

HEALTH MENTORS PROGRAM

Introduction

Month 1

(Days 1-28)

**Please read the Intro pages in full
before you start the program**

The Health Mentors Monthly

Fitness & Nutrition Program

Welcome to The Health Mentors Nutrition and Fitness Program. Depending on your goals, this program will help you to:

1. Lose weight (Cut)
2. Maintain weight (Maintain)
3. Gain Muscle (Bulk)

Whilst we've tried to make this program simple, the truth is losing weight or gaining muscle is a little complicated - especially as we age. It's not as simple as just calories consumed and burned! What happens is that you're constantly fighting with your own brain.

The brain simply doesn't care what shape you are or even what shape you want to be. It's purpose is to keep homeostasis, meaning it doesn't want to lose energy unnecessarily (ie calories burned). It will fight you as you try to change, make no mistake about that. Our job, therefore, is to trick the brain to release certain hormones that will help you achieve your goals and not hormones that will inhibit you achieving your goals.

The reason you're not losing weight or gaining muscle may also not be your fault - well, not entirely your fault. There is growing evidence that your brain has a quiet friend that helps control vital hormones like serotonin. Who is your brain's friend? It's gut bacteria (your MicroBiome).

You see, your brain receives neuro-transmissions from gut bacteria. These bacteria tell your brain to reward you with hormones (like dopamine) for eating certain foods that will benefit them and not necessarily your body. If you find this interesting, then you can find out more as we explore the area of Gut Brain activity (MicroBiome) further in periodic member podcasts.

Our program adapts each month as we vary both nutritional and fitness regimes to trick the brain. There are, however, 3 simple principles throughout the program which we know from experience really boost your chances of victory over your brain, and these we don't change:

1. Your first meal must be your biggest and most carbohydrate filled meal
2. Limit the frequency of eating (not amount) to 2 large meals each day and consume both meals within a 4-6 hour window
3. Your intake of fibre and micronutrients must be in abundance

To help you get enough fibre and micronutrients, we've created 2 products called NutriBrek and JazzJuice. You can either buy the products from us or purchase the recipes for each product from us.

So a day on the program will look like this:

- On a workout day, always workout before you eat anything.
- Eat your 1st meal within an hour of working out, include your daily portion of NutriBrek with this meal.
- Eat your 2nd meal 4-6 hours after your 1st meal, include your daily portion of JazzJuice with this meal.
- Consume 2-3 litres of water every day to avoid dehydration & to aid bowel digestion.
- To work out the calories for each meal read about the TDEE spreadsheet on page 18.

The program provides a recipe idea for each day, but you're free to eat any WHOLE food you want. By whole food we mean foods in their natural state (fruit, veg, meat, nuts etc).. Not nut bars or fruit bars as these are not whole foods... To make things sustainable (as this is a lifestyle change), you can consume some man made products as long as they meet the following criteria:

- The ingredients of any man-made product consumed must have the main ingredient at least 90% of the main natural whole food ingredient.... ie 90% nuts.

At the end of each day, you must have stayed within the parameters of your macros. What are macros? They are carbohydrates, fats and proteins.

- Meats are mainly proteins
- Nuts/Seeds are mainly fats
- Fruits, Veg & NutriBrek are mainly carbohydrates

Depending if you're bulking, cutting or maintaining will determine in % terms how much of each macro you'll consume before the end of each day. You must target being within 3% of each macro target ie if your macro target for protein is 30% then you must, at the end of the day, see you final protein intake between 27% - 33%.

Sticking to these macros will ensure great difference to your results and is a trick bodybuilders and athletes have been using for years.

To help you hit your specific macro targets, we've created a separate spreadsheet that allows you to calculate what macros you should be consuming based on your goals and your current age, weight and height. The page called TDEE (Total Daily Energy Expenditure) below explains this in more detail.

We'd also recommend you use a fitness app (we hope to launch our own app soon) like MyFitnessPal. It's a food diary that shows you how many macros there are in each type of food and helps keep you on track. A word of warning though about Food Tracker Apps. Whilst great

tools, the macros can sometimes be out of whack, so please read the labels on each item of food you enter and ensure that they match what The App says. 99% of the time the App is correct, but sometimes the information can be a little out, so please do keep an eye on them.

Good luck on your journey and remember we are here to help. We work alongside some amazing health and fitness professionals who can help you online and offline in your location. So if at anytime you need help, especially if you're teaching yourself this program, do think about upgrading to the Online or Personal Coaching, as our mentors are here to help you hit your goals.

Remember this program was created by people in their 40s and 50s who simply wanted something that worked for them and we now share it with you. We know that if the program is followed, you will have tremendous success.

Finally, if you're unsure of any exercise, do use the hyperlinks within the document and just click on the exercise to see examples of how to perform them. Please note that hyperlinks within this document work in conjunction with Chrome browser, therefore please use Chrome when viewing the hyperlinks.

Here's to your success on your journey!

Health Mentors

Spread the Word - Receive a Reward

We're very excited to help people hit their health goals and we'd appreciate it if you could help spread the word about our program.

In fact, as a thank you for any help spreading the word, we would like to *reward you as follows:

1. Get a friend to take up the program for at least 3 months. We will reward you with 1 months free access to our program and give you a 15% discount on one of our retreats.
2. Get 10 friends to take up our program who stick with it for 6 months and we will reward you with a free 3 day retreat at our home / research centre in France.

(*offer may be withdrawn at any time and is subject to available dates and relevant terms)

The Health Mentors Story

A few years back, the creators of The Health Mentors weight loss program felt the need to be strong and lean, so we started attending our local gym. Oh my!!! It's clear **most** gym staff and gym clients don't fully appreciate age, hormones and fitness ability.... all of which are vital and need to be taken into account when training.

Simple things like blood pressure, Vo2 Max (the amount of oxygen your body is capable of utilizing in one minute) and eating habits are all over looked.... instead people are **often** prescribed the same old stuff. A sort of one size fits all no matter who you are e.g. a standard of 10 repetitions for all exercises.

We soon discovered that training needs to be done in a certain way to see results. It needs to be based on your current state of health, lifestyle habits, daily movement, body type, hormones, age and ability. Training needs to shift and change as your circumstances do.

As we saw that trainers did not understand what it was like to be in midlife and as we really enjoyed learning about nutrition and exercise, we decided to become (and became) qualified in fitness. We created our own program and shared it with those around us, thus the Health Mentors idea was born.

Beware the Midlife Curse **(Mister know it all)**

Midlife is great. It can be the best part of life. You're not too old and not too young! You tend to have more money and can schedule your life more easily. You're young enough to have your hopes still intact, you still have the desire to achieve and, most importantly, you still have the body mechanics to enable you to fulfil your hopes and desires.

The downside, however, is that you have built many habits, neural pathways and muscle memory that can prevent you from doing or even just trying. If you're not careful, the old adage "you can't teach an old dog new tricks" can often turn out correct.... Mister know it all (the midlife curse) will try to stop you....

The simple fact is you need to be committed. You need to build new neural pathways to compete with the old ones and for any program to work (including this one) you have to be committed. As such we would highly recommend you have a mentor guide you.

Remember to SMILE

The focus of our program works around the acronym of SMILE (Sleep, Movement, Interaction, Lifestyle, Eating). More specifically you need to:

- Schedule Sufficient Rest
- Bring daily Movement and Agility exercises into your life
- Have Social Interaction with friends to ensure mental health
- Participate in Meaningful Work that gives you purpose in life
- Consume Good Nutrition to maintain and/or get healthy to ward off / fight disease.

Our program provides some specific elements of the above but other areas obviously will be in your hands. In this part of the program, we concentrate on Movement and Nutrition. Your work and social life is in your hands.

On each page you'll find your Daily Exercise routine, your Daily Agility routine (we call it StretchOut Time), a Nutritional Recipe for the day, a Mantra and a single word Message / Feeling of Encouragement.

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The Movement Section

Below are some facts - you might not want to hear them, but you need to know that by accepting them and taking the relevant action detailed below, amazing results will happen:

The Facts:

- Lifting needs to be heavy. We will be working around your 1 Rep Max (the heaviest weight you can lift or move just once).
- Stretching exercises are essential. We need to counteract the effects of contraction from strength training as we age. Our program incorporates what we call StretchOut Time.
- Cardio needs to be limited but not ignored. As you age, your cardio needs to have less impact so as not to cause injury to joints. However, stamina for heart health needs to be maintained.
- People always get further by engaging a mentor. We highly recommend you engage a mentor or trainer when doing this program, preferably one of our certified mentors who understand this program,
- Form is **the** most important fact. Incorrect form produces shoddy results at best and injuries at worst.
- Join a gym. We know working out at gyms can be intimidating. However, working out at home often means you'll be easier on yourself. To see maximum results and to get social interaction you really need to suck it up, feel the fear of the gym and go there anyway.
- Apathy will set in. This is another reason why a mentor/trainer is essential. People just get stuck doing the "same old same old" and the brain doesn't encourage us to do more. Our programs change every 30 days to keep apathy at bay.
- Our brain is the enemy. When it comes to training for sure your brain will always be seeking the easiest route!

Our program concentrates on 5-6 mandatory exercises for each body part and two abdominal exercises for each mandatory workout day, with a specific number of repetitions for each exercise ("reps"), a specific number of sets (a group of consecutive repetitions) and rest. Your number of reps, sets and rest will depend on where you are fitness wise now and where your desired outcome is.

See Exercise Reps, Sets and Rest for further explanation.

Exercise Reps, Sets and Rest

What is meant by Reps, Sets and Rest?

Reps means the amount of times without stopping that you will perform the exercise ie 5 reps on push ups would mean you do 5 push ups without stopping.

Sets are the number of times you will complete the above reps ie 5 sets of pushups would be 25 pushups in total but only in blocks of 5, followed by a rest period of so many seconds or minutes before you start another 5 reps of pushups, until you complete 25 in total (ie 5 sets of 5 reps).

Rest is the amount of time you give yourself after each amount of reps.... For example, do 5 pushups then rest for x amount of seconds or minutes. After your rest, do another 5 reps etc.

The program gets away from the 10 repetitions mentality done by the masses. If you can do 10 of anything in a gym, it means you're not putting your body under stress or your form (how you perform the exercise) is wrong.

Our program takes you to the point just before the point of failure. The point before injury. A point where the body knows it's under stress. The body will then be forced to adapt... And we've found, along with much research done by many institutions, that 4-6 Reps, 5 Sets and adequate rest at 85% of your 1 Rep Max (explained below) will see you make progress whilst avoiding injury or wearing joints.

- For beginners and people who are cutting, we recommend 4 reps x 5 sets with 105 second rest between each set.
- For people who want to bulk, we recommend 6 reps x 5 sets with 2 minutes rest between sets.
- If you're maintaining, we recommend 5 reps x 5 sets with 105 seconds between sets.
- There is no need to spend a vast amount of time doing many reps or many sets. However you need to ensure you observe adequate rest between sets.
- Talking of rest, you'll only work each part of the body once a week when it comes to resistance training. This is because muscle grows and repairs when you rest and not when you're working out.
- When you finish your training for each day you need to be sweating or feeling heat. If you're not, it means you will have underworked your muscles that day.

Finding your 1 Rep Max

A one rep max is the heaviest weight you can lift or move just once. In this program the weights you move will be 85% of your one rep max. For example:

If 100 kilos is the maximum weight you can move one time (1 rep), then your 85% level would be 85 kilos. You should therefore use an 85 kilo weight for that specific exercise.

You will need to find your 1 rep max for each weight bearing exercise. We highly recommend that you get your mentor / trainer / friend to spot you whilst you test what your 1 rep max is. (Spotting is when you have another person support you by being there as you lift your heavy weight during an exercise. That way if the weight becomes too heavy for you to hold, they can assist you.)

DO NOT TRY TO FIND YOUR 1 REP MAX WITHOUT A SPOTTER!!!

