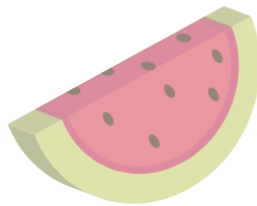


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Nutrition guide!



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This book is not intended as a substitute for the medical advice of physicians. The reader should regularly consult a physician in matters relating to his/her health and particularly with respect to any symptoms that may require diagnosis or medical attention.

The information in this book is meant to supplement, not replace, proper training. Like any sport involving speed, equipment, balance and environmental factors, this sport poses some inherent risk. The authors and publisher advise readers to take full responsibility for

their safety and know their limits. By purchasing this program, you do not hold SOFIT GLOBAL VENTURES LTD and/or its employees liable for any injuries.

Please read this entire guide in detail! Do not DM me your questions, as much as I would love to respond to everyone via my social media, it gets overwhelming. If you have any questions send an email to our support team support@sandraolekefit.com and we will get back to you as immediately as we can.

First things first, this is **not** a DIET. We don't do that around here. You will eat and you will be full. You will not starve yourself and go long hours without food. My job is to help you create a healthy relationship with your food.

My meal guide doesn't tell you to cut out carbs, or cut out specific food groups in order to look a certain way or fit into a dress by X amount of time. Yes of course, for this program you should cut out junk foods as much as you can so that you can get the best results in 4 weeks. Sugar is the number one source of fat gain.

This guide contains super easy, everyday meals that you're familiar with. I personally do not believe in diets because they don't work. Even if they do, they last for a few weeks before you realize that you can't sustain the amount of food you are eating or they are so restricted that you throw in the towel and go back to your old ways. A healthy meal guide helps you lose body fat and improve your body shape.

The major benefits of this eating plan is that you get to eat REAL foods. There is no calorie, macro counting or weighing of food. You may have tried many diets before this or eating plans previously.

However, if you have found you have regained the weight or still feel tired and bloated, then the diet didn't work. You have probably heard me say before "Abs are made in the kitchen" or "You can't out train a bad diet". These quotes don't imply that everyone wants a flat stomach but almost all people think that they can eat LOTS of junk food on a REGULAR basis and undo this by exercising, this doesn't and will never work, sorry. Exercise and activity is essential for a healthy lifestyle and helps us burn calories, shape our body, increase energy and plays an important role in weight loss or weight gain!

This plan is **not** customized to any individual. Whether your goal is fat loss, weight gain or maintenance this plan is suitable for you. The key is to eat according to your goals. This means if you are losing weight, be on a calorie deficit and if your goal is to build muscle (gain healthy weight) be on a surplus.

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*psst! Hey
you,*

**Take your progress photos
before you read further, you'll
be so glad that you did!**

**Submit your photos to
support@sandraokekefit.com**

Nutrition!

NUTRITION is key when it comes to making progress. No matter how hard you train in the gym, you can't out-train a bad diet. That is why it is important that your nutrition is in line with your fitness goals.

This meal guide is aimed at increasing energy and vitality and not leaving you feeling hungry, deprived and craving more food. The majority of us eat a lot of processed, quick-fix foods on a regular basis. When we eat like this we often need a lot of extra additives just to get us through the day. This is not great for our short or long term health and it makes us sick. Eating

lots of processed foods puts major stress on our bodies because we aren't designed to eat them on a regular basis. This means that our body ends up working overtime to clear the toxins we have eaten from it. One of the main aims of this plan is to give your liver a break. Our liver has many roles such as removing toxins from our body, balancing blood sugar levels, breaking down hormones after they have served their purpose and storing nutrients. Therefore, if your liver cannot work properly you will experience many problems, such as weight gain, intolerances to food, tiredness, bad skin etc.

This plan has been designed for OPTIMAL results. Everyone who has followed this plan has had great results. The more you stick to the plan, the better the results. Once you get the results and feel great, look great, you don't want to go back to feeling tired, bloated, overweight, and feeling like you are out of control with your weight and health.

