SOFIT

# Meal Plan/Guide

www.sandraokekefit.com

# DISCLAIMER

This guide has been written by Sandra Okeke, Founder of SOFIT GLOBAL VENTURES LTD. All rights reserved. No part of this publication may be reproduced, stored, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording and/or otherwise without the prior written permission of the author.
This program is not intended for the treatment or prevention of disease, nor as a substitute for medical treatment, nor as an alternative to medical advice. Use of the guidelines herein is at the sole choice and risk of the reader.
This program was not created by medical professionals, so should be viewed and treated as motivational content for educational purposes rather than fact or a list of strict rules. If medical or other expert assistance is required, the services of a competent professional person should be sought. With any physical activity program, you do not hold any members of Sofit Global Ventures Ltd. liable for the interpretation or use of the information. Individuals can participate in these workouts at their own risk. Sofit Global Ventures Ltd. is not liable or responsible for any injuries, claims or causes of action, known or unknown arising from this eBook.

# THE TRUTH ABOUT YOUR FITNESS GOAL

The flat stomach, slim waist and Abs you want, will not be obtainable if your diet is bad! Nutrition accounts for 80% of your overall results. You could literally be training at the gym 5 hours a day, however, if you aren't eating correctly, then you will not obtain your desired results. Whether that's weight loss or weight gain.  This is where we need to commit and be ready to work. Most people think the hard part of fitness is exercise but it's actually your nutrition. That's why Consistency is key! Diligence and determination with respect to diet will get you far!
I've based these plans around the meals that myself  have been eating as of late. This is just a guide to help you. Feel free to find alternatives where necessary.

IF AND ONLY IF you stick to my meal plan, make necessary changes in your diet and stay consistent, will I guarantee you results!

In this meal plan you're given a food shopping list and a 4 Week Meal structure to follow. I'll also give you tips along the way!

Sofit

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 plan** 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. 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 restricting food groups, tasty, healthy and filling meals,, just you making healthier food choices

***This food plan is best for ALL fitness goals. Whether you're trying to lose weight, or gain. The key is your daily calorie intake, Reduce or increase your portion sizes to match your goals.***

# TIPS & TACTICS FOR A HEALTHY DIET

Tips and Tactics

1. Avoid unhealthy snacking in between meals (Chips, cookies, sweets in between meals) . Eat healthier snacks if you need them. You have snack options each week !

2. Do not drink your calories (alcohol, juices, sodas, etc).

3. Your portion sizes matter and are the KEY to losing or gaining weight.

4. Don't starve yourself in the name of weight loss. This strategy is not only unhealthy — it nearly always backfires. If you don't eat enough calories throughout the day, you'll be more likely to overindulge at night. When you focus your efforts all day on skipping  food, you set yourself up for an eating binge later on. And instead of sitting down to a healthy evening meal, you're more likely to reward yourself for being so "good" all day by reaching for a calorie-bomb like a pint of ice cream or piece of cake.

5. Limit saturated fat, added sugar, refined carbs, and processed foods. Foods that coke in packaging essentially or foods you can store like canned foods, sugary drinks, syrups and jams. chocolate and candies. potato chips and pretzels. sauces, dressings and gravies. ice cream and frozen desserts. bakery products like muffins and cakes. fast foods like French fries and burgers are highly processed

# HOW TO FOLLOW YOUR PLAN

Your meal plan is divided into 4 weeks and for each week you are given a breakfast, lunch, dinner plus a snack option. You are required to recycle this food guide by using the shopping list to add variety to your meals overtime. 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,

The purpose of the shopping list  is to provide you swap out options! With the shopping list given there are many selections from under each food category. It is your responsibility to make this food guide work for you. You have over 16 meal options you can swap out items, recycle meals and also prep your meals weekly. What most people don’t realize is that fitness professionals like myself, eat almost the same thing each day. My breakfast meals haven’t changed in over a year. My nutrition routine doesn’t have as much variety and this helps me stay on track with my foods. **MEAL PREP**! Buy plastic, re-usable meal prep containers and distribute and package your meals for the week. This is what i do and helps keep you organized and disciplined.

# GROCERY LIST

The next few parts of this guide contains your FOOD OPTIONS from each macronutrient/ food group. You are NOT required to buy everything on these lists. Choose items that are readily available to you in your area or a close alternative. 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 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.