Safety always comes first!!!

Once you know your 1 rep max for each exercise, write it within the tables in the program.

If at any time during the 4 weeks you find you can comfortably pass 7 repetitions per set, it means your one rep max is no longer relevant as the weight you are moving is no longer heavy enough. Congratulations on your improvement! Now simply go to the next weight up.

StretchOut Time

The reason we have incorporated StretchOut Time in the program is that these yoga-like moves will complement your body workout and add to the benefits that you have achieved from your workout.

Good yoga-like stretching relaxes the nervous system and help to release any stress in the muscles caused by your workout. You will find that it helps you to feel refreshed after your workout rather than fatigued.

- **Stiffness and Soreness:** When you do a hard workout, your muscles will go through numerous contractions. These contractions can leave muscles in a shortened state which causes stiffness and soreness. By stretching these muscles, they will elongate, thus counteracting the contracted state of the muscles.
- **Lactic Acid:** This is produced in your muscles when you exercise and can leave them sore. Stretching helps to release the lactic acid thus soothing the muscles..
- **Endorphins:** These are hormones which are released when you exercise - they help diminish pain and trigger positive feelings. Stretching helps to get endorphins going which in turn makes you feel happier, stronger and calmer.
- **Reflection Time:** StretchOut Time is the perfect time to pay attention to your body and reflect for a few minutes. This has a very clearing effect on the mind.
- **Lower Back Pain:** Lower back pain is very common and stretching the hamstrings and hip flexors will help to relieve this pain.
- **Posture:** It's amazing how your posture will improve when you stretch your back, shoulders and chest on a regular basis! You will find that you stand up straighter and will be able to hold you head high without your neck leaning forward.
- **Flexibility:** The more you stretch, the more flexible your muscles will become. This in turn will enable you to exercise more effectively as you will be able to obtain the correct form in your moves.
- **Reduce the Risk of Injury:** Stretching helps to reduce the risk of injury. This is due to having an improved range of motion, which in turn loosens tight muscles.

StretchOut Time is a great way to put your body back into equilibrium after putting stress on your muscles. You will be making the most of all the hard work you have done after completing the mandatory exercises.

StretchOut Time can be completed right after your workout or later in the day. They can be performed just before bedtime as a way to ease out the tensions of the day.

StretchOut Time Exercises

All the exercises in StretchOut Time are on one video. They start with Sun Salutations, then move straight into Warrior 1, Eagle and Standing Forward Bend.

Sun Salutations

The video shows a gentle version of Sun Salutations. This group of movements combines forward and backward bends which warm the joints, lengthen the muscles and stimulate vital organs.

To start with, complete 4-6 rounds of Sun Salutations. As you progress, or if you are advanced, work up to 12 rounds. If you find your muscles are very stiff, you can:

- Lessen the range of motion
- Complete only part of the sequence until you are happy to move on
- Hold positions for less time
- Hold positions for longer

If you find the movements are too easy, you can:

- Increase the range of motion
- Hold positions for longer
- Move through positions faster whilst increasing the number of repetitions

Instructions for Sun Salutations

1. Raise arms overhead, keep shoulders down and relaxed, look up towards ceiling.
2. Exhale as you bend forward from your hips, keep knees relaxed, fingers to floor next to your toes.
3. Breathe as right leg lunges back, knee to floor. Front left knee is bent in line with ankle and over toes. Look forward. Back toe is flat to floor.
4. Tuck back tow under. Bring left leg back to meet right and form a plank. Hold abdominals in.
5. Lower to floor (if advanced, lower knees, chin and chest to floor).
6. Inhale as you lift upper body up with hands and gently arch back. Keep shoulders relaxed and away from ears. Look forward.
7. Exhale into downward facing dog - lift hips and make an upside down V shape with your body. Keep knees unlocked and draw abdominals in. Relax neck. Eyes look towards toes.
8. Inhale as you lunge right foot forward between hands and back into position no 2 above, fingers to floor next to your toes.
9. Bring left foot forward to meet right foot into standing forward bend. Keep knees unlocked.

10. Inhale and hinge to standing position from your hips, keep spine strong, arms raised and stretch overhead.
11. Return to original standing position.

Warrior 1

The video shows a beginning pose for Warrior 1. This pose improves balance and strengthens the legs and abdominals whilst opening the hips.

To start with, hold the position for 3 breaths. As you progress, or if you are advanced, work up to 6 breaths. You may find your hips are very stiff. If this is the case, you can:

- Lessen the range of motion in the legs
- Complete only part of the sequence until you are happy to move on
- Hold positions for less time
- Practice gently opening your hips by sitting on the floor, soles of feet together, knees relaxed down towards the floor

If you find the movements are too easy, you can:

- Increase the range of motion in the legs
- Raise both arms above your head
- Sink down further
- Hold position for longer

Instructions for Warrior 1

1. Stand with feet together, arms by your side.
2. Step left leg back about 3 feet, keep both legs straight and knees unlocked.
3. Turn back foot to a 90 degree angle and gently ease your hips forward to face the right leg.
4. Place arms on your hips and bend front knee so its in line with your ankle and sink down.
5. Hold position for 3 breaths.
6. Straighten front leg and bring legs together.
7. Return to original position and repeat on the other leg.

Eagle

The video shows a beginning pose for Eagle This pose improves balance and stretches the back and upper arms.

To start with, hold the position for 3 breaths. As you progress, or if you are advanced, work up to 6 breaths. You may find you are unable to get into the correct position. If this is the case, you can:

- Lessen the range of motion in the legs by placing the sole of one foot on the ankle of the other and wrap the arms.

- Complete only the arms whilst standing normally.
- Bring left arm under right arm but do not rotate palms until ready.
- Hold position for less time.
- Use wall or chair to help balance.

If you find the movements are too easy, you can:

- Hold position for longer.

Instructions for Eagle

1. Stand straight with feet grounded.
2. Bend at knees and hips into a seated position.
3. Transfer weight to right leg and lift left leg, crossing it over the right thigh.
4. If possible, wrap left ankle under right calf.
5. Raise arms to shoulder height and bend elbows to a 90 degree angle.
6. Draw elbows in together, bring left arm under the right arm.
7. Rotate the left palm and right palm together so your thumbs are facing your face.
8. Hold and relax into the position.
9. Unwrap arms, then unwrap legs and return to standing position.

Standing Forward Bend

The video shows a beginning pose for Standing Forward Bend. This pose is great for stretching the back of the legs and lengthening the spine.

To start with, hold the position for 3 breaths. As you progress, or if you are advanced, work up to 6 breaths. You may find your legs are very tight and you are unable to bend very far. If this is the case, you can:

- Lessen the bend by placing your hands on your thighs instead of going to the ground
- Hold position for less time
- Keep knees bent
- Place hands on chair or wall
- Widen the legs

If you find the movements are too easy, you can:

- Place hands flat on the floor or behind your ankles on the floor
- Tuck head in further
- Hold position for longer

Instructions for Standing Forward Bend

1. Stand straight, feet together.
2. Inhale and raise arms overhead, keep shoulders relaxed.
3. Exhale and bend forward from the hips, keeping legs strong and straight but knees unlocked or slightly bent.

4. Bring the head forward and down, arms reaching down to ground.
5. Relax into position and hold elbows.
6. If possible, straighten legs a little but keep knees unlocked.
7. Hold.
8. Bend knees and return to standing position slowly,

Understanding your Total Daily Energy Expenditure (“TDEE”)

Your total daily energy expenditure (“TDEE”) is the amount of energy in calories you burn per day. It is necessary to calculate your TDEE so that you know how many calories you should be consuming in order to achieve your desired goal ie to lose weight (“Cutting”), to maintain weight (“Maintaining”) or to gain muscle (“Bulking”).

Calculating your TDEE is achieved by factoring in your BMR, or basal metabolic rate, and your activity level. To make it easier, Health Mentors has created an Excel spreadsheet which will calculate your TDEE for you.

Use this [link](#) to download your TDEE Excel spreadsheet.

To use the excel spreadsheet, firstly fill in the three green boxes regarding your height, weight and age. The table numbers will change showing your TDEE based on how often you exercise. You’ll see the table shows that the more you exercise the higher your TDEE numbers will be for calorie consumption.

The following table is a screenshot of the download working table and is shown as an example only.

In the results shown below we entered a TDEE (green box) at 2408. This TDEE number showed that our fictional exerciser is male and has a light exercise lifestyle.

You’ll see daily calories are broken into 2 meals as our programs use Intermittent Fasting (explained below) which means you eat twice a day. Each meal has a maximum number of calories that we recommend for that meal.

The table will also give you a breakdown of your macronutrient goals (fats, proteins and carbohydrates). It’s essential you hit your macronutrient goals at the end of each day. Macronutrients (“Macros”) vary based around whether you’re Cutting, Maintaining or Bulking, so you need to know your individual breakdown so that you achieve your goals.

BELOW IS A SCREENSHOT. IT CANNOT BE CHANGED HERE. IT IS AN EXAMPLE ONLY. DOWNLOAD YOUR TDEE CALCULATOR BY USING THE LINK ABOVE OR BY CLICKING ON THE LINK SENT TO YOU IN YOUR PURCHASE CONFIRMATION EMAIL.

Enter Weight (Kg)	Enter Height (Cm)	Enter Age	ONLY CHANGE THE GREEN CELLS
80	186	47	Step 1 - Enter Your correct details
	Male:	Female:	
Sedentary - (No Exercise)	2096	1895	
Light (1-2 per week)	2408	2177	
Moderate (3-5 per week)	2685	2428	
Heavy (6-7 per week)	3015	2726	
Athlete (Twice a day)	3309	2992	
ENTER YOUR TDEE BELOW			
2408			Step 2 - Enter your correct TDEE
Enter Workout Time:	Meal 1 (Time 24 Hrs)	Meal 2 (Time 24 Hrs)	
(24hr Clock)	(Based on Workout Times)	(can be +/- 2hrs)	
7.00	9.00	13.00	Step 3 - Enter exercise time / Get meal times
Your Macros when :	Cutting	Maintaining	Bulking
Fat	60	40	30
Protein	30	30	30

Carbs	10	30	40
Your Daily kCal:	1806	2408	3010
Meal 1	1174	1565	1957
Meal 2	632	843	1054
Extra Carb Treat in kCal	When Cutting	When Maintaining:	When Bulking:
(Day 7 Only)	482	0	1806
kCal Tracker:			
Total Kcal per week:	13124	16856	22876
Your TDEE suggests:	16856	16856	16856
So +/- Kgs per month	-2.10	0.00	3.39

Whole Food, Macro & Micro Nutrients & Intermittent Fasting

We've been eating whole food (defined as single ingredient food and called "whole" in this program) coupled with intermittent fasting throughout the last year and the results have been outstanding.

When it comes to weight loss, body fat reduction and muscle mass increase, eating whole coupled with intermittent fasting really delivers.

We are not trying to become bodybuilders. We're trying to lose visceral fat and get our bodies toned, fit and healthy. Visceral fat is body fat stored in the abdominal cavity. As such, it wraps around internal organs such as the liver, pancreas and intestines.

We know that done correctly, this way of eating is not actually a diet (we hate that word) but a lifestyle shift that will keep you satisfied, strong and lean well into your old age.

There are only 4 rules to this way of eating:

1. Eat whole
2. Eat twice a day
3. Both meals to be consumed within 4-6 hours of each other
4. Ensure your Fibre, Sugar, Macro and Micro targets are hit.

Macros/Micros/Fibre/Sugar

It's not just the calories you consume that are important, it's what and when you eat that determines how the food is utilised by the body (eg. its bioavailability - the degree to which nutrients are available for absorption and utilization in the body) and whether it will be stored as fat.

We have an excel spreadsheet you can use to calculate your consumption. Alternatively, you can use a fitness app like MyFitnessPal to track your consumption (be aware however that Apps can be inaccurate as the information is sometimes added wrongly by users).