NUTRITION TIPS

1. Drink WATER! Your goal should be to drink around 4-5 16oz water bottles a day.
2. Make sure your breakfast is packed with protein & fiber! Protein & fiber take longer to digest, therefore keeping you full longer.
3. . Cut back on added SUGAR! Read the label on everything & check sugar content. Anything over 15g is too much. The goal is to intake as little sugar as possible. [Fruits are okay in moderation].
6. PREP YOUR MEALS IN ADVANCE! When you fail to plan, you plan to fail. You don't have to meal prep out an entire week. If you get

bored easily, meal prep for only 2 days. Then prep a new set of meals for the next 2 days.

7. EAT GREENS! Greens should be added to every single meal, even breakfast. They're rich in fiber & water. Both of which are great for fat loss!

8. EAT ENOUGH PROTEIN! Protein is the single most important nutrient for fat loss. Muscle is made up of protein, & muscle increases our metabolism, burning more body-fat. If you're having a hard time meeting your number, add protein shakes into your diet to help!

9. Eliminate junk foods, processed foods, fast foods, soda, processed fruit juices, alcohols etc. I cannot over emphasize this point!

Your food options Shopping list! &

The next few parts of this guide contains your FOOD OPTIONS from each food group – Protein, carbs/ grains, Veggies, Condiments, Healthy Fats, Fruits, Nuts and, Beverages. A healthy diet is a balanced diet. Because I have clients all over the world I tried to be very inclusive with the options however it's impossible for me to list every single item in this list so do your research as well, free to add any item not mentioned in the list that is healthy! The key is healthy options.

If you're not sure about any item read the nutritional label on the packs.

This is a simple way to determine how healthy a food actually is. Try to avoid hydrogenated oils, artificial flavors and colors, preservatives, high amounts of fat or sodium, and added sugar. A good rule of thumb is to keep the ingredients in any particular product to five or less. The more

ingredients = the more processed and unnatural it is.

Also, you do not need to purchase every item on this list.

Food Options:

Protein



PROTEIN

Remember to calculate the amount of protein you should eat daily based off your goals.

- Eggs, Egg whites
- Chicken Breast
- Turkey Breast

- Salmon, White fish
- Greek Yogurt (10g protein per 100g)
- Tofu, Tempeh, Meat replacements
- Edamame
- Beans (black beans have 21g of protein in 100g)
- Tuna
- Salmon and any types of fish
- Quinoa

Food Options:



Fruits



FRUITS

Grapes

Granny Smith Apples (Green apples)

unsweetened applesauce

grapefruit

oranges

banana

Papayas

Strawberries

Blueberries

Watermelons

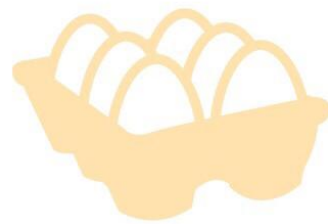
Kiwi

Mangoes

Feel free to add to this list

Food Options:

healthy Fats



ESSENTIAL OILS & FATS (Please note that nuts like cashews and groundnuts are high in fat! You are allowed only a handful of nuts per day. Don't go overboard and eat half a bottle of cashews.)

- Coconut oil, olive oil
- Natural nut butters
- Nuts (almonds, brazil, walnuts etc.)
- Seeds (chia, flax, sunflower etc.)
- Omega 3 supplement
- Avocado
- Cheese
- Dark chocolate
- Salmon and tuna
- Eggs
- Raw Almond butter

Be cautious of purchasing “low fat” items. When fat is removed from foods, they simply add sugar to them to improve taste. I always go for the full fat items- plus, they can keep you full longer.

(TRY TO STAY AWAY FROM VEGETABLE & PALM OILS AS MUCH AS POSSIBLE)

Just because Olive oil is preferable doesn't mean fry your foods in a ton of olive oil!

BEVERAGES

- Coffee (black)
- Green Tea
- WATER IS ESSENTIAL.

Did you know your body weight is approximately 60% water? Water regulates your bodies temperature, every cell, tissue and organ in your body needs water to function.

You should be aiming to drink half a gallon to a gallon of water a day. If you. start every day by drinking a glass of water it'll be easier to drink more water throughout your day.