# PROTEIN

Protein is one of the most important macronutrients, not just for muscle building, but for support, transport of nutrients, repairing cells and body tissues, including the skin, hair, muscle, and bone. Lean Protein is also important for blood clotting, immune system responses, hormones, and enzymes.!
For protein, one serving can be measured as one to two palm-sizes of meat, fish, dairy or plant based source of protein.
Protein is more than just beans, when you go for protein choose HIGH QUALITY protein!

When choosing protein go for LEAN PROTEIN. Lean protein is a source of protein that Is low in saturated fat. Because of this, it's also low in calories, hence it being called 'lean. ' Lean protein is widely recognised as being healthier for our bodies than non-lean protein because it happens to be much lower in saturated fat that can impact our heart health.

Here are some examples of high quality protein to shop for and include in your diet:

✓Chicken breast
✓Lean beef
✓Beans

✓Greek Yogurt (10g protein per 100g)
✓Salmon, Tilapia, Croaker (white fish)
✓Low-fat dairy yogurt
✓Egg Whites
✓Quinoa
✓Shrimp (seafood) and Tuna

✓ Whey Protein Powder (Supplement category)*
✓ Turkey mince
✓ Ground beef

# CARBOHYDRATES

Despite what we've been led to believe, Carbohydrates such as rice is NOT BAD when portion control is implemented. However, it often comes as a surprise to see one true serving size of rice, pasta or bread. It is a lot smaller than one would think. That is why I recommend filling your plate up with protein and vegetables and adding the carb last. The recommended serving size of Carbs is roughly 1/2 a cup!

Here are some examples of good carbs to shop for;

✓ Whole grain oats
✓Rye Bread
✓Ezekiel Bread
✓Beans And Legumes
✓ White, Brown, or Basmati rice
✓Irish, Sweet Potatoes
✓Bulger Whole grain
✓Rice cakes
✓Plantains
✓ Yam

NO WHITE BREAD

# VEGETABLES

A diet rich in vegetables and fruits can lower blood pressure, reduce the risk of heart disease and stroke, prevent some types of cancer, lower risk of eye and digestive problems, and have a positive effect upon blood sugar, which can help keep appetite in check!
Here are some examples of vegetables to shop for all vegetables are welcome to be added to this list!

✓ Carrots
✓Cucumbers.
✓Vegetable leaves.
(Ugu leaves)
✓Spinach
✓Corn
✓Cauliflower
✓Lettuce
✓Okra
✓Onions
✓Tomatoes
✓Asparagus
✓Cauliflower
✓Broccoli

The recommended serving size of Vegetables is roughly the size of your fist!

# HEALTHY FATS

Add a source of healthy fats to your plate! Healthy fats simply means unsaturated fats, and **not** saturated. Dietary fat is not only perfectly OK to consume, but is essential. We need fatty acids for several crucial functions including the absorption of vitamins, production of hormones and cell protection! To apply healthy fats to your meals, Stick out your thumb. Depending on your size, try and incorporate 1-2 thumb sizes of fat into your meal.

Here are some examples of unsaturated fats. These are still high in fat but small amounts of these help give your body energy, protects your organs, supports cell growth, keeps cholesterol and blood pressure under control, and helps your body absorb vital nutrients.

Here are some examples of healthy fats:

✓Extra virgin olive oil (for cooking)
✓Coconut oil
✓Avocados
✓Small sizes of nuts (Peanuts, Almonds, Cashews, Walnuts)
✓Avocado oil for cooking

The recommended serving size of healthy fats is roughly the size of your thumb!

# FRUITS

Fruits are generally healthy so feel free to add your own favorites to this list when shopping! ALL FRUITS ARE WELCOME

✓Apples
✓Oranges,
✓Tangerines
✓Grapes
✓Bananas
Watermelon
✓Mango
✓Pineapple
✓Papaya
✓Kiwis
✓Strawberry, Blueberry

# CONDIMENTS

✓ Black pepper
✓ Salt
✓Garlic powder
✓Cinnamon
✓ Curry powder/ Curry leaves
✓ Thyme
✓Nutmeg + more!

