

7 Day Workout/Diet Plan

Supplements (Anytime)

Whey & Oat Crisp Protein Flapjack Bars:

Link:

<http://www.awin1.com/cread.php?awinmid=5150&awinaffid=219237&clickref=&p=http%3A%2F%2Fwww.theproteinworks.com%2Fwhey-oat-crisp-flapjack>

£18 max should be less

All Day Protein:

Link:

<http://www.awin1.com/cread.php?awinmid=5150&awinaffid=219237&clickref=&p=http%3A%2F%2Fwww.theproteinworks.com%2Fall-day-protein-tapered-release-protein>

£22 max should be less

Super Greens:

Link:

<http://www.awin1.com/cread.php?awinmid=5150&awinaffid=219237&clickref=&p=http%3A%2F%2Fwww.theproteinworks.com%2Fsuper-greens>

£10 max morning gains

Supplements (Pre Workout)

CLA:

Link:

<http://www.awin1.com/cread.php?awinmid=5150&awinaffid=219237&clickref=&p=http%3A%2F%2Fwww.theproteinworks.com%2Fcla>

£13 max should be less this isn't actually a preworkout as everyone know it. But you should take it a while before you workout. For burning stubborn fat.

Supplements (Post Workout)

TPW 100% Whey:

Link:

<http://www.awin1.com/cread.php?awinmid=5150&awinaffid=219237&clickref=&p=http%3A%2F%2Fwww.theproteinworks.com%2Ftpw-100-whey>

£16 max should be less for 20 servings use it once a day should last a month if you only take it on the weekdays/training days

Diet Meal Replacement:

Link:

<http://www.awin1.com/cread.php?awinmid=5150&awinaffid=219237&clickref=&p=http%3A%2F%2Fwww.theproteinworks.com%2Fdiet-meal-replacement>

£12 max should be less use when you hungry but don't want to eat rubbish

DAY#1

Diet

Meal 1

- 1 Banana (105 Calories)
- 2 Hard Boiled Eggs (206 Calories)

Meal 2

- 1 Cup of Cottage Cheese (Calories)
- 1 tbsp of Flaxseed (Calories)

Meal 3

- 3 Cups of Spinach Leaves
- 2 Strips of Turkey Bacon (Calories)
- 1/2 Cup of Mushrooms
- 1 oz Grilled Chicken
- Balsamic Vinegar (Calories)

Meal 4

- 1 Apple (Calories)
- 1/2 Walnuts (Calories)
- 1 Scoop of Protein (Calories)

Meal 5

- 1/4 Cup of Brown Rice (Calories)
- 2 cups Steam of Swiss Chard (Calories)

Meal 6

- 1 Cup of Cottage Cheese (Calories)
- 1/3 Cup of Cherry Tomatoes (Calories)

Workout (Training)

Pushups

- 2 Sets of 15 reps

Airbike

- 3 Sets of 10-12 reps

Stairmaster

- 3 Sets of 10-12 reps

Freehand Jump Squat

- 2 Sets of 15 reps

Plie Dumbbell Squat

3 Sets of 10-12 reps

Clean

3 Sets of 10-12 reps

Barbell Side Split Squat

3 Sets of 10-12 reps

Leg Press

3 Sets of 10-12 reps

Seated Leg Curl

3 Sets of 10-12 reps

Leg Extensions

3 Sets of 10-12 reps

Seated Calf Raise

3 Sets of 10-12 reps

Running, Treadmill - Moderate

3 Sets of 10-12 reps

Butt Lift (Bridge)

2 Sets of 15 reps

Push Press

3 Sets of 10-12 reps

Barbell Deadlift

3 Sets of 10-12 reps

Bent Over Barbell Row

3 Sets of 10-12 reps

Wide-Grip Lat Pulldown

3 Sets of 10-12 reps

Stiff Leg Barbell Good Morning

3 Sets of 10-12 reps

Dumbeel Rear Lunge

3 Sets of 10-12 reps

DAY#2

Diet

Meal 1

- 1 Cup of Cottage Cheese (Calories)
- 1 Cup of Red Grapes (Calories)
- 1 tbsp of Flaxseed (Calories)

Meal 2

- 2 Cups of Chocolate Milk (Calories)

Meal 3

- 1/2 Cup of Oat Bran (Calories)
- 1 Cup of Frozen Blueberries (Calories)
- 1 tbsp of Flaxseed (Calories)
- 1 Scoop of Protein (Calories)

Meal 4

- 3oz of Canned Salmon (Calories)
- 1 Cup of Cooked Barley (Calories)
- 1 Cup of Cottage Cheese (Calories)