BREADS, FLOURS & GRAINS

- Ezekiel bread (frozen section)
- Whole grain bread
- Whole grain pasta
- Whole grain wraps
- Whole grain flour

- Gluten free flour
- Quinoa flour
- Coconut flour
- Buckwheat
- Brown rice
- Quinoa
- Spelt

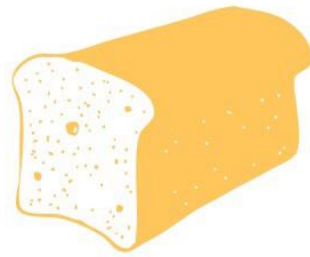
Bread

Bread is included in the plan as having a piece of bread once in a while is fine. People often rely on bread for breakfast lunch and sometimes even dinner. It's so convenient, but not always the best choice. If you can, buy sourdough bread. I believe this is the healthiest bread for you with minimal ingredients and it also tastes great. You can choose another type of bread like wheat, whole grain bread but please be aware of the highly processed shop bought bread!

Before you put anything into your mouth, ask yourself If the calories are really worth it.

Food Options:

Vegetables & Carbs



VEGETABLES

-Buy steam bag vegetables (ex. broccoli, string beans..) this will help you when you don't have time to cook -spring mix, or spinach salad (already washed in a bucket or bag for convenience) iceberg lettuce is not high in nutrition

- Asparagus
- Bell peppers

- Broccoli
- Ugwu (pumpkin leaves)
- Okra
- Garden Egg
- Brussels sprouts
- Butternut squash
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cherry tomatoes
- Corn
- Cucumber
- Eggplant
- Garlic
- Jalapeño peppers
- Kale
- Lettuce
- Mushrooms
- Onions

- Spinach
- Sweet potatoes
- Tomato
- Zucchini

Don't go too crazy in this category when purchasing, as fresh veggies expire rather quickly. Buy 3-4 different veggies weekly

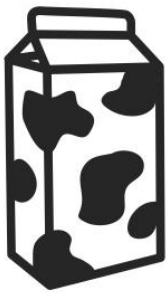
COMPLEX CARBS (Low Glycemic Carbs)

Complex carbs have a lower insulin response and are absorbed slower in the body (keeping you full for longer). These are considered the healthier carbs, as they are usually less processed or not processed at all.

- Vegetables (mentioned above)
- Oats
- Bean/legume/lentil pasta
- Rice (basmati, jasmine, white, brown)
- Quinoa

- Potatoes (sweet potato)
- Cream of wheat or cream of rice
- Plantains (boiled or grilled, not fried!)
- Yam

Food Choice: Dairy & Condiments



SPICES/CONDIMENTS

A common misconception is that eating healthy is boring. While I understand where this idea comes from since I, myself, felt this way in the past, I learned that healthy eating does not have to be boring. One of my goals is to show you how to eat

healthy and delicious meals by using natural spices and flavor enhancers. Below you will find my lists of approved spices and condiments that make great and healthy additions to many meals!

- Black pepper
- Basil
- Cinnamon
- Chili peppers
- Cloves
- Cilantro
- Curry
- Curry leaves
- Cumin
- Fennel
- Garlic
- Ginger
- Lemon
- Lime
- Nutmeg
- Onion
- Oregano
- Paprika
- Parsley
- Peppercorn

- Rosemary
- Sage
- Tarragon
- Turmeric
- Mrs. Dash!
- Thyme

CONDIMENTS

- Apple cider vinegar
- Pico de gallo (salsa)
- Balsamic vinegar
- Raspberry vinaigrette
- Hot sauce
- Vinaigrette
- Hummus
- Vinegar
- Mustard
- Pesto

If you are going to purchase condiments at the store, be sure to read the ingredient labels carefully. Often times, store- bought condiments have really high levels of sodium, sugar, and other unnecessary additives. They often times are what make healthy

dishes become unhealthy! I would recommend to make your own condiments at home.

DAIRY: ** I do not recommend any milks in Satchets

- Almond milk
- Fat free milk

Tips!

**When shopping and Eating
Healthy!**



When grocery shopping, shop the perimeter!

Most whole, natural foods are found on the outside aisles of grocery stores. Avoid going in the center aisles where most of everything is packaged and processed (and made in a factory).

Cook at home!

This is an easy way to start eating more whole foods and save money in the process. Restaurants and fast food rely on highly processed foods to create their meals, and add extreme amounts of salt and butter. Take this one step further and Meal Prep at home! You'll be amazed at how much time and money you can save!

Recognize hunger!

