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Free Five Day Food & Exercise Plan For You!

How's it going? Are you on track like you said you would be? Are you training regularly and making great food choices as often as possible?

I've noticed this year (perhaps its the same every year, but I haven't noticed before) that offers in the supermarket are hugely focussed on bad foods! They're clearly trying to shift as much wine and chocolate as they can at the moment!

With this in mind, I thought I would send you a free five day exercise and food plan to follow - hopefully just at the right moment - apparently most New Years resolutions are forgotten by the second or third week of January.

Here's the **food & exercise plan**. There are videos online to look at too - you need to visit www.dropbox.com then click "log in" in the top right corner. Use **freefivedays@fitbiztraining.co.uk** as the username and **freefivedays** as the password.

- Day One:

Breakfast: Smoked Salmon & Scrambled Eggs

Lunch: Chicken & Veg Soup with beans/lentils (I like the Waitrose chicken & quinoa one)

Dinner: Fish Korma (spread korma paste on cod or coley fillets, fry for a couple of minutes, pour in coconut milk, a few slices of chilli and spring onion, cook for 15 minutes then pop some coriander on top and serve with a little brown rice and some pak choi)

Snacks: Handful each pistachios, almonds & cashews with a little Himalayan salt on

Workout: Circuit Training. Do 12 reps of each exercise. Take up to 1 minutes rest between circuits then repeat the circuit 3 to 5 times, depending on your fitness level.

Press Ups

Squats

Spider Climbs

Side Lunges

Y-Raises

- Day Two:

Breakfast: Full fat Greek yoghurt, a handful of each defrosted frozen blueberries and raspberries, a few toasted pumpkin and sunflower seeds

Lunch: Pea and leek omelette with red onion. Put green beans and a little goats cheese on top. Serve with watercress salad

Dinner: Griddled tuna steak marinated in ginger, chilli, coriander and soy sauce. Serve with stir fried peppers and greens and a little rice if you need it

Snacks: Carrot sticks with some homemade (or shop bought organic) hummus (chickpeas, tahini, lemon juice, garlic, olive oil)



Workout: Interval Training. Swim, cycle, run, walk - whatever you like. Warm up to an intensity you could easily maintain for half an hour - this is your easy pace, then push yourself forward to a pace you'll struggle to maintain for more than 30 seconds, and do it for 30 seconds - this is your hard pace. Come back to your easy pace for 30 seconds before returning to your hard pace for 30 seconds. Do 10 rounds of this.

- Day Three:

Breakfast: Poached eggs on spinach

Lunch: Prawn & avocado salad (watercress, tomatoes, cucumber, spring onions) with sesame seeds and a lemon juice & olive oil dressing

Dinner: Homemade (or shop bought wheat free organic) meatballs in tomato, pepper, basil, garlic and chilli sauce. Serve with spinach

Snacks: Mixed olives

Workout: Pyramid Training. Rest as much as you need to.

Do 10 Squats, followed by 9 Press Ups, 8 Squats, 7 Press Ups, 6 Squats.... And so on, until you get to 0

Do 1 Y-Raise, followed by 2 Side Lunges, 3 Y-Raises, 4 Side Lunges... And so on, until you get back to 10

- Day Four:

Breakfast: Coconut milk (carton), berries & almond butter (from the health food shop) whizzed up by a handheld blender to make a smoothie

Lunch: Chicken & pancetta salad (watercress, tomatoes, cucumber, spring onions, avocado) with pumpkin seeds and a dijon & olive oil dressing

Dinner: Steak with asparagus, roasted tomatoes and sweet potato chips

Snacks: Rosemary almonds (melt coconut oil in saucepan, add nuts, Himalayan salt, rosemary and cayenne, put the whole lot onto a baking tray and roast for 10 minutes until they smell delicious)

Workout: Tabata Training. Do the first exercise for 20 seconds, take 10 seconds rest, do the second exercise for 20 seconds, take 10 seconds rest, return to the first exercise for 20 seconds. Do each pair four times through.

Exercise One: Squat

Exercise Two: Y-Raise

Exercise One: Press Ups

Exercise Two: Spider Climbs

Exercise One: Side Lunge LEFT

Exercise Two: Side Lunge RIGHT

- Day Five:

Breakfast: Poached eggs, tomatoes and bacon

Lunch: Cold baked trout with salad (watercress, tomatoes, cucumber, spring onions, avocado)

Dinner: Salmon with pesto on top. Serve with big watercress, avocado, tomato salad with lemon & olive oil dressing

Snacks: Bean whizz (tinned beans whizzed up with garlic, olive oil and parsley). Carrot, celery, pepper, cucumber to dip

Workout: Timed Circuit. Set your timer for 15 minutes and see how many times you can get round this short circuit, taking as much rest as you need. Keep a note and try and beat yourself a week later

Side Lunges X 6 each side

Press Ups X 8

Squat X 10

Spider Climbs X 4 each side

Just let me know how you get on!

Until next time, enjoy staying healthy!

Best wishes,

Heather



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