We recommend the following:

- When cutting (losing body fat) macros of: 60% Fat / 30% Protein / 10% Carbs
- When maintaining weight, macros of: 40% Fat / 30% Protein / 30% Carbs
- When bulking macros of: 30% Fat / 30% Protein / 40% Carb

Why Intermittent Fasting

In this program, we eat two meals each day and consume most food at breakfast. The first meal is normally around 8am/10am and the second around 1pm/3pm. Between this second meal and breakfast the next day, there is about 18-20 hours.

Workout times are based around food consumption

We workout before one of the meals. It can be either Meal 1 or 2.

Workouts will last about 60-75 minutes.

We do this so the proteins and carbs we eat are available when needed.

The benefits of eating and working out this way is many

An example would be if you're on the 60/30/10 macro split then you will get into ketosis as your carbs are so low. Ketosis means your body will be forced to burn your body fat for fuel.

Other benefits include:

- By eating twice a day you'll control the key hormone insulin
- By eating two large meals your appetite will be fulfilled
- Meals are packed with macro and micronutrients
- You'll become stronger and leaner,
- Prepare everything in one go, saving you time.

All you'll need is a small amount of willpower in those first 3 days as you adjust. By making a few adjustments into your lifestyle you'll reap all the above health benefits.

Life is about balance and this also is the case of eating and fasting. Fasting means not eating, so when you are not eating you are fasting.

When we eat, we take in more energy than we can use straight away. Some of this energy will have to be stored so it can be used at a later date. The hormone that the body uses in storing the energy taken from food is Insulin.

Sugars are converted into glycogen and stored in the liver. The liver, though, has only so much storage and once it is full, it turns excess glucose into fat. Of this fat, a little is kept in the liver, but the rest is spread throughout the body where there is unlimited storage space. This becomes our body fat.

Eating → release of Insulin → Storage of sugar in liver/production of fat in liver

When we don't eat (fast), the above process reverses. Insulin levels in the body fall, and in turn the body begins to burn stored energy (body fat). The glucose in the blood falls and the body has to pull glucose from its storage to burn energy.

Not eating (fasting) → Insulin decreases → Body burns fat & sugar storage

As you can see, if you graze throughout the day, your body will be in a constant state of insulin production and therefore, over time, you will gain weight. The body has not had sufficient time to burn all the food energy.

In order to balance our bodies and lose weight, we need to give our bodies enough time to burn the energy it has taken from the food we have eaten, and then from its stored energy. This is intermittent fasting.

Recommended Food

Freely (20g-150g per serving)	Freely (under 20g per serving)	Stay away from (0g)
<p>Green Leafy Vegetables (ie. Broccoli, Cabbage, Kale, Cauliflower, Courgettes, Cucumbers, Sprouts etc.)</p> <p>All Meats (ie. Fish, Chicken, Turkey, Pork, Veal, Beef, etc.)</p> <p>All Full Fat Dairy (ie. Milk, Butter, Eggs, Cheese, Yoghurt etc)</p> <p>Wheat Bran, Psyllium Husks (for fibre levels)</p> <p>Avocados</p> <p>Oil - Coconut & Avocado (maximum 20ml)</p> <p>All Spices and Condiments</p>	<p>All Nuts (incl 100% Peanut Butter and Cacao Nibs)</p> <p>All Seeds</p> <p>Coconut Flakes</p> <p>All Coloured Vegetables</p> <p>Certain Fruits (incl Berries, Lemons And Limes)</p>	<p>White Flour based Products (incl rice, pasta, cereals)</p> <p>All Carbonated drinks</p> <p>Anything that is refined sugar</p> <p>All other Oils</p>

Included in this program are suggested meals but of course it all depends on what you like.
Please feel free to eat what you want from the above tables - just ensure your macro/micro nutrients, fibre and sugar targets are met.

JazzJuice™, NutriBrek™ & The Importance of Fibre

We all know how important vegetables are in order to get sufficient amounts of fibre, antioxidants, vitamins and minerals in our diet. It's a well known fact that a high fat diet can cause constipation. It is therefore **very** important to ensure you are getting sufficient fibre in your diet to keep you regular.

On macros of 60-30-10, most people will struggle to get the fibre they need because their carbs are so low. We came up with a whole food natural solution and have a recipe for cereal which ensures you get the fibre you need.

HealthMentors created two products that will aid you in achieving sufficient levels of antioxidants and fibre daily - JazzJuice and NutriBrek.

Our unique cereal, NutriBrek, will be available to purchase in 2018. If, however, you would like the ingredients to create your own NutriBrek, you can purchase them from us - just go to our website www.HealthMentors.co.uk and click on the relevant link.

NutriBrek™ is a great way to start the day - eat with a high fat high protein food, such as eggs and bacon, or ham and cheese - it will kick start your day with correct macro ratios and high fibre. This is a great way to keep your bowels moving on a daily basis!!!

Most of this fibre is the insoluble kind which means that as it passes through your system, it absorbs sufficient moisture to form a soft, bulky mass that helps stool formation. These soft stools pass easily thus counteracting constipation.

NutriBrek also contains soluble fibre which attracts water and therefore becomes like a gel when being digested. This slows digestion, leaving you feeling more full for longer. It also helps to make stools pass easier.

NutriBrek is rich in the Vitamin B complex, which is necessary for a healthy nervous system.

JazzJuice™ is packed full of green leafy vegetables and is very satisfying!

Green leafy vegetables are so important for our health. Besides being anti-aging and good for the heart, they are high in folates, vitamin K and beta-carotene. The average person doesn't eat enough vegetables in a day, so instead of worrying about your vegetable intake, make sure you have 1-2 portions of Jazzjuice every day.

Both Jazzjuice and NutriBrek can be purchased on our website: www.healthmentors.co.uk

Why Mantras?

Have you ever wondered why it is so easy to forget our goals (such as eating for health, regular exercise etc)? When we make goals, we are usually determined, focussed and full of optimism. However, after getting caught in our day to day routines and coping with the problems of the day, we become distracted and our goals often go completely out of our head and sometimes out of the window.

When this happens, having a mantra on hand can help you to get out of distraction and remind you of how you felt when you made your goals. A mantra can spur you on through your low and distracted times.

Our brains are like a chatterbox, constantly nattering to us. Often this nattering takes us off of focus and leads us on to another path. Mantras are a great way of stilling and focusing the mind. Instead of having loads of thought waves running through the mind, a mantra can help you to achieve a single wave pattern that can overcome all the other ones.

Repeating a daily mantra can:

- replace negative thinking with a more healthy thought process.
- Provide insight and inspiration.
- help you change or even adjust a habit.
- remind you of who you are and what you want to stand for.
- increase your productivity.
- remind you of your own values.
- calm your mind.
- add a spot of humour to your day.
- give you encouragement that helps you to power on.

In this program, our daily mantras are based around a theme. This theme is a topic that we recommend you ponder on throughout the day. You can record any thoughts you may have on your note page (the third page for each day).

If you have your own preferred mantra and theme, you can replace the given suggestions with your own.

It can sometimes be difficult to take a good look at the truth of how we truly think and act, but this program is all about achieving, and the only way to achieve is to know your truth and act upon it. The great philosopher, Aristotle, once said, "Knowing yourself is the beginning of all wisdom."

It is definitely wise to understand your own strengths and weaknesses. Once you understand them, you will draw from them to achieve your goals!

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You are partaking on this program under your own free will and choice, and you understand and indemnify Health Mentors and our owners, employees, franchise etc of any responsibility if you injure yourself by undertaking this program.

You fully understand that you should seek the advice of a doctor or medical professional before participating in this or any other nutrition or fitness based program.

You also understand that previous cited results and testimonials are not relevant to your own success or this program specifically and are only indications of what is possible by going on a diet / fitness/ nutritional program and that you may not have the same results.

HEALTH MENTORS PROGRAM

Month 1

(Days 1-28)

The Program & Diary Index

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Let's Begin

DAY 1

Please do the exercise shown in the first column and fill in the other columns before and after each exercise movement session


Legs & Glutes	85% of 1 Rep Max	Reps to Perform	# of Sets	Rest Period	Date Done
<i>Write here ----></i>	(ie) 80 Kgs	5 Reps	5 Sets	105 seconds	21/01/16
Forward lunges					
Leg press					
Hip adduction					
Hip abduction					
Kickbacks					
Weighted bridge					
Abs					
Hanging Leg Curls					
Russian twists with medicine ball					

StretchOut Time:	Reps:		Mantra For today	Feeling
Sun Salutation	Repeat 4- 6 times		I let go of any worries that drain my energy	Energetic
Warrior				
Eagle				
Standing Forward Bend				

Hanging Leg Curls can be performed on arm rests instead of the overhead bar shown in the video.

Day 1 Recipe shown below is designed for Meal 2 today:

Apricot Honey Lamb

<p><i>For 1 portion, you will need:</i></p> <p>120g lamb leg steak 75g fresh apricots 80g red cabbage 100g broccoli 80g green beans 5ml avocado oil Dried or fresh rosemary Dried or fresh thyme 1.5g honey</p>	<p><i>Main image:</i></p> 
<p><i>Steps:</i></p> <ol style="list-style-type: none">1. Cook lamb in the oven sprinkle with avocado oil and herbs.2. Meanwhile, chop the apricots and red cabbage into small cubes.3. Lightly boil 2 minutes broccoli & green beans4. When cooked, serve lamb, top with apricot & cabbage, drizzle with honey.5. Serve with green beans and broccoli.	<p><i>Macros per portion:</i></p> <p>360 calories 40% fat (16g) 32% protein (30g) 28% carbohydrate (26g) Fibre 9g Sugar 14g</p> <p><i>Micro nutrient information will vary depending on source of ingredients:</i></p> <p>Vitamin A 76% Vitamin C 193% Calcium 7% Iron 9% Sodium 23mg Potassium 389mg</p>
<p>Video: Apricot Honey Lamb</p>	

Thoughts that came to you in your session:

DAY 2


Please do the exercise shown in the first column and fill in the other columns before and after each exercise movement session

Back & Shoulders	85% of 1 Rep Max	Reps to Perform	# of Sets	Rest Period	Date Done
<i>Write here ----></i>	(ie) 80 Kgs	5 Reps	5 Sets	105 seconds	21/01/16
Front raise					
Lateral pulldown					
Face pulls					
Military press					
Upright row					
Reverse Crunch					
Abs:					
Swiss Ball Crunches					
Leg raises					

StretchOut Time:	Reps:		Mantra For today	Feeling
Sun Salutation	Repeat 4- 6 times		The answer is right before me - I will see it soon	Awareness
Warrior				
Eagle				
Standing Forward Bend				

Day 2 Recipe shown below is designed for Meal 1 today:

Breton Omelette

<p><i>For 1 portion, you will need:</i></p> <p>3 eggs 100g lardons 25g breton cheese 40g emmental cheese 5g coconut flakes 6g honey nutmeg tarragon onion salt honey for drizzling 4ml olive oil for frying</p>	<p><i>Main image:</i></p> 
<p><i>Steps:</i></p> <ol style="list-style-type: none">1. Fry the lardons in 2ml olive oil (approx 4-5 minutes) until done2. Meanwhile, put 2ml olive oil in another frying pan and heat. Mix eggs and add to second frying pan.3. Once egg has almost solidified, dot Breton cheese over it then add cooked lardons.4. Next, add coconut flakes, nutmeg and onion salt.5. Top with emmental cheese and fold omelette in pan. Season with tarragon.6. Cook over a low heat until cheese inside has melted.7. If desired, drizzle a little honey over the top.	<p><i>Macros per portion:</i></p> <p>790 calories 66% fat (59g) 29% protein (59g) 5% carbohydrate (9g) Fibre 1g Sugar 2g</p> <p><i>Micro nutrient information will vary depending on source of ingredients:</i></p> <p>Vitamin A 18% Vitamin C 0% Calcium 12% Iron 12% Sodium 740mg Potassium 210mg</p>
<p>Video: Breton Omelette</p>	