Ask yourself if you are truly hungry or simply substituting food for an emotion, such as stress or sadness. Eating healthy and sensible portions for breakfast, lunch, and dinner will help you recognize when your body needs food as you will be less likely to have blood sugar imbalances throughout the day.

Understand your food labels and make healthier choices

1 Count Calories

- Look at the serving size, the number of servings and the number of calories per serving.

2 Check these for heart health

- Choose foods that are lower in saturated fat and sodium.
- Keep trans fat to 0.

3 Is it nutritionally valuable?

- Select foods that are nutrient dense and a good source of fiber.

Tip...

Consider how added sugars fit your daily budget.

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving

Calories **230**

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 37g **13%**

Dietary Fiber 4g **14%**

Total Sugars 12g

Includes 10g Added Sugars **20%**

Protein 3g

Vitamin D 2mcg **10%**

Calcium 260mg **20%**

Iron 8mg **45%**

Potassium 235mg **6%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

BLOATING

Bloating is an extremely common problem amongst women today.

There are many reasons why you may feel bloated, and they're not just the ones you think: you may be dehydrated, eating the wrong foods, not incorporating enough greens into your diet so your body isn't alkaline, you may be eating your food too quickly, you may be allergic/intolerant to lactose, gluten, fructose, grain, legumes or wheat. It could even be the medication you're taking, bacteria in your gut, an excess consumption of artificial sweeteners and so on.

HOW TO DEFEAT BLOATING

Up your water intake. Keeping yourself hydrated will not only help with bloating but also with fat loss. Add some lemon to your water as this helps push out toxins.

Remove processed, fatty, heavy foods from your diet. Your body struggles to digest these foods.

Eat more cooked green vegetables as you might need more fiber.

Fiber is a key player in helping food move through your body. Greens to eat: spinach, kale, celery, cucumber, green beans, snow peas, peas, sprouts, asparagus, spirulina, watercress and lettuce. If you have trouble getting in the recommended greens, take a vital green supplement!

READ CAREFULLY ON HOW TO FOLLOW YOUR MEAL PLAN

Your meal plan is divided into 1 week you can recycle this food guide and use the shopping list to add more variety to your meals.

“Are we to repeat the same meal each week?”

The purpose of the shopping list above is to give you a variety of options! With the shopping list given there are many selections from under each food category. You can replace food items

daily or weekly so that you don't get bored or feel like you're repeating the same meals every day.


For example, if you get bored of eating rice with chicken, swap it with some pasta and fish instead. Rice is carbs so go under your CARBS section and choose any other carb and so on.

If there is a specific meal you do not like, you are welcome to substitute with a meal from a different day, so long as you're substituting with another meal from the same time of day. Only substitute a lunch with another day's lunch, a breakfast with another day's breakfast, etc. The important thing is that you aim to follow a four to five meal a day structure. Shout muscles need the extra calories to grow!

Below you have a weekly food checklist where you can print and write down the foods you're going to buy each week. Having a checklist before you go shopping helps keep you on track so you don't buy anything off the list!

weekly food checklist

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- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.



MEAL PREPARATION

You are required to meal prep!

With work, holidays, family, school or just life commitments, sticking to a plan isn't always as easy as we would like. Therefore, please think ahead to allow yourself a better chance of making the right choice. This is why it's important to meal prep!

Food shop for each week and cook your meals before the start of each week. This will help you stay on track with your diet and prevent you from unhealthy snacking and unhealthy eating.

KEEP IN MIND THIS MEAL PLAN IS

SUGGESTED. You are not required to eat every single thing listed. It's okay to be too full to snack. Also, **the timing of your meals should be based on your schedule.** Ideally breakfast can be 8-10am. Then a snack in between. Lunch 12-3pm. Another snack. Dinner 6-8pm. Then a light snack before bed.

Missing one meal doesn't set you back however you should make it a habit to eat at least 3

whole meals a day with 2 healthy snacks in between making it 5 meals.

Meal Guide *Rules!*

You all know that your eating habits are very important! In order to burn fat or build those sexy curves, you must eat! YES. Despite popular beliefs that if you want a flat tummy you have to eat once a day- wrong! Healthy eating allows your body to store less fat and actually makes you lose fat. You have to eat healthy. What you put into your body determines what it's going to look on the outside. No amount of cardio and weight training can out-work a bad eating habit.

