cartons of hummus • Celery sticks • Carrot sticks • Oatcakes • Nut Butter <p>Fruit:</p> <ul style="list-style-type: none"> • Mandarins • Pears • Apples
SUNDAY	<p>Spinach & Mushroom Omelette</p> <ul style="list-style-type: none"> • 2 eggs • Handful Mushrooms • Handful Spinach

Meal Plan: Week 4

	Breakfast	Snack	Lunch	Snack	Dinner
MONDAY	Porridge	Veggie sticks with hummus	Sandwich with Bowl of Soup	Oatcakes with any type of nut butter	Chilli & Pine Nut Curry (Make double)
TUESDAY	Porridge	Natural Yoghurt	Sandwich with Bowl of Soup	Natural yogurt with 1 tsp of mixed seeds, and mixed berries	Aubergine, Chilli & Pine Nut Curry
WEDNESDAY	Porridge	Oatcakes with any type of nut butter	Sandwich with Bowl of Soup	Piece of fruit with handful of nuts	Chicken Curry (Make Double)
THURSDAY	Porridge	Piece of fruit	Sandwich with Bowl of Soup	Oatcakes with any type of nut butter	Chicken Curry
FRIDAY	Porridge	Piece of fruit	Sandwich with Bowl of Soup	Natural Yoghurt	Salmon Fishcakes
SATURDAY	Omelette	Piece of fruit	Sandwich with Bowl of Soup	Veggie sticks with hummus	Night off
SUNDAY	Omelette	Fruit with handful of nuts	Sandwich with Bowl of Soup	Veggie sticks with hummus	Chickpea Burgers

Shopping List: Week 4

	Shopping List	
MONDAY	Breakfast: <ul style="list-style-type: none"> • 4 Eggs • Oats 	<ul style="list-style-type: none"> • Chicken Curry • 1 onion • Frozen peas • Chilli powder • Curry powder • 4 chicken breasts • Turmeric
TUESDAY	Lunch: <ul style="list-style-type: none"> • 6 Cartons of soup • 1 packet of wholemeal wraps • 1 loaf of brown soda bread • Filling for sandwiches: Turkey/Ham/Tuna 	
WEDNESDAY	Dinner: Aubergine, Chilli & Pine nut Curry	
THURSDAY	<ul style="list-style-type: none"> • Fresh Parsley • Garlic • 1 Aubergine • 1 Onion • Curry Powder • Chilli Flakes 	
FRIDAY	<ul style="list-style-type: none"> • Pine nuts • Vegetable Stock • Tomato Puree 	
SATURDAY	Chickpea Burgers: <ul style="list-style-type: none"> • 1 can chickpeas • 3 onions • garlic • 1 red pepper • 4 jalapenos 	
SUNDAY	<ul style="list-style-type: none"> • porridge oats • fresh coriander • 1 tomato 	
		Salmon Fishcakes <ul style="list-style-type: none"> • 3 salmon fillets • 1 potato (small) • 2 eggs • fresh parsley
		Snacks: <ul style="list-style-type: none"> • 6 Greek yoghurts • 1 Packet of nuts • 2 cartons of hummus • Celery sticks • Carrot sticks • Oatcakes • Nut Butter
		Fruit: <ul style="list-style-type: none"> • Mandarins • Pears • Apples