Thoughts that came to you in your session:

DAY 3


Please do the exercise shown in the first column and fill in the other columns before and after each exercise movement session

Cardio					
Choose one	Enter Speed:				
exercise only:	First 5 minutes	5-10 Mins	11-15 Mins	16-20 Mins	21-25 Mins
Cross trainer					
Sprints					
Power walking					

StretchOut Time:	Reps:		Mantra For today	Feeling
Sun Salutation	Repeat 4- 6 times		I will not give up until I've tried every conceivable way	Stretching self
Warrior				
Eagle				
Standing Forward Bend				

Day 3 Recipe shown below is designed for Meal 2 today:

Cod, Green Beans with Avocado Salad

<p><i>For 1 portion, you will need:</i></p> <p>230g frozen cod fillet (120g when cooked) 5g butter 40g green beans 65g avocado 30g mixed leaf salad 20g raddichio leaves 20g spinach 0.50 lemon 0.25 lime</p>	<p><i>Main image:</i></p> 
<p><i>Steps:</i></p> <ol style="list-style-type: none">1. Bake cod in silver foil as packet add 2.5g of butter on each fillet and sprinkle with dried Dill.2. Lightly boil green beans.3. Place washed mixed leaf salad, raddichio leaves and spinach on plate.4. Top salad with green beans.5. Cut avocado into desired shape and add to plate.6. Place cooked cod on plate.7. Squeeze lemon and lime over entire plate.	<p><i>Macros per portion:</i></p> <p>299 calories 47% fat (15g) 42% protein (30g) 11% carbohydrate (8g) Fibre 4g Sugar 4g</p> <p><i>Micro nutrient information will vary depending on source of ingredients:</i></p> <p>Vitamin A 1% Vitamin C 36% Calcium 2% Iron 4% Sodium 45mg Potassium 417mg</p>
<p>Video: Cod & Green Beans</p>	

Thoughts that came to you in your session:

DAY 4

Please do the exercise shown in the first column and fill in the other columns before and after each exercise movement session


Chest & Arms	85% of 1 Rep Max	Reps to Perform	# of Sets	Rest Period	Date Done
<i>Write here ----></i>	(ie) 80 Kgs	5 Reps	5 Sets	105 seconds	21/01/16
Cable chest fly					
Chest press					
Push ups					
Tricep pulldowns					
Pull ups					
Abs					
Hanging leg curls					
Russian twists with medicine ball					

StretchOut Time:	Reps:		Mantra For today	Feeling
Sun Salutation	Repeat 4- 6 times		I will focus on my journey, not the destination	Focus
Warrior				
Eagle				
Standing Forward Bend				

Hanging Leg Curls can be performed on arm rests instead of the overhead bar shown in the video.

Day 4 Recipe shown below is designed for Meal 2 today:

Chicken Avocado Salad

<p><i>For 1 portion, you will need:</i></p> <p>130g chicken breast 14g pure butter 60g spinach 30g watercress 50g avocado 4ml avocado oil 50g brie, cubed mixed herbs to taste</p>	<p><i>Main image:</i></p> 
<p><i>Steps:</i></p> <ol style="list-style-type: none">1. Fry chicken breast in oil.2. Towards end of cooking, sear meat and add clumps of butter then season with herbs to taste.3. Prepare salad.4. Add chicken breast and brie to salad.5. Serve and eat!	<p><i>Macros per portion:</i></p> <p>603 calories 63% fat (42g) 35% protein (52g) 2% carbohydrate (2g) Fibre 3g Sugar 2g</p> <p><i>Micro nutrient information will vary depending on source of ingredients:</i></p> <p>Vitamin A 57% Vitamin C 8% Calcium 14% Iron 2% Sodium 323mg Potassium 243mg</p>
<p>Video: <i>Chicken Avocado Salad</i></p>	

Thoughts that came to you in your session:

DAY 5


Please do the exercise shown in the first column and fill in the other columns before and after each exercise movement session

Cardio					
Choose one	Enter Speed:				
exercise only:	First 5 minutes	5-10 Mins	11-15 Mins	16-20 Mins	21-25 Mins
Cross trainer					
Sprints					
Power walking					

StretchOut Time:	Reps:		Mantra For today	Feeling
Sun Salutation	Repeat 4- 6 times		I will not give up until I've tried every conceivable way	Persistence
Warrior				
Eagle				
Standing Forward Bend				

Day 5 Recipe shown below is designed for Meal 2 today:

Pork Squares with Honey

<p><i>For 1 portion, you will need:</i></p> <p>2 eggs, boiled 30g apricot, chopped 75g pork mince 4g honey 2g chia seeds dash of cinnamon 3mls avocado oil for frying</p>	<p><i>Main image:</i></p> 
<p><i>Steps:</i></p> <ol style="list-style-type: none">1. Hard boil eggs.2. Chop pork mince into squares and fry in avocado oil.3. Last 2 minutes of cooking, add apricots to pork.4. Last 1 minute of cooking, sprinkle chia seeds, cinnamon and honey over the pork.5. Serve the eggs with the pork mixture.	<p><i>Macros per portion:</i></p> <p>389 calories 56% fat (25g) 35% protein (34g) 9% carbohydrate (8g) Fibre 1g Sugar 6g</p> <p><i>Micro nutrient information will vary depending on source of ingredients:</i></p> <p>Vitamin A 11% Vitamin C 5% Calcium 1% Iron 2% Sodium 152mg Potassium 78mg</p>
<p>Video: Pork Squares</p>	

Thoughts that came to you in your session:

DAY 6


Please do the exercise shown in the first column and fill in the other columns before and after each exercise movement session

Functional Circuits	85% of 1 Rep Max	Reps to Perform	# of Sets	Rest Period	Date Done
<i>Write here ----></i>	(ie) 80 Kgs	5 Reps	5 Sets	105 seconds	21/01/16
Treadmill warm-ups					
Mountain climbers					
Decline push ups					
Crawl outs					
Kettlebell swings					
Kettlebell raises					
Crunches					
Tricep dips					
Side lunges					
Battle ropes					
Rowing					

StretchOut Time:	Reps:		Mantra For today	Feeling
Sun Salutation	Repeat 4- 6 times		I trust in my intuition as it comes from my inner being	Intuition
Warrior				
Eagle				
Standing Forward Bend				

Day 6 Recipe shown below is designed for Meal 1 today:

Steak and Eggs

<p><i>For 1 portion, you will need:</i></p> <p>125g sirloin steak 3 eggs 25g red onion, chopped 80g cottage cheese 15g brie cheese, cubed 5mls coconut oil 50g avocado, sliced 15g courgettes, sliced 15g aubergines, sliced</p>	<p><i>Main image:</i></p> 
<p><i>Steps:</i></p> <ol style="list-style-type: none">1. Put coconut oil in a frying pan and heat until melted. Add steak and fry.2. Meanwhile, boil or steam green beans.3. Scramble the eggs until cooked.4. Add remaining vegetables to frying pan for 1-2 minutes.5. Place avocado and cheeses on to plate with the meat and vegetables.6. Serve and eat!	<p><i>Macros per portion:</i></p> <p>835 calories 64% fat (59g) 32% protein (65g) 4% carbohydrate (8g) Fibre 3g Sugar 6g</p> <p><i>Micro nutrient information will vary depending on source of ingredients:</i></p> <p>Vitamin A 1% Vitamin C 8% Calcium 7% Iron 12% Sodium 408mg Potassium 277mg</p>
<p>Video: Steak and Eggs</p>	

Thoughts that came to you in your session:


DAY 7

Rest and Recuperation

Write your thoughts that have come to you in the past 7 days:

Day 7 Recipe shown below is designed for Meal 1 today:

Big Fatty Breakfast

<p><i>For 1 portion, you will need:</i></p> <p>2 eggs 4 rashers of bacon 15g mature cheese 100g tin of sardines in tomato sauce 4mls avocado oil</p>	<p><i>Main image:</i></p> 
<p><i>Steps:</i></p> <ol style="list-style-type: none">1. Fry the eggs and the bacon in the avocado oil.2. Place eggs, bacon, sardines and cheese on plate.3. Serve and enjoy.	<p><i>Macros per portion:</i></p> <p>583 calories 65% fat (43g) 32% protein (48g) 3% carbohydrate (5g) Fibre 1g Sugar 2g</p> <p><i>Micro nutrient information will vary depending on source of ingredients:</i></p> <p>Vitamin A 15% Vitamin C 0% Calcium 18% Iron 8% Sodium 1104mg Potassium 155mg</p>
<p>Video: Big Fatty Breakfast</p>	

DAY 8

Please do the exercise shown in the first column and fill in the other columns before and after each exercise movement session

Legs & Glutes	85% of 1 Rep Max	Reps to Perform	# of Sets	Rest Period	Date Done
<i>Write here ----></i>	(ie) 80 Kgs	5 Reps	5 Sets	105 seconds	21/01/16
Forward lunges					
Leg press					
Hip adduction					
Hip abduction					
Kickbacks					
Weighted bridge					
Abs					
Hanging Leg Curls					
Russian twists with medicine ball					

StretchOut Time:	Reps:		Mantra For today	Feeling
Sun Salutation	Repeat 4- 6 times		Like a caterpillar, I transform to grow	Transition
Warrior				
Eagle				
Standing Forward Bend				

Hanging Leg Curls can be performed on arm rests instead of the overhead bar shown in the video.

Day 8 Recipe shown below is designed for Meal 2 today:

Pine Nut Turkey Salad

For 1 portion, you will need:

15g pine nuts
120g turkey breast
100g green beans
2 slices honey roast carvery ham
90g lambs lettuce
30g spinach
2ml coconut oil
vinaigrette dressing
0.25 lemon
0.25 lime

Main image:



Steps:

1. Fry the turkey in 2ml coconut oil until done (you may need to slice it in half lengthways to cook faster).
2. Add a squeeze of lemon and lime, and a dash of rosemary or thyme to the turkey and cook for a few more minutes.
3. Meanwhile, prepare the salad vegetables and set in a bowl.
4. Bring the green beans to the boil and time so that they are lightly boiled when the meat is ready.
5. Place the ham slices on the plate, top with the cooked turkey and surround with green beans.
6. Sprinkle pine nuts on the top of the meat, or on the salad if preferred.

Macros per portion:

465 calories
43% fat (22g)
47% protein (54g)
10% carbohydrate (12g)
Fibre 7g
Sugar 7g

Micro nutrient information will vary depending on source of ingredients:

Vitamin A 0%
Vitamin C 14%
Calcium 1%
Iron 1%
Sodium 556mg
Potassium 27mg

Video: [Pine Nut Turkey](#)

Thoughts that came to you in your session:

DAY 9

Please do the exercise shown in the first column and fill in the other columns before and after each exercise movement session

Back & Shoulders	85% of 1 Rep Max	Reps to Perform	# of Sets	Rest Period	Date Done
<i>Write here ----></i>	(ie) 80 Kgs	5 Reps	5 Sets	105 seconds	21/01/16
Front raise					
Lateral pulldown					
Face pulls					
Military press					
Upright row					
Reverse Crunch					
Abs:					
Swiss Ball Crunches					
Leg raises					

StretchOut Time:	Reps:		Mantra For today	Feeling
Sun Salutation	Repeat 4- 6 times		I've patience with all things including myself	Patience
Warrior				
Eagle				
Standing Forward Bend				

Day 9 Recipe shown below is designed for Meal 2 today:

Buttered Herb Salmon

For 1 portion, you will need:

150g skinless boneless wild Pacific Salmon
5g pure butter
100g cottage cheese
100g avocado, cut in small pieces
100g green beans
80g peas
herbs (dill or tarragon)
lemon juice
vegetable juice (optional)

Main image:



Steps:

1. Place salmon in foil and top with butter and herbs. Bake as directed on packet.
2. Bring the green beans and peas to the boil and time so that they are lightly boiled when the fish is ready.
3. Serve fish with green beans, peas, avocado and cottage cheese.
4. Squeeze lemon juice on fish and veg to taste.