So I created a few rules to help you get the best out of this program. For this specific one month program **NO CHEAT MEALS ARE ALLOWED!** Don't ask me if you can drink alcohol , No ordering late night pizza, no french fries, no cakes, etc.

Stop whining. It's only for a month and I know you can do it. I've done my best to make sure that this meal guide is easy to follow. No macro counting, no calorie counting, no measuring foods, just you making healthier and **CLEAN** food choices and swapping A for B.

What do I mean by eating clean and having no cheat meals? This means not eating foods that have little to no nutritional value. Here are my challenge nutrition rules:

1. **NO** sweets (no cake, no chocolate, no cookies or biscuits, no candy etc.)
2. **NO** saturated fats (fast foods, KFC, chips, burgers, if it's fried say bye- bye)
3. **NO** Fried foods **PERIOD**

4. **NO** sodas, alcohol or juices (if the juice isn't 100% fruit with no artificial ingredients then throw it away)
5. **ANYTHING** with the ingredient 'High Fructose Corn Syrup' is a big No No!
6. **NO** teas (if it's green tea and coffee it must be taken black, without sugar or any sweetener)

Milo and Bournvita are not tea and not recommended! Stay away from processed/packaged foods. Usually when foods say "no added sugar" they usually add artificial sweeteners as substitutes. Be careful!

**IF ITS NOT IN MY MEAL GUIDE OR
HEALTHY, KEEP IT OUT OF YOUR MOUTH**

Meal Plan



You shouldn't go more than two and a half to three hours without eating, this is why five-six small meals a day is optimal. For example, if your day starts at 8am, this is what your eating schedule would look like:

BREAKFAST 8-9:00am

SNACK 10:30am

LUNCH 1:00pm

SNACK 4:00pm

DINNER 7:00pm

SNACK 9:30pm

You will notice there is a snack right before bed. Most people think "Ha! I thought eating before bed makes you fat?" Lets be clear, this is half true - it depends on ***what*** you're eating.

Of course, if you're eating junk food before bed (which is usually when those nighttime cravings come; like Pringle's, chips, cookies, slices of cake and pizza left overs consistently), that's bad for you. That is how you put on weight. Eating before bed isn't what makes you fat.

The snacks in the meal plan are healthy snacks that are designed to help keep your metabolism running and your body burning fat while you are sleeping. Just because we are sleeping does not mean our bodies stop working! If you are exercising, you need a high-protein, low-carb snack that will keep your body fueled through the night.

You will also notice that most days, you are provided with different **Meal Options** so that you can choose which meals best suits you!

DID YOU KNOW?

When your body is hungry, it can begin to break down muscle tissue for energy. Eating too little is the exact opposite of what you should do if you want to lose or gain weight. If you want to get results, the best thing you can do for yourself is eat a balanced meal every 2-3 hours. Likewise, if you're on a thick journey, you must eat! Your muscles cannot grow, repair and build if you are feeding your body only twice or once a day. *What if i'm not hungry?* If you're only eating twice a day, you need to step up your appetite. Or, eat anyway!

DAY 1

BREAKFAST

Right when you wake up, drink two 8 oz. glasses of water; wait ten minutes, then eat breakfast.

MEAL: Old Fashioned Oatmeal; 30- 40g dry

- Almond Milk; 60g
- Blueberries; 90g (optional. I know it's hard to get blueberries in Nigeria so you can add 1 medium sliced bananas)
- Cinnamon, to taste
- Scrambled Eggs; 2 whites + 2 full eggs
- Pepper, to taste

You can sweeten your oats with all natural honey if you must sweeten.

Drink a glass of water, tea or black coffee.

OPTION 2

- If you're prone to not eating breakfast, still try to have something light before heading out the door.

you can have

- a medium banana and a protein shake!

Breakfast is considered an important meal because it breaks the overnight fasting period, replenishes your supply of glucose and provides other essential nutrients to keep your energy levels up throughout the day.