Meal 5

- 3oz of Pork Chop (Calories)
- 1 medium of Sweet Potato (Calories)
- 1 Cup of Broccoli (Calories)
- 1 Orange (Calories)

Meal 6

- Meal Replacement Shake (Calories)
- 1 Cup of Blackberries (Calories)
- 1 tbsp of Flaxseed (Calories)

Workout (Cardio)

Bicycling, Stationary

30-40 mins

DAY#3

Diet

Meal 1

- 1 Cup of Oats (Calories)
- 1 Apple (Calories)
- 1 Cup of Cottage Cheese (Calories)
- 1 oz Walnuts

Meal 2

- 1 Banana (Calories)
- 1 Scoop of Protein (Calories)

Meal 3

- 3 Hard Boiled Eggs (309 Calories)
- 1 Cup of Broccoli (Calories)
- 1/2 Cup of Chopped Bell Peppers
- 2 Pears (Calories)

Meal 4

- 3 Cups of Spinach Leaves
- 2 Strips of Turkey Bacon (Calories)
- 1/2 Cup of Black Beans
- 1/2 Cup of Mushrooms
- 1 Cup of Chopped Carrots
- 1 oz Grilled Chicken
- 1 tsp Balsamic Vinegar (Calories)

Meal 5

- 4oz of Turkey Burger (Calories)
- 1 Cup of Carrot Sticks (Calories)
- 1 Cup of Non Fat Milk (Calories)

Meal 6

- 1 Cup of Non Fat Milk (Calories)
- 1 Cup of Cottage Cheese (Calories)
- 1 Cup of Pineapple (Calories)
- 1 tbsp of Ground Flaxseed (Calories)

Workout (Rest Day)

Stretch and Yoga

15-30 mins

DAY#4

Diet

Meal 1

1/2 Cup of Rolled Oats (Calories)
1 Cup of Cottage Cheese (Calories)
1 Cup of Blueberries (Calories)
1 tbsp of Flaxseed (Calories)

Meal 2

3 Hard Boiled Eggs (309 Calories)
3 Cups of Spinach Leaves
1 Garlic
1 Cup of Chopped Squash (Calories)
1 whole of Grapefruit (Calories)

Meal 3

1 Orange (Calories)
1 Apple (Calories)
1oz Almonds
1 Cup of Yogurt (Calories)

Meal 4

1 can Tuna (Calories)
1/2 Cup of Black Beans (Calories)
1 Banana (Calories)
1 tsp Balsamic Vinegar (Calories)

Meal 5

1 whole Chopped Bell Peppers (Calories)
5oz of Lean Red Meat (Calories)
1 Cup of Cooked Barley (Calories)
1/2 Cup of Mushrooms (Calories)
1/2 Cup of Spaghetti Sauce (Calories)

Meal 6

Meal Replacement Shake (Calories)
1 Cup of Frozen Blueberries (Calories)
1 tbsp of Ground Flaxseed (Calories)

Workout (Training)

Pushups

2 Sets of 15 reps

Airbike

3 Sets of 10-12 reps

Stairmaster

3 Sets of 10-12 reps

Freehand Jump Squat

2 Sets of 15 reps

Plie Dumbbell Squat

3 Sets of 10-12 reps

Clean

3 Sets of 10-12 reps

Barbell Side Split Squat

3 Sets of 10-12 reps

Leg Press

3 Sets of 10-12 reps

Seated Leg Curl

3 Sets of 10-12 reps

Leg Extensions

3 Sets of 10-12 reps

Seated Calf Raise

3 Sets of 10-12 reps

Running, Treadmill - Moderate

3 Sets of 10-12 reps

Butt Lift (Bridge)

2 Sets of 15 reps

Push Press

3 Sets of 10-12 reps

Bent Over Barbell Row

3 Sets of 10-12 reps

Stiff Leg Barbell Good Morning

3 Sets of 10-12 reps

Dumbeel Rear Lunge

3 Sets of 10-12 reps

DAY#5

Diet

Meal 1

2 Eggs Whites (Calories)
2 Strips of Turkey Bacon (Calories)
1 Cups of Spinach Leaves (Calories)
1 Garlic
1 Apple
1 Cod Liver Oil Capsule (Calories)

Meal 2

1 Cup of Yogurt (Calories)
1 Cup of Cottage Cheese (Calories)
1 Cup of Red Grapes (Calories)
1 tbsp of Flaxseed (Calories)
1 Cup of Tea (Calories)