Macros per portion

496 calories
52% fat (27g)
34% protein (40g)
14% carbohydrate (17g)
Fibre 10g
Sugar 7g

Micro nutrient information will vary depending on source of ingredients:

Vitamin A 9%
Vitamin C 29%
Calcium 19%
Iron 6%
Sodium 431mg
Potassium 650mg

Video: [Buttered Herb Salmon](#)

Thoughts that came to you in your session:

DAY 10


Please do the exercise shown in the first column and fill in the other columns before and after each exercise movement session

Cardio					
Choose one	Enter Speed:				
exercise only:	First 5 minutes	5-10 Mins	11-15 Mins	16-20 Mins	21-25 Mins
Cross trainer					
Sprints					
Power walking					

StretchOut Time:	Reps:		Mantra For today	Feeling
Sun Salutation	Repeat 4- 6 times		I will be happy with what this day brings	Happiness
Warrior				
Eagle				
Standing Forward Bend				

Day 10 Recipe shown below is designed for Meal 2 today:

Breton Veal Melt

<p><i>For 1 portion, you will need:</i></p> <p>100g veal burger 30g lambs Lettuce 15g spinach 112g sliced ham 15g breton carre du pays cheese (or equivalent soft cheese) 14g emmental slices vinaigrette dressing 2ml avocado oil</p>	<p><i>Main image:</i></p> 
<p><i>Steps:</i></p> <ol style="list-style-type: none">1. Fry the veal burger in 2ml coconut oil until done2. Meanwhile, prepare the salad and place on plate.3. When the veal burger is done, top it with the soft cheese. Heat gently until cheese has softened.4. Serve cheese burger on top of sliced ham and sliced emmental cheese. (Optional: close ham slice over veal)5. Season with vinaigrette dressing.	<p><i>Macros per portion:</i></p> <p>533 calories 62% fat (36g) 36% protein (49g) 2% carbohydrate (2g) Fibre 1g Sugar 1g</p> <p><i>Micro nutrient information will vary depending on source of ingredients:</i></p> <p>Vitamin A 0% Vitamin 0 158% Calcium 0% Iron 1% Sodium 1473mg Potassium 337mg</p>
<p>Video: Breton Veal Melt</p>	

Thoughts that came to you in your session:

DAY 11

Please do the exercise shown in the first column and fill in the other columns before and after each exercise movement session


Chest & Arms	85% of 1 Rep Max	Reps to Perform	# of Sets	Rest Period	Date Done
<i>Write here ----></i>	(ie) 80 Kgs	5 Reps	5 Sets	105 seconds	21/01/16
Cable chest fly					
Chest press					
Push ups					
Tricep pulldowns					
Pull ups					
Abs					
Hanging leg curls					
Russian twists with medicine ball					

StretchOut Time:	Reps:		Mantra For today	Feeling
Sun Salutation	Repeat 4- 6 times		My problems have a solution that is right for me	Problem Solving
Warrior				
Eagle				
Standing Forward Bend				

Hanging Leg Curls can be performed on arm rests instead of the overhead bar shown in the video.

Day 11 Recipe shown below is designed for Meal 2 today:

Chicken Omelette with Blackberries

<p><i>For 1 portion, you will need:</i></p> <p>3-4 eggs 80g chicken breast 25g chestnut mushrooms, chopped 6.5mls coconut oil 60g choi sum, chopped 30g greek feta, cubed 2g honey 35g fresh blackberries, crushed Season with cinnamon, honey and herbs to taste</p>	<p><i>Main image:</i></p> 
<p><i>Steps:</i></p> <ol style="list-style-type: none">1. Fry chicken breast in oil and season to taste.2. Mix eggs in bowl.3. Prepare all veg and fruit.4. Once chicken is cooked, cut into small pieces.5. Add eggs to a clean frying pan. Once eggs have hardened, add chicken, veg and feta cheese and fold omelette in half.6. Sprinkle top of omelette with herbs and cook until cheese has melted.7. Place on plate and add cinnamon, honey and crushed blackberries to top.8. Season to taste.	<p><i>Macros per portion:</i></p> <p>524 calories 55% fat (32g) 39% protein (52g) 6% carbohydrate (8g) Fibre 3g Sugar 4g</p> <p><i>Micro nutrient information will vary depending on source of ingredients:</i></p> <p>Vitamin A 61% Vitamin C 26% Calcium 18% Iron 15% Sodium 546mg Potassium 245mg</p>
<p>Video: Chicken Omelette</p>	

Thoughts that came to you in your session:

DAY 12


Please do the exercise shown in the first column and fill in the other columns before and after each exercise movement session

Cardio					
Choose one	Enter Speed:				
exercise only:	First 5 minutes	5-10 Mins	11-15 Mins	16-20 Mins	21-25 Mins
Cross trainer					
Sprints					
Power walking					

StretchOut Time:	Reps:		Mantra For today	Feeling
Sun Salutation	Repeat 4- 6 times		I draw courage and strength from within me	Courage
Warrior				
Eagle				
Standing Forward Bend				

Day 12 Recipe shown below is designed for Meal 2 today:

Pork and Cottage Cheese

<p><i>For 1 portion, you will need:</i></p> <p>100g pork escalopes 50g can red kidney beans, drained 80g broccoli 50g cauliflower 30g avocado, sliced 40g cottage cheese with onion and chives 25g radish 35g spinach 25g cos lettuce 10ml olive oil</p>	<p><i>Main image:</i></p>  A photograph showing a black plate with a cooked pork escalope topped with a generous amount of white cottage cheese. To the side of the meat is a salad consisting of green broccoli, red kidney beans, and green grapes. A silver fork is placed on the plate next to the meat.
<p><i>Steps:</i></p> <ol style="list-style-type: none">1. Fry pork escalopes in olive oil as directed.2. Lightly boil the broccoli and cauliflower.3. Prepare salad and avocado. Add to plate with kidney beans.4. Serve pork, vegetables, salad and kidney beans.5. Add cottage cheese to top of pork.	<p><i>Macros per portion:</i></p> <p>442 calories 43% fat (21g) 39% protein (43g) 18% carbohydrate (19g) Fibre 12g Sugar 5g</p> <p><i>Micro nutrient information will vary depending on source of ingredients:</i></p> <p>Vitamin A 26% Vitamin C 101% Calcium 9% Iron 13% Sodium 92mg Potassium 271mg</p>
<p>Video: Pork and Cottage Cheese</p>	

Thoughts that came to you in your session:

DAY 13


Please do the exercise shown in the first column and fill in the other columns before and after each exercise movement session

Functional Circuits	85% of 1 Rep Max	Reps to Perform	# of Sets	Rest Period	Date Done
<i>Write here ----></i>	(ie) 80 Kgs	5 Reps	5 Sets	105 seconds	21/01/16
Treadmill warm-ups					
Mountain climbers					
Decline push ups					
Crawl outs					
Kettlebell swings					
Kettlebell raises					
Crunches					
Tricep dips					
Side lunges					
Battle ropes					
Rowing					

StretchOut Time:	Reps:		Mantra For today	Feeling
Sun Salutation	Repeat 4- 6 times		I attract abundance into my life	Abundance
Warrior				
Eagle				
Standing Forward Bend				

Day 13 Recipe shown below is designed for Meal 2 today:

Steak Avocado Salad

<p><i>For 1 portion, you will need:</i></p> <p>170g beef minute steaks 2 eggs 50g avocado 50g lettuce, washed 50g lambs lettuce, washed 4mls coconut oil 15mls vinaigrette dressing</p>	<p><i>Main image:</i></p> 
<p><i>Steps:</i></p> <ol style="list-style-type: none">1. Put 2ml coconut oil in a frying pan and heat until melted. Add steak and fry.2. Meanwhile, prepare salad.3. Fry the eggs in 2ml coconut oil until cooked.4. Place prepared lettuce, lambs lettuce and avocado on plate.5. Add cooked meat and eggs to plate.6. Serve with vinaigrette dressing.	<p><i>Macros per portion:</i></p> <p>504 calories 54% fat (30g) 41% protein (53g) 5% carbohydrate (6g) Fibre 3g Sugar 2g</p> <p><i>Micro nutrient information will vary depending on source of ingredients:</i></p> <p>Vitamin A 100% Vitamin C 11% Calcium 6% Iron 12% Sodium 492mg Potassium 506mg</p>
<p>Video: Steak Avocado Salad</p>	

Thoughts that came to you in your session:

DAY 14

Rest and Recuperation

Write your thoughts that have come to you in the past 7 days:

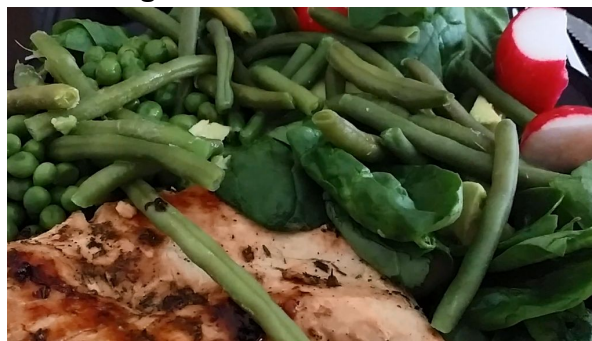
Day 14 Recipe shown below is designed for Meal 2 today:

Turkey Lemon Drizzle

For 1 portion, you will need:

100g turkey breast fillet
80g avocado
35g spinach, washed
70g green beans
70g frozen peas
30g radish, chopped
10g butter
herbs of choice
half a lemon

Main image:



Steps:

1. Put butter in a frying pan and heat until melted.
2. Add turkey, squeeze some lemon juice on top and add herbs. Fry until done.
3. Meanwhile, boil or steam green beans and peas until done.
4. Cut avocado into strips and add to prepared salad.
5. Squeeze remaining lemon juice over salad and veg and serve.

Macros per portion:

415 calories
48% fat (22g)
38% protein (38g)
14% carbohydrate (15g)
Fibre 9g
Sugar 6g

Micro nutrient information will vary depending on source of ingredients:

Vitamin A 2%
Vitamin C 35%
Calcium 2%
Iron 3%
Sodium 189mg
Potassium 412mg

Video: [Turkey Lemon Drizzle](#)

DAY 15

Please do the exercise shown in the first column and fill in the other columns before and after each exercise movement session


Legs & Glutes	85% of 1 Rep Max	Reps to Perform	# of Sets	Rest Period	Date Done
<i>Write here ----></i>	(ie) 80 Kgs	5 Reps	5 Sets	105 seconds	21/01/16
Forward lunges					
Leg press					
Hip adduction					
Hip abduction					
Kickbacks					
Weighted bridge					
Abs					
Hanging Leg Curls					
Russian twists with medicine ball					

StretchOut Time:	Reps:		Mantra For today	Feeling
Sun Salutation	Repeat 4- 6 times		I will accomplish the task I have set myself	Accomplish
Warrior				
Eagle				
Standing Forward Bend				

Hanging Leg Curls can be performed on arm rests instead of the overhead bar shown in the video.