SNACK MEAL 2

Option 1:

- 4 Boiled Eggs; 2 whites + 2 full eggs
- Whole Wheat Pita Bread; 1 slice
- Hummus; 1 tbsp, spread over bread

Option 2

- Handful of mixed nuts (can be cashews, almonds,) and 2 tbs of unsweetened Greek Yogurt

LUNCH MEAL 3

1 ½ cup of rice and stew, a side of veggies (can be uguwu leaves boiled with carrots and cabbage) any protein of your choice (chicken, fish, beef (boiled NOT FRIED))

Water

- Boiled rice, side of veggies, ½ cup of sautéed shrimps and your choice protein. Glass of water

SNACK MEAL 4

- Protein Shake; 1 scoop choice brand (I use Women's Best)
- 1 Medium Banana

Please note that Whey Protein is completely optional. It is actually quite expensive if you are on a budget. Yes, you can still reach your #Thick goals without the use of any supplements.

DINNER MEAL 5

Option 1

Boiled/baked potatoes or Boiled Yam with vegetable sauce cooked with no oil just water.
Glass of water

Option 2

Steak; 100g

- Whole Wheat Tortillas
- Bell Peppers; 100g
- 1 Lime; squeezed
- Cilantro; 1 tsp, chopped

Sauce

- 3-4 tbsp fresh lemon juice
- 1 tbsp Olive Oil
- 2 cloves Garlic, minced
- 1 tsp Chili Powder
- 1 tsp Cumin
- Pepper, to taste

DAY 2

BREAKFAST MEAL 1

Right when you wake up, drink two 8 oz. glasses of water; wait ten minutes, then eat breakfast.

Option 1

A bowl of oatmeal with 1 banana and veggie scrambled eggs. Drink water

Option 2:

2 scoops choice protein powder

- 2 egg whites
- Oat flour; 75g
- Almond butter; 1tbsp
- Almond milk; 60g
- Topping: strawberries or blueberries; 90g – no syrups

Makes 2 Serving

SNACK MEAL 2

1 Green apple with 1 tablespoon of peanut butter, half a slice of Avocado

- Can also have a handful of nuts with 2 spoons of granola bar and a medium banana

LUNCH MEAL 3

A palm sized portion of pasta (spaghetti, rice) with your choice sauce, a side of boiled/grilled fish, chicken, or salmon

Or you can have a salad bowl

Drink water

DINNER MEAL 4

Option 1

Fist size portion of swallow with your choice soup. (This is a heavy carb meal. Have this before 8pm)

Bottle of water.

Option 2

2 baked chicken breasts (skinless, boneless), with 1/2 cup of cooked quinoa or rice, and broiled or baked broccoli (6-7 pieces)

SNACK MEAL 5

1 green apple with peanut butter or any fruit of your choice with Almonds.

DAY 3:

BREAKFAST

Right when you wake up, drink two 8 oz. glasses of water; wait ten minutes, then eat breakfast.

- Egg whites (or 2 boiled eggs) with sliced avocados, 2 slices of wheat bread and 1 banana.

SNACK

- 1 cup of Greek yogurt, 1 boiled egg, 2 slices of grapefruit or handful of grapes

LUNCH

Palm-sized portion of rice and stew, a side of veggies (can be ugu leaves boiled with carrots and cabbage) any protein of your choice (chicken, fish, beef (boiled NOT FRIED))

Water

DINNER MEAL 4

OPTION 1

- 3 slices of salt-less boiled yam, with assorted vegetable sauce and white skinless fish.

OPTION 2

Ground turkey (1 cup) and kidney bean (1/2 cup) blend cooked with 1/2 cup of salt free tomato sauce, 1 green pepper, 1/2 cup of edamame and mushrooms.

SNACK

Optional protein shake OR 1 apple with 1 tbs peanut butter OR sliced pineapples and watermelon.

DAY 4:

BREAKFAST

OPTION 1

- 3 Slices of wheat bread, a side of egg sauce, with diced pineapples. - 139 calories

OPTION 2

- 3 egg veggie omelette (your choice of veggies, no cheese, no salt), 3 slices of grapefruit, 2 slices of avocado, cup of green tea

LUNCH

1/2 cup of white rice and choice lean protein with a side of vegetables (could be boiled and sauced ugwu leaves)

DINNER

A Bowl of porridge beans, your choice protein with a glass of water.

SNACK

You're free to select a snack option from any other days.