Meal 3

1oz Walnuts
1 Banana
1 Cup of Non Fat Milk
1 Scoop of Protein (Calories)

Meal 4

1 Whole Wheat Tortilla (Calories)
1/2 Cup of Hummus (Calories)
1 handful of Spinach Leaves
3 oz Grilled Chicken
1/2 Cup of Shredded Carrots (Calories)

Meal 5

3 oz Pork Chop
1 Sweet Potatoe
1 Cup of Asparagus (Calories)
1 Cup of Non Fat Milk

Meal 6

1 Cup of Non Fat Milk
1 Cup of Pineapple
1 Grapefruit (Calories)
1 oz of Almonds (Calories)

Workout (Cardio)

Elliptical Trainer

30-40 mins

DAY#6

Diet

Meal 1

- 2 Eggs Whites (Calories)
- 2 Strips of Turkey Bacon (Calories)
- 1 Grapefruit (Calories)

Meal 2

- Meal Replacement Shake (Calories)
- 1 Cup of Frozen Blueberries (Calories)
- 1 tbsp of Ground Flaxseed (Calories)

Meal 3

- 3 Cups of Spinach Leaves
- 2 Strips of Turkey Bacon (Calories)
- 1/2 Cup of Black Beans
- 1/2 Cup of Mushrooms
- 1 Cup of Chopped Carrots
- 1 oz Grilled Chicken
- 1 tsp Balsamic Vinegar (Calories)

Meal 4

- 1 Apple (Calories)
- 1 1/2 tbsp of Peanut Butter (Calories)
- 1 Cup of Non Fat Milk
- 1 Scoop of Protein (Calories)

Meal 5

- 1 Whole Wheat Tortilla (Calories)
- 4 oz Grilled Chicken
- 1 whole Chopped Bell Peppers (Calories)
- 2 tbsp of Guacamole (161 Calories)

Meal 6

- 1 Cup of Yogurt (Calories)
- 1 Cup of Cottage Cheese (Calories)
- 1 Cup of Red Grapes (Calories)
- 1 tbsp of Flaxseed (Calories)

Workout (Rest Day)

Stretch and Yoga

15-30 mins

DAY#7

Diet

Meal 1

- 1/2 Cup of Oat Bran (Calories)
- 1 Cup of Frozen Blueberries (56 Calories)
- 1 tbsp of Flaxseed (Calories)
- 1/2 oz Walnuts (Calories)
- 1 Scoop of Protein (Calories)

Meal 2

- 1 Cup of Yogurt (Calories)
- 2 Hardboiled Egg Whites (Calories)
- 1 tbsp of Dried Cranberries (Calories)
- 1 tbsp of Ground Flaxseed (Calories)

Meal 3

- 2 Slices of Whole Wheat Bread
- 4oz Grilled Chicken (Calories)
- 1 Orange
- Sliced Lettuce
- Sliced Tomato
- 1oz Almonds

Meal 4

- 1 Can of Tuna
- 1 Garlic (Calories)
- 1 Scrambled Egg (Calories)
- 2 tbsp of Mustard (Calories)
- 1/2 Cooked Quinoa (Calories)
- 1 Orange

Meal 5

- 3 Cups of Spinach Leaves
- 2 Strips of Turkey Bacon (Calories)
- 1/2 Cup of Black Beans
- 1/2 Cup of Mushrooms
- 1 Cup of Chopped Carrots
- 1 oz Grilled Chicken
- 1 tsp Balsamic Vinegar (Calories)
- 1 Cup of Green Tea

Meal 6

- 3 Hardboiled Egg Whites (Calories)
- 1 Slice of Canadian Bacon (Calories)

1 oz of Cheese (Calories)
1 Apple
1 Pear

Workout (Cardio)

Bicycling, Stationary

30-40 mins

DAY#8

Diet

Meal 1, 2 and 3

Cottage Cheese, Water, Grilled Chicken (Calories)

Workout (Training)

Pushups

2 Sets of 15 reps

Airbike

3 Sets of 10-12 reps

Stairmaster

3 Sets of 10-12 reps

Freehand Jump Squat

2 Sets of 15 reps

Seated Leg Curl

3 Sets of 10-12 reps

Leg Extensions

3 Sets of 10-12 reps

Seated Calf Raise

3 Sets of 10-12 reps

Running, Treadmill - Moderate

3 Sets of 10-12 reps

Butt Lift (Bridge)

2 Sets of 15 reps

Stiff Leg Barbell Good Morning

3 Sets of 10-12 reps