Day 15 Recipe shown below is designed for Meal 2 today:

Haddock, Green Beans with Avocado Salad

<p><i>For 1 portion, you will need:</i></p> <p>130g haddock fillets 80g green beans 80g broccoli 4ml avocado oil mixed herbs to taste juice from lemon on veg (optional)</p>	<p><i>Main image:</i></p> 
<p><i>Steps:</i></p> <ol style="list-style-type: none">1. Cook haddock as directed on packaging but add 2 mls avocado oil and mixed herbs to fish.2. Meanwhile, boil vegetables.3. When cooked, serve immediately.4. Season to taste.	<p><i>Macros per portion:</i></p> <p>231 calories 20% fat (5g) 61% protein (35g) 19% carbohydrate (11g) Fibre 4g Sugar 1g</p> <p><i>Micro nutrient information will vary depending on source of ingredients:</i></p> <p>Vitamin A 14% Vitamin C 119% Calcium 4% Iron 5% Sodium 26mg Potassium 253mg</p>
<p>Video: Haddock and Green Beans</p>	

Thoughts that came to you in your session:

DAY 16


Please do the exercise shown in the first column and fill in the other columns before and after each exercise movement session

Back & Shoulders	85% of 1 Rep Max	Reps to Perform	# of Sets	Rest Period	Date Done
<i>Write here ----></i>	(ie) 80 Kgs	5 Reps	5 Sets	105 seconds	21/01/16
Front raise					
Lateral pulldown					
Face pulls					
Military press					
Upright row					
Reverse Crunch					
Abs:					
Swiss Ball Crunches					
Leg raises					

StretchOut Time:	Reps:		Mantra For today	Feeling
Sun Salutation	Repeat 4- 6 times		My disappointments bring new opportunities my way	Opportunity
Warrior				
Eagle				
Standing Forward Bend				

Day 16 Recipe shown below is designed for Meal 1 today:

Lamb Avocado Cheese Open Sandwich

<p><i>For 1 portion, you will need:</i></p> <p>250g 25% fat minced lamb 40g (2 slices) port salut sliced cheese 80g (2 slices) low carb seeded bread 40g avocado, cut in small pieces 2ml avocado oil for cooking sage for seasoning</p>	<p><i>Main image:</i></p> 
<p><i>Steps:</i></p> <ol style="list-style-type: none">1. Fry the lamb in the avocado oil (approx 5 minutes) until done, season2. Once lamb is cooked, place cheese slices on top until melted (approx 20-30 seconds)3. Place 2 slices of bread on each plate4. Divide the lamb into 4 and place each quarter on each slice of bread5. Divide the avocado into 4 and place each quarter on the top of each slice of bread	<p><i>Macros per portion:</i></p> <p>895 calories 64% fat (62g) 26% protein (55g) 10% carbohydrate (23g) Fibre 12g Sugar 3g</p> <p><i>Micro nutrient information will vary depending on source of ingredients:</i></p> <p>Vitamin A 1% Vitamin C 6% Calcium 32% Iron 1% Sodium 507mg Potassium 194mg</p>
<p>Video: Lamb Open Sandwich</p>	

Thoughts that came to you in your session:

DAY 17


Please do the exercise shown in the first column and fill in the other columns before and after each exercise movement session

Cardio					
Choose one	Enter Speed:				
exercise only:	First 5 minutes	5-10 Mins	11-15 Mins	16-20 Mins	21-25 Mins
Cross trainer					
Sprints					
Power walking					

StretchOut Time:	Reps:		Mantra For today	Feeling
Sun Salutation	Repeat 4- 6 times		I harness my energy and enthusiasm within	Vitality
Warrior				
Eagle				
Standing Forward Bend				

Day 17 Recipe shown below is designed for Meal 2 today:

Bacon Cheeseburger

<p><i>For 1 portion, you will need:</i></p> <p>125g 100% beefburger 4 rashers unsmoked back bacon 14g sliced emmental cheese 4ml coconut oil 95g whole green beans 70g cauliflower 70g broccoli 90g lambs lettuce 30g spinach vinaigrette salad dressing to taste</p>	<p><i>Main image:</i></p>  <p>Bacon Cheeseburger</p>
<p><i>Steps:</i></p> <ol style="list-style-type: none">1. Fry the beefburger in 2ml coconut oil until done.2. Meanwhile, put 2ml coconut oil in another frying pan and fry the bacon until done.3. Bring the vegetables to the boil and time so that they are lightly boiled when the meat is ready.4. When the beefburger is done, top it with the cheese. Heat gently until cheese has softened.5. Serve cheese and burger with bacon added to the top and cooked vegetables on the plate.6. Serve salad as a side dish with dressing to taste.	<p><i>Macros per portion:</i></p> <p>707 calories 62% fat (49g) 30% protein (53g) 8% carbohydrate (15g) Fibre 8g Sugar 7g</p> <p><i>Micro nutrient information will vary depending on source of ingredients:</i></p> <p>Vitamin A 13% Vitamin C 158% Calcium 5% Iron 6% Sodium 1786mg Potassium 433mg</p>
<p>Video:: Bacon Cheeseburger</p>	

Thoughts that came to you in your session:

DAY 18

Please do the exercise shown in the first column and fill in the other columns before and after each exercise movement session


Chest & Arms	85% of 1 Rep Max	Reps to Perform	# of Sets	Rest Period	Date Done
<i>Write here ----></i>	(ie) 80 Kgs	5 Reps	5 Sets	105 seconds	21/01/16
Cable chest fly					
Chest press					
Push ups					
Tricep pulldowns					
Pull ups					
Abs					
Hanging leg curls					
Russian twists with medicine ball					

StretchOut Time:	Reps:		Mantra For today	Feeling
Sun Salutation	Repeat 4- 6 times		I will gain energy from being decisive	Decisiveness
Warrior				
Eagle				
Standing Forward Bend				

Hanging Leg Curls can be performed on arm rests instead of the overhead bar shown in the video.

Day 18 Recipe shown below is designed for Meal 2 today:

Chicken Bacon and Cauliflower

<p><i>For 1 portion, you will need:</i></p> <p>120g chicken breast 50g bacon 50g romanesco broccoli aka roman cauliflower 50g cauliflower 50g broccoli 50g avocado 80g green beans 30g lambs lettuce 30g spinach 30g cos lettuce 30g radish 3mls olive oil 15mls vinaigrette dressing</p>	<p><i>Main image:</i></p> 
<p><i>Steps:</i></p> <p>1. Fry the chicken and bacon in the oil. Season with herbs as desired. 2. Lightly boil the broccoli, cauliflower and green beans. 3. Prepare the salad with the avocado. 4. Serve and eat.</p>	<p><i>Macros per portion:</i></p> <p>543 calories 49% fat (29g) 39% protein (53g) 12% carbohydrate (16g) Fibre 9g Sugar 7g</p> <p><i>Micro nutrient information will vary depending on source of ingredients:</i></p> <p>Vitamin A 62% Vitamin C 138% Calcium 5% Iron 7% Sodium 433mg Potassium 696mg</p>
<p>Video: Chicken Bacon Cauli</p>	

Thoughts that came to you in your session:

DAY 19


Please do the exercise shown in the first column and fill in the other columns before and after each exercise movement session

Cardio					
Choose one	Enter Speed:				
exercise only:	First 5 minutes	5-10 Mins	11-15 Mins	16-20 Mins	21-25 Mins
Cross trainer					
Sprints					
Power walking					

StretchOut Time:	Reps:		Mantra For today	Feeling
Sun Salutation	Repeat 4- 6 times		I can change direction because I'm flexible	Flexibility
Warrior				
Eagle				
Standing Forward Bend				

Day 19 Recipe shown below is designed for Meal 2 today:

Scrambled Egg Surprise

<p><i>For 1 portion, you will need:</i></p> <p>3 eggs 27g chestnut mushrooms 3g ground almonds 6g butter 30ml unsweetened almond milk 20g fresh blackberries 60g broccoli, chopped skin of pear and plum, chopped cayenne pepper to taste 4mls walnut oil 4g honey cottage cheese to taste (optional)</p>	<p><i>Main image:</i></p>  <p>(Due to the ingredients, scrambled eggs will have a greyish appearance)</p>
<p><i>Steps:</i></p> <ol style="list-style-type: none">1. Mix the eggs and add to saucepan.2. Add all of the other ingredients except the honey to the eggs and cook over a low heat, stirring.3. When the eggs have scrambled, place on plate and drizzle with honey.	<p><i>Macros per portion (without cottage cheese):</i></p> <p>323 calories 59% fat (22g) 26% protein (21g) 15% carbohydrate (12g) Fibre 3g Sugar 5g</p> <p><i>Micro nutrient information will vary depending on source of ingredients:</i></p> <p>Vitamin A 30% Vitamin C 96% Calcium 15% Iron 18% Sodium 298mg Potassium 432mg</p>
<p>Video: Scrambled Egg Surprise</p>	

Thoughts that came to you in your session:

DAY 20


Please do the exercise shown in the first column and fill in the other columns before and after each exercise movement session

Functional Circuits	85% of 1 Rep Max	Reps to Perform	# of Sets	Rest Period	Date Done
<i>Write here ----></i>	(ie) 80 Kgs	5 Reps	5 Sets	105 seconds	21/01/16
Treadmill warm-ups					
Mountain climbers					
Decline push ups					
Crawl outs					
Kettlebell swings					
Kettlebell raises					
Crunches					
Tricep dips					
Side lunges					
Battle ropes					
Rowing					

StretchOut Time:	Reps:		Mantra For today	Feeling
Sun Salutation	Repeat 4- 6 times		I embrace the peace and quiet of the night	Peace!
Warrior				
Eagle				
Standing Forward Bend				

Day 20 Recipe shown below is designed for Meal 1 today:

Tuna Five Bean Omelette

<p><i>For 1 portion, you will need:</i></p> <p>3 eggs 60g drained tuna in brine 30g five bean salad 3g ground almonds 4mls avocado oil 2g honey 10g apple, cubed pink himalayan salt dill</p>	<p><i>Main image:</i></p> 
<p><i>Steps:</i></p> <ol style="list-style-type: none">1. Put 4mls avocado oil in a frying pan and heat. Whisk eggs and add to pan.2. Once egg has almost solidified, add tuna, five bean salad, ground almonds and apple.3. Top with salt and dill, and fold omelette to finish cooking.4. Once cooked, drizzle a little honey over the top and serve.	<p><i>Macros per portion:</i></p> <p>414 calories 48% fat (21g) 41% protein (37g) 11% carbohydrate (11g) Fibre 2g Sugar 3g</p> <p><i>Micro nutrient information will vary depending on source of ingredients:</i></p> <p>Vitamin A 18% Vitamin C 1% Calcium 2% Iron 22% Sodium 652mg Potassium 221mg</p>
<p>Video: Tuna 5 Bean Omelette</p>	

Thoughts that came to you in your session:


DAY 21

Rest and Recuperation

Write your thoughts that have come to you in the past 7 days:

Day 21 Recipe shown below is designed for Meal 2 today:

Pork Steaks lightly flavoured with Apricots

<p><i>For 1 portion, you will need:</i></p> <p>100g pork steaks 80g broccoli 50g cauliflower 35g spinach 25g cos lettuce 25g radish 25g red cabbage 30g avocado 40g full fat cottage cheese with chives 25g feta cheese 10ml olive oil chopped garlic for seasoning apricots for flavour</p>	<p><i>Main image:</i></p> 
<p><i>Steps:</i></p> <ol style="list-style-type: none">1. Prepare all vegetables.2. Meanwhile, put 5ml olive oil in a frying pan and heat. Add pork steaks.3. Halfway through cooking, add apricots and garlic. Continue to cook til done.4. Meanwhile, lightly boil vegetables.5. Once cooked, place meat and veg on dish, add salad and cheeses.6. Add remaining 5 mls of olive oil as a dressing for salad.	<p><i>Macros per portion:</i></p> <p>470 calories 50% fat (26g) 37% protein (44g) 13% carbohydrate (16g) Fibre 9g Sugar 6g</p> <p><i>Micro nutrient information will vary depending on source of ingredients:</i></p> <p>Vitamin A 32% Vitamin C 123% Calcium 8% Iron 6% Sodium 431mg Potassium 331mg</p>
<p>Video: Pork Steaks</p>	

DAY 22

Please do the exercise shown in the first column and fill in the other columns before and after each exercise movement session


Legs & Glutes	85% of 1 Rep Max	Reps to Perform	# of Sets	Rest Period	Date Done
<i>Write here ----></i>	(ie) 80 Kgs	5 Reps	5 Sets	105 seconds	21/01/16
Forward lunges					
Leg press					
Hip adduction					
Hip abduction					
Kickbacks					
Weighted bridge					
Abs					
Hanging Leg Curls					
Russian twists with medicine ball					

StretchOut Time:	Reps:		Mantra For today	Feeling
Sun Salutation	Repeat 4- 6 times		I receive all feedback with kindness	Kindness
Warrior				
Eagle				
Standing Forward Bend				

Hanging Leg Curls can be performed on arm rests instead of the overhead bar shown in the video.