DAY 5:

BREAKFAST

OPTION 1

Scrambled egg whites with 2 slices of bread (preferably wheat),
1 orange or half slices of avocado, and some water

OPTION 2

- Bowl of oatmeal (natural oats) with almond milk, 1/2 cup of blueberries or strawberries and 2 tbs peanut butter

LUNCH

beef, boiled chicken breast or grilled Salmon or fish with palm sized portion of pasta (spaghetti, rice)

DINNER

Sautéed veggies (carrots, cucumbers, broccoli etc) with chicken breast and 1 cup of brown rice.

SNACK

6-7 Sliced pineapple pcs, and a handful of cashew nuts.

OPTION 2

- a bowl of strawberries, blueberries and a tbs spoon of Greek yogurt.

DAY 6:

BREAKFAST

A bowl of oatmeal, or whole grain cereal (like Alpen), scrambled egg whites and 1 medium banana. With a glass of water

LUNCH

Grilled Salmon or chicken breast with a side of boiled and seasoned assorted veggies (corn, green

peas, tomatoes and spinach/ugwu leaves), ½ a cup of brown rice.

DINNER

A few slices of yam or sweet potatoes (boiled, grilled) with veggies and a glass of water

SNACK

OPTION 1

- 1/2 cup of edamame, 1/2 cup of cucumbers

DAY 7

BREAKFAST MEAL 1

OPTION 1

1 slice of whole wheat/grain toast or rye bread with avocado spread (or avocado can be sliced) and scrambled egg on top, add 1/2 cup of blueberries, cup of Greek yogurt to the side

1 cup of green tea, or water

OPTION 2

Protein pancakes (3 flaps)

with 1 medium banana and 2 scrambled spinach eggs.

SNACK MEAL 2

- Greek yogurt parfait (1 cup of Greek yogurt, 1/4 cup of granola, 1/4 cup of blueberries and/or strawberries), 2 slices of grapefruit on side

LUNCH MEAL 3

OPTION 1

(Choose 1 of the 3 options for the day)

- 2 baked chicken thighs (boneless and skinless)

Skinless chicken contains less fat

1 cup of pan cooked spinach, or side kale/ spinach salad, 1/2 sweet potato (mashed or baked)

OPTION 2

- 2 pieces of salmon pan fried or baked, cooked asparagus (4-5 pieces), 1/2 cup of cooked quinoa or long grain rice

OPTION 3

- 1 can of tuna or sardine, ½ boiled white spaghetti, side of mixed and chopped veggies (boiled or steamed). Glass of water

DINNER MEAL 4

OPTION 1

Fist size swallow of your choice (Eba, wheat or semo) with mild oil soup (Okra, Egusi, Vegetable)

I suggest you opt for soups with more veggies

Skinless chicken or fish.

OPTION 2

- Shrimp stirfry-4oz (black beans- 1/2 cup, edamame- 1 cup, chick peas- 1/2 cup, corn- 1/2 cup, cooked in fry pan)

SNACK MEAL 5

(Choose 1 of the 4 options for the day)

- 2 plain rice cakes with 1 tbsp of all-natural peanut butter, 4 slices of grapefruit, 1 cup of Greek yogurt
- 2 boiled eggs, 1/2 cup of almonds, 1 cup of cherries (if you can't get cherries replace this with grapes or kiwi)

****BONUS OPTIONS****

- 1 cup of celery with 1-2 tbsp of all-natural peanut butter, 1/2 cup of cooked chick peas
- 1 cup of mixed veggies (broccoli, carrots, green beans) with 2 tbsp of hummus

Protein shakes + recipes



Let's talk about Supplements! First, here's a little knowledge about protein.

Protein is a vital part of our daily caloric needs and also is the building block of our muscles, kind of like how cells are the building blocks of all living things.

However, proteins come in a limited amount in natural foods. They also come with other nutrients that you may want to avoid like fat and certain minerals. Not to mention the additional calories all these foods pack. It can be both- good and bad, depending on what you are trying to accomplish in your fitness goals.

While working out, we constantly subject stress and force on our muscles, and ultimately the muscle fibers get micro-tears. Which, in turn, gets fused with one another to form a more prominent single tissue, and this is how muscle hypertrophy is achieved.

So, to make the whole muscle building process efficient for professionals, and people looking to just tone up, whey protein shake was

formulated. This way, you get to meet the right amount of protein intake daily to meet your fitness demands without incorporating more muscle-building components without any extra, unnecessary nutrients to worry about.