Day 22 Recipe shown below is designed for Meal 2 today:

Chicken Stir Fry

<p><i>For 1 portion, you will need:</i></p> <p>100g chicken breast fillet 40g broccoli, washed 40g red cabbage, chopped 20g radish leaves, chopped 20g radish 100g avocado 14g butter 10g 100% peanut butter 20g cos lettuce 3 mls avocado oil</p>	<p><i>Main image:</i></p> 
<p><i>Steps:</i></p> <ol style="list-style-type: none">1. Put oil in a frying pan. Add chicken and fry.2. In a clean frying pan and fry broccoli, cabbage, avocado, lettuce and radish leaves for a couple of minutes.3. Add chicken to vegetables frying pan add both butter and peanut butter and fry until melted.4. Serve with the cut up avocado.	<p><i>Macros per portion:</i></p> <p>502 calories 60% fat (33g) 31% protein (39g) 9% carbohydrate (11g) Fibre 6g Sugar 4g</p> <p><i>Micro nutrient information will vary depending on source of ingredients:</i></p> <p>Vitamin A 46% Vitamin C 95% Calcium 23% Iron 6% Sodium 185mg Potassium 795mg</p>
<p>Video: Chicken Stir Fry</p>	

Thoughts that came to you in your session:

DAY 23


Please do the exercise shown in the first column and fill in the other columns before and after each exercise movement session

Back & Shoulders	85% of 1 Rep Max	Reps to Perform	# of Sets	Rest Period	Date Done
<i>Write here ----></i>	(ie) 80 Kgs	5 Reps	5 Sets	105 seconds	21/01/16
Front raise					
Lateral pulldown					
Face pulls					
Military press					
Upright row					
Reverse Crunch					
Abs:					
Swiss Ball Crunches					
Leg raises					

StretchOut Time:	Reps:		Mantra For today	Feeling
Sun Salutation	Repeat 4- 6 times		I let go of the lies I make up	Truthful
Warrior				
Eagle				
Standing Forward Bend				

Day 23 Recipe shown below is designed for Meal 2 today:

Homemade Skinny Burger

<p><i>For 1 portion, you will need:</i></p> <p>120g British beef steak mince 15% fat 80g broccoli 20g spinach, washed 25g avocado, chopped 40g cottage with onion and chives</p>	<p><i>Main image:</i></p> 
<p><i>Steps:</i></p> <ol style="list-style-type: none">1. Form mince meat into burger shapes and fry until cooked through.2. Boil broccoli as desired.3. Put meat, spinach, broccoli, and cottage cheese on plate.4. Add avocado to top of meat and serve.	<p><i>Macros per portion:</i></p> <p>385 calories 58% fat (25g) 31% protein (31g) 11% carbohydrate (10g) Fibre 6g Sugar 3g</p> <p><i>Micro nutrient information will vary depending on source of ingredients:</i></p> <p>Vitamin A 36% Vitamin C 92% Calcium 7% Iron 4% Sodium 234mg Potassium 177mg</p>
<p>Video: Homemade Skinny Burger</p>	

Thoughts that came to you in your session:

DAY 24


Please do the exercise shown in the first column and fill in the other columns before and after each exercise movement session

Cardio					
Choose one	Enter Speed:				
exercise only:	First 5 minutes	5-10 Mins	11-15 Mins	16-20 Mins	21-25 Mins
Cross trainer					
Sprints					
Power walking					

StretchOut Time:	Reps:		Mantra For today	Feeling
Sun Salutation	Repeat 4- 6 times		I will let go of any self doubt	Confidence
Warrior				
Eagle				
Standing Forward Bend				

Day 24 Recipe shown below is designed for Meal 2 today:

Veal, Bacon & Avocado Burger

<p><i>For 1 portion, you will need:</i></p> <p>100g veal steak 50g bacon 2 eggs 30g avocado 30g emmental cheese 100g cauliflower 30g lambs lettuce 30g spinach 6mls olive oil 15mls vinaigrette dressing</p>	<p><i>Main image:</i></p> 
<p><i>Steps:</i></p> <ol style="list-style-type: none">1. Fry the bacon, veal and eggs in olive oil until cooked.2. Meanwhile, lightly boil cauliflower.3. Prepare spinach, lambs lettuce and avocado.4. Serve and add dressing to taste.	<p><i>Macros per portion:</i></p> <p>756 calories 70% fat (60g) 26% protein (48g) 4% carbohydrate (9g) Fibre 3g Sugar 3g</p> <p><i>Micro nutrient information will vary depending on source of ingredients:</i></p> <p>Vitamin A 13% Vitamin C 67% Calcium 11% Iron 11% Sodium 628mg Potassium 528mg</p>
<p>Video: Veal Bacon Burger</p>	

Thoughts that came to you in your session:

DAY 25

Please do the exercise shown in the first column and fill in the other columns before and after each exercise movement session


Chest & Arms	85% of 1 Rep Max	Reps to Perform	# of Sets	Rest Period	Date Done
<i>Write here ----></i>	(ie) 80 Kgs	5 Reps	5 Sets	105 seconds	21/01/16
Cable chest fly					
Chest press					
Push ups					
Tricep pulldowns					
Pull ups					
Abs					
Hanging leg curls					
Russian twists with medicine ball					

StretchOut Time:	Reps:		Mantra For today	Feeling
Sun Salutation	Repeat 4- 6 times		I will not compare myself to others	Comparison
Warrior				
Eagle				
Standing Forward Bend				

Hanging Leg Curls can be performed on arm rests instead of the overhead bar shown in the video.

Day 25 Recipe shown below is designed for Meal 1 today:

Mackerel, Pork and Eggs

<p><i>For 1 portion, you will need:</i></p> <p>110g tinned mackerel in tomato sauce 135g pork escalopes 2 eggs 4mls avocado oil</p>	<p><i>Main image:</i></p> 
<p><i>Steps:</i></p> <p>1. Boil eggs until hard boiled. 2. Put oil in a frying pan. Add pork escalopes and fry as directed on packet 3. Place mackerel, pork and eggs on plate and serve.</p>	<p><i>Macros per portion:</i></p> <p>564 calories 56% fat (35g) 40% protein (56g) 4% carbohydrate (6g) Fibre 0g Sugar 3g</p> <p><i>Micro nutrient information will vary depending on source of ingredients:</i></p> <p>Vitamin A 12% Vitamin C 0% Calcium 4% Iron 8% Sodium 900mg Potassium 140mg</p>
<p>Video: Mackerel Pork & Eggs</p>	

Thoughts that came to you in your session:

DAY 26


Please do the exercise shown in the first column and fill in the other columns before and after each exercise movement session

Cardio					
Choose one	Enter Speed:				
exercise only:	First 5 minutes	5-10 Mins	11-15 Mins	16-20 Mins	21-25 Mins
Cross trainer					
Sprints					
Power walking					

StretchOut Time:	Reps:		Mantra For today	Feeling
Sun Salutation	Repeat 4- 6 times		I will flow - I am flowing.	Flow
Warrior				
Eagle				
Standing Forward Bend				

Day 26 Recipe shown below is designed for Meal 1 today:

Liver, Chia Seeds and Spinach

<p><i>For 1 portion, you will need:</i></p> <p>100g chicken liver 25g onion 25g spinach, washed 5g chia seeds 30g skyr natural yoghurt 4g honey 4mls avocado oil</p>	<p><i>Main image:</i></p> 
<p><i>Steps:</i></p> <ol style="list-style-type: none">1. Fry liver and onion in avocado oil until cooked.2. Add spinach and honey to yoghurt and mix.3. Add liver and onion to yoghurt mixture.4. Serve with chia seeds sprinkled on top.	<p><i>Macros per portion:</i></p> <p>271 calories 46% fat (14g) 37% protein (25g) 17% carbohydrate (11g) Fibre 3g Sugar 5g</p> <p><i>Micro nutrient information will vary depending on source of ingredients:</i></p> <p>Vitamin A 800% Vitamin C 3% Calcium 4% Iron 65% Sodium 83mg Potassium 37mg</p>
<p>Video: Liver & Chia</p>	

Thoughts that came to you in your session:

DAY 27


Please do the exercise shown in the first column and fill in the other columns before and after each exercise movement session

Functional Circuits	85% of 1 Rep Max	Reps to Perform	# of Sets	Rest Period	Date Done
<i>Write here ----></i>	(ie) 80 Kgs	5 Reps	5 Sets	105 seconds	21/01/16
Treadmill warm-ups					
Mountain climbers					
Decline push ups					
Crawl outs					
Kettlebell swings					
Kettlebell raises					
Crunches					
Tricep dips					
Side lunges					
Battle ropes					
Rowing					

StretchOut Time:	Reps:		Mantra For today	Feeling
Sun Salutation	Repeat 4- 6 times		I am grateful for the gift of another day	Gratitude
Warrior				
Eagle				
Standing Forward Bend				

Day 27 Recipe shown below is designed for Meal 2 today:

Chicken Ham Salad

<p><i>For 1 portion, you will need:</i></p> <p>100g chicken breast fillet 50g sliced ham 100g feta cheese 50g broccoli 40g fresh cos lettuce 20g spinach, washed 5g cress, washed 20g humous 4mls olive oil</p>	<p><i>Main image:</i></p> 
<p><i>Steps:</i></p> <ol style="list-style-type: none">1. Fry the chicken in the avocado oil.2. Boil the broccoli until lightly cooked or, if preferred, have it raw.3. Mix the salad ingredients together.4. Add cheese, ham, chopped cooked chicken and humous to the salad.5. Serve.	<p><i>Macros per portion:</i></p> <p>596 calories 453% fat (35g) 40% protein (60g) 7% carbohydrate (10g) Fibre 3g Sugar 3g</p> <p><i>Micro nutrient information will vary depending on source of ingredients:</i></p> <p>Vitamin A 103% Vitamin C 62% Calcium 4% Iron 4% Sodium 2276mg Potassium 129mg</p>
<p>Video: <i>Chicken Ham Salad</i></p>	

Thoughts that came to you in your session:

DAY 28

Rest and Recuperation

Write your thoughts that have come to you in the past 7 days:

Day 28 Recipe shown below is designed for Meal 1 today:

Open Bacon Omelette

For 1 portion, you will need:

3 eggs
40g french torchon ham, cubed
40g emmenthal cheese (2 slices)
25g mushrooms cut in small pieces
15g apricots cut in small pieces
30g (3 slices) back bacon unsmoked
10g spinach, torn
3ml avocado oil for frying
honey for drizzling

Main image:



Steps:

1. Fry the bacon and mushrooms in 2ml avocado oil (approx 4-5 minutes) until done
2. Meanwhile, put 1ml avocado oil in another frying pan and heat. Whisk eggs and add to pan.
3. Once egg has almost solidified, add bacon and mushrooms.
4. Next, add ham, apricots and spinach.
5. Top with slices of cheese and cook over a low heat until cheese has melted.
6. If desired, drizzle a little honey over the top.

Macros per portion:

553 calories
64% fat (40g)
32% protein (45g)
4% carbohydrate (6g)
Fibre 1g
Sugar 2g

Micro nutrient information will vary depending on source of ingredients:

Vitamin A 24%
Vitamin C 3%
Calcium 56%
Iron 12%
Sodium 738mg
Potassium 249mg

Video: [Open Bacon Omelette](#)

Desserts / Treats

No, we haven't forgotten about days 29 -31. We know that most months have more days than 28... poor old February....This program, like the moon, works on a 4 week calendar so 13 x 4 weeks if you follow it for a full year....


All programs need to be sustainable, and we recognize that you may wish to add something like a treat (below we've included a few examples of desserts which won't affect your diet and macros). However, you will see that in your TDEE calculation there is a line that says "Once a week extra Kcal (Calories) allowed for carbs"....

This means that once a week you can eat a high carb (even sugary) item - maybe Chocolate, Pizza slice, Mississippi Mud Pie, glass of wine etc... whatever you choose.... This is so that you can sustain a so called normal lifestyle when out and about but remember - don't go crazy! It's your brain and microbiome playing tricks on you....


This Month's OK Anytime Desserts

As mentioned above, we've included a couple of dessert ideas below if you need to get a bit of sweetness into your day - but remember that when you have them make sure it is with either meal 1 or 2 and not eaten by itself as a snack.

Nutty Toast

<p><i>For 1 portion, you will need:</i></p> <p>1 slice hi fibre low carb bread 15g smooth 100% peanut butter 10g almond flakes 10g cacao nibs 2g honey</p>	<p><i>Main image:</i></p> 
<p><i>Steps:</i></p> <p>1. Toast the bread. 2. Spread toast with peanut butter. 3. Top with honey, cacao nibs and almond flakes. 4. Enjoy!</p>	<p><i>Macros per portion:</i></p> <p>311 calories 62% fat (21g) 21% protein (16g) 17% carbohydrate (13g) Fibre 8g Sugar 4g</p> <p><i>Micro nutrient information will vary depending on source of ingredients:</i></p> <p>Vitamin A 0% Vitamin C 0% Calcium 4% Iron 2% Sodium 1mg Potassium 80mg</p>
<p>Video: Nutty Toast</p>	

Chocolate Cracker

<p><i>For 1 portion, you will need:</i></p> <ul style="list-style-type: none">1 ryvita crispbread15g 100% smooth peanut butter20g 90% dark chocolate40g banana, sliced	<p><i>Main image:</i></p> 
<p><i>Steps:</i></p> <ul style="list-style-type: none">1. Spread ryvita with peanut butter.2. Top with peanut butter followed by dark chocolate and banana.3. Enjoy!	<p><i>Macros per portion:</i></p> <ul style="list-style-type: none">247 calories62% fat (19g)21% protein (7g)17% carbohydrate (11g)Fibre 2gSugar 2g <p><i>Micro nutrient information will vary depending on source of ingredients:</i></p> <ul style="list-style-type: none">Vitamin A 0%Vitamin C 0%Calcium 0%Iron 10%Sodium 32mgPotassium 0mg
<p>Video: Chocolate Cracker</p>	

WHAT NEXT?

Depending on how the first four weeks have gone, you can now choose to either:

1. Repeat the last 4 weeks starting again at day 1
2. Move on to the next part of the program which provides different exercises and recipes and which starts looking at the importance of motor neurons

or

3. Attend one of our retreats in rural France. These retreats include learning about exercise and cooking to reach macro and micronutrient goals as well as encouraging proper rest. There will also be opportunity to discover this beautiful tranquil part of France.

No matter which you choose we congratulate you on sticking the course for the last 4 weeks.... Starting is always the hardest part of the journey. The key to success, however, is to keep yourself moving forward....

PS: Don't forget your weekly shopping lists are at the end of this book.

Shopping List for Week 1

Meat & Fish 120g lamb leg steak 100g lardons 230g frozen cod fillet 100g tin sardines in tomato sauce 130g chicken breast 75g pork mince 125g sirloin steak 4 rashers bacon	Dairy 10 eggs 25g breton cheese 65g brie, cubed 40g emmental cheese 19g butter 80g cottage cheese 15g mature cheese	Vegetables 80g red cabbage 100g broccoli 120g green beans 165g avocado 30g mixed leaf salad 20g raddichio leaves 80g spinach 30g watercress 25g red onion, chopped 15g courgettes 15g aubergines
Herbs Dried or fresh rosemary Dried or fresh thyme tarragon onion salt nutmeg mixed herbs to taste dash of cinnamon	Fruit 105g fresh apricots 0.50 lemon 0.25 lime	Oils 16ml avocado oil 4ml olive oil 5mls coconut oil
Other 2g chia seeds 13g honey 5g coconut flakes		

Shopping List for Week 2

Meat & Fish 220g turkey breast 80g chicken breast 147g honey roast carvery ham 150g skinless boneless wild Pacific Salmon 100g veal burger 100g pork escalopes 170g beef minute steaks	Dairy 5g pure butter 140g cottage cheese with onion & chives 15g breton carre du pays cheese (or equivalent soft cheese) 14g emmental slices 30g greek feta, cubed 6 eggs 10g butter	Vegetables 270g green beans 120g lambs lettuce 115g spinach 260g avocado 150g peas 25g chestnut mushrooms 60g choi sum 80g broccoli 50g cauliflower 55g radish 75g cos lettuce 50g lambs lettuce
Herbs herbs (dill or tarragon)	Fruit 1 Lemon 0.25 Lime 35g fresh blackberries	Oils 2 mls avocado oil 10 mls olive oil 12.5 mls coconut oil
Other 50g can red kidney beans 15g pine nuts 4g honey vinaigrette dressing vegetable juice (optional) cinnamon Mixed herbs		

Shopping List for Week 3

Meat & Fish 130g haddock fillets 250g 25% fat minced lamb 125g 100% beefburger Unsmoked back bacon 120g chicken breast 60g drained tuna in brine 100g pork steaks	Dairy port salut sliced cheese sliced emmental cheese 6 eggs unsweetened almond milk butter full fat cottage cheese with chives feta cheese	Vegetables 255g green beans 340g broccoli 120g avocado 170g cauliflower 120g lambs lettuce 95g spinach 50g romanesco broccoli aka roman cauliflower 55g cos lettuce 55g radish 27g chestnut mushrooms 25g red cabbage 1 garlic
Herbs mixed herbs sage cayenne pepper pink himalayan salt dill	Fruit 1 lemon 1 apple 20g fresh blackberries 1 pear 1 plum 3-4 fresh apricots	Oils 6 mls avocado oil 4 mls coconut oil 17 mls olive oil 4 mls walnut oil
Other low carb seeded bread vinaigrette salad dressing ground almonds honey 1 can five bean salad		

Shopping List for Week 4

Meat & Fish 200g chicken breast fillet 120g British beef steak mince 15% fat 100g veal steak 80g back bacon unsmoked 1 can tinned mackerel in tomato sauce 135g pork escalopes 100g chicken liver 50g sliced ham 40g french torchon ham	Dairy 14g butter 40g cottage with onion & chives 70g emmental cheese 30g skyr natural yoghurt 100g feta cheese 7 eggs	Vegetables 170g broccoli 40g red cabbage 20g radish leaves 20g radish 155g avocado 60g cos lettuce 105g spinach 100g cauliflower 30g lambs lettuce 25g onion 5g cress 25g mushrooms
Herbs	Fruit 15g apricots	Oils 14 mls avocado oil 10 mls olive oil
Other 100% peanut butter vinaigrette dressing 5g chia seeds 7g honey 20g humous		

Web Links:

(Below are web links to all the videos so if needed you can copy and paste into a web browser)

Exercise Videos:

<https://www.healthmentors.co.uk/battleropes>
<https://www.healthmentors.co.uk/cablechestfly>
<https://www.healthmentors.co.uk/chestpressbarbell>
<https://www.healthmentors.co.uk/crawlouts>
<https://www.healthmentors.co.uk/crosstrainer>
<https://www.healthmentors.co.uk/crunch>
<https://www.healthmentors.co.uk/facepulls>
<https://www.healthmentors.co.uk/forwardlunges>
<https://www.healthmentors.co.uk/frontraise>
<https://www.healthmentors.co.uk/hanginglegcurls>
<https://www.healthmentors.co.uk/kettlebellraise>
<https://www.healthmentors.co.uk/kettlebellswings>
<https://www.healthmentors.co.uk/latpulldown>
<https://www.healthmentors.co.uk/legpress>
<https://www.healthmentors.co.uk/legraises>
<https://www.healthmentors.co.uk/militarypress>
<https://www.healthmentors.co.uk/mountainclimbers>
<https://www.healthmentors.co.uk/powerwalk>
<https://www.healthmentors.co.uk/pullup>
<https://www.healthmentors.co.uk/pushups>
<https://www.healthmentors.co.uk/pushupsdecline>
<https://www.healthmentors.co.uk/russiantwist>
<https://www.healthmentors.co.uk/sidelunges>
<https://www.healthmentors.co.uk/reversecrunch>
<https://www.healthmentors.co.uk/swissballcrunch>
<https://www.healthmentors.co.uk/triceppulldowns>
<https://www.healthmentors.co.uk/uprightrow>
<https://www.healthmentors.co.uk/treadmillwarmups>
<https://www.healthmentors.co.uk/weightedbridge>
<https://www.healthmentors.co.uk/tricepdip>
<https://www.healthmentors.co.uk/hipabduction>
<https://www.healthmentors.co.uk/row>
<https://www.healthmentors.co.uk/hipadduction>
<https://www.healthmentors.co.uk/kickbacks>
<https://www.healthmentors.co.uk/sprints>
<https://www.healthmentors.co.uk/sprints>

Recipe Videos:

<https://www.healthmentors.co.uk/baconcheeseburger>
<https://www.healthmentors.co.uk/vealbaconburger>
<https://www.healthmentors.co.uk/butteredsalmon>
<https://www.healthmentors.co.uk/chickenomelette>
<https://www.healthmentors.co.uk/bretonomelette>
<https://www.healthmentors.co.uk/apricothoneylamb>
<https://www.healthmentors.co.uk/chickenavocadosalad>
<https://www.healthmentors.co.uk/codgreenbeans>
<https://www.healthmentors.co.uk/bretonveal>
<https://www.healthmentors.co.uk/porksquares>
<https://www.healthmentors.co.uk/lambsandwich>
<https://www.healthmentors.co.uk/turkeylemondrizzle>
<https://www.healthmentors.co.uk/chickencauli>
<https://www.healthmentors.co.uk/haddockbeans>
<https://www.healthmentors.co.uk/pinenutturkey>
<https://www.healthmentors.co.uk/porksteaks>
<https://www.healthmentors.co.uk/steakandeggs>
<https://www.healthmentors.co.uk/steakavocadosalad>
<https://www.healthmentors.co.uk/tuna5omelette>
<https://www.healthmentors.co.uk/bigfattybreakfast>
<https://www.healthmentors.co.uk/chickenhamsalad>
<https://www.healthmentors.co.uk/mackerelandeggs>
<https://www.healthmentors.co.uk/nuttytoast>
<https://www.healthmentors.co.uk/porkandcottagecheese>
<https://www.healthmentors.co.uk/skinnyburger>
<https://www.healthmentors.co.uk/scrambledeggsurprise>
<https://www.healthmentors.co.uk/liverchia>
<https://www.healthmentors.co.uk/chocolatecracker>
<https://www.healthmentors.co.uk/chickenstirfry>
<https://www.healthmentors.co.uk/openbaconomelette>

Spread the Word - Receive a Reward

Once again please can we ask a favour?

We're so very excited to help people hit their health goals and we'd appreciate it if you could help spread the word about our program. So as mentioned before as a thank you for any help spreading the word, we would like to *reward you as follows:

1. Get 3 friend to take up the program for at least 1 month and we will reward you with 1 months free access to our program and give you a 15% discount on one of our retreats.
2. Get 10 friends to take up our program who stick with it for 6 months and we will reward you with a free 3 day retreat at our home / research centre in France in 2019.

Just get them to go to www.HealthMentors.co.uk/refer and sign up...

(*offer may be withdrawn at any time and is subject to available dates and relevant terms)