SUPPLEMENTS

I get a ton of questions about the supplements I use. Let me make something clear because a lot of you think supplements will magically do the work for you and give you fast results, wrong!

You DO NOT need supplements to see results. Supplements are additional aids that are not necessary. Most trainers like myself use supplements to SUPPLEMENT our diet. That's why it's called a supplement.

I don't get enough protein from my daily meals plus there are days where I get really busy and I don't eat a meal til 3pm! Whey protein is a consistent supplement for me because it helps boost my protein intake and serves as a meal replacement. In order for muscle to grow and

repair you need lots of protein. And it doesn't just come from whey.

Also, just because you take supplements doesn't mean you'll get results either. If your training isn't structured or consistent, you won't really see the progress you want.

You still have to eat your regular meals throughout the day and supplement it with essential vitamins & minerals. So, this is what supplements are for they do not do the work for you. They're also an expensive habit. Whey protein is not cheap.

If you are keen on starting your supplement journey however, here are my recommendations for supplements:

Core Supplements

BCAA'S: Branched Chain Amino Acids

- WHY: to aid in the recovery of muscle tissue and to spark the process of protein synthesis.
- WHEN: taken during and/or after workouts.

- WHAT I USE: Women's Best passion mango and watermelon sorbet are my favourite.

Creatine

- WHY: increased workout intensity, helps with muscle recovery, and increased metabolic rate (burn more fat).
- WHEN: whenever I drink my BCAAs I mix creatine with it. Usually this is during a workout.
- WHAT I USE: Women's Best.

Whey Protein Powder

- WHY: to help you get enough protein each day.
- WHEN: any time of day.
- WHAT I USE: Women's Best Fit Whey

Pre-workout

- WHY: as a mental thing to get me energized & hyped for the gym, or for the caffeine.
- WHEN: 15 minutes before i workout (refer to the package).
- WHAT I USE: I just go with fun flavours. I do not have a specific brand. Women's Best,

Pharmafreak are a few that I do like. Visit www.womensbest.com ♥

Homemade protein shakes are a great way to quickly get all sorts of protein as well as fill you up for a meal replacement. I added a recipe for a shake and protein pancakes!

Banana Protein
Shake



Prep Time

2 mins

Cook Time

2 mins

Total Time

4 mins

Categories: You can have this for breakfast or immediately after your workout. It's very easy to make!

Servings: 1 servicing

Calories: 362 kcal

INGREDIENTS

- 1 cup plain unsweetened almond milk
- 1/2 cup plain full fat Greek yogurt
- 1-2 scoops of banana protein powder (you can actually use any flavor you want)
- 1 frozen banana
- 1/8 tsp ground cinnamon (this is optional)
- ice as needed

INSTRUCTIONS

1. Add the unsweetened almond milk, full fat plain greek yogurt, vanilla protein powder,

frozen banana, and ground cinnamon into a blender

2. Blend until smooth.

3. If you find your shake is too thick, you can always add some more almond milk, little by little, to the blender .

Protein Pancake



Prep Time

5 mins

Cook Time

10 mins

Total Time

15 mins

Categories: You can have this for breakfast

Servings: 1 serving

Calories: 79 kcal per serving

DESCRIPTION

These Protein pancakes are super easy with no refined grains or refined sugar. just oats, banana, and eggs!

INGREDIENTS

- 1 cup oats
- 1 banana
- 2 eggs
- 1/2 cup egg whites
- 4 teaspoons baking powder
- a pinch of salt
- a pinch of cinnamon

- 1–2 scoops protein powder
- 2 tablespoons flax meal

INSTRUCTIONS

If you have a blender, you can put all your ingredients into the blender and mix on medium low speed until very well blended. If you don't have a blender, use a medium sized bowl and mix with a whisk.

Next, heat a nonstick griddle or frying pan to medium high heat. Add batter in small circles – about 1/4 cup per pancake. Sprinkle the batter with blueberries or chocolate chips if you want. When the edges start to look dry (2-3 minutes), flip and cook another minute or two on the other side.

Top with anything you like! I like maple syrup, chocolate spread and all natural peanut butter from Womens best!



Women's best has their very own products to make your breakfast a lot easier and healthier! To shop these products, go to www.womensbest.com !