# BEVERAGES

This is an important part! EAT YOUR CALORIES AND DO NOT DRINK THEM. Calories that sneak in through beverages are usually forgotten. This is especially true when we are talking about alcoholic or sugary drinks, including fruit juices and soda. These drinks can be found anywhere, tempting you at gas stations, schools, movie theaters, airports, your workplace, even at the gym. The average person drinks 400 calories on a daily basis!
Our bodies are most efficient when drinking water. Plus, you'll feel much more satisfied and “full” if you eat your calories rather than drink them. “Don’t Drink Your Calories” is an easy and quick mantra to help you make good nutrition choices.

Here are your beverage options for
the duration of this plan

✓Water
✓Black Coffee (no sugar or cream)
✓ Tea (Green tea, no sugar or cream)

In order to make your foods healthier and to avoid extra, unnecessary calories I recommend you invest in the following to better help you prepare your meals;

**AN AIR FRYER:**

The appealing taste of fried foods come at a cost. Research links the oils we use to cook and fry foods lead to health problems like heart disease, type 2 diabetes, and cancer. **Air frying is healthier** than frying in oil. It cuts calories by 70%-80% and has a lot less fat. This cooking method might also cut down on some of the other harmful effects of oil frying. Air fryers create the crispy, chewy foods we love without all the oil. This is what i use to fry yam, plantain, potatoes and chicken!  An Air fryer works by a fan that pushes heated air up to 400 degrees Fahrenheit around the food. It's a bit like a convection oven. The circulating air cooks the outside of foods first, which creates a crispy brown coating and keeps the inside soft, just like deep-fried foods. As the food cooks, a container below the basket catches any grease that drops. use the Teflar Air fryer and yes it is a bit pricey but it's an investment  you should definitely make!

## A FOOD STEAMER:

Steaming is a healthy method of cooking because it adds no fat or calories to your meals. Steam softens the fiber in food so they are easier to digest and process for your stomach. The softer the food. the easier to absorb all the awesome natural health benefits of your ingredients.
When cooking fish and chicken, the steam dissolves the fat, making food lower in calories and more easily digestible.
You can steam your rice,  veggies, potatoes, meats, etc!

I bought my steamer from Amazon using this link!

If you live in Nigeria, click here to purchase a food steamer

Click here to purchase an Air Fryer

*This is not an Ad, these are just my recommendations,
I have no affiliation with these companies*

# MEAL PLAN

# WEEK 1 BREAKFAST

**9 - 11 a m**

1 cup of Oatmeal with 1/2 cup of Almond milk,
serve with 1 medium sliced banana (or any fruit of your choice)

- 3 scrambled eggs
- half avocado, sliced

**DRINK: WATER**

Total calories: 520 cal

# LUNCH

## 1 - 3 p m

1/2 cup of boiled or steamed rice (white, brown, or basmati rice)

served with **oil-free** stir fry shrimp and vegetable sauce and a side of chicken breast grilled or oven baked

**DRINK WATER**

Total Calories: 588 cal

RECIPE FOR SAUCE BELOW!

## INGREDIENTS FOR VEGETABLE SAUCE

- 1 pound medium raw shrimp, peeled and deveined
- 5 cloves garlic, crushed, divided
- 1 tablespoon butter or oil
- 1 teaspoon canola, olive, or coconut oil
- 4 ounces sliced mushrooms
- 2 cups broccoli florets
- 4 carrots peeled and sliced
- 1 red bell pepper, thinly sliced
- hot cooked brown or white rice for serving

Sauce:

- ⅔ cup chicken broth or water
- ⅓ cup good quality soy sauce
- 2 tablespoons honey or brown sugar
- 2 tablespoons rice vinegar or white vinegar
- 2 tablespoons corn starch

## INSTRUCTIONS

1. In a large skillet, heat butter and half of the garlic over medium heat until the butter melts.
2. Add the shrimp and cook until no longer translucent, stirring occasionally (3-5 minutes).
3. Remove shrimp from the pan and set aside. In the same pan that you took the shrimp out of, add the olive oil and turn the heat up to medium high. Add all of your veggies.
4. Put the lid on the pot so that the veggies can cook in their steam, stirring occasionally.
5. While the vegetables cook, in a small bowl add the broth, soy sauce, honey, and vinegar. Gradually whisk in the corn starch so that it doesn't get clumpy. Add the other half of the garlic to the sauce.

## INSTRUCTIONS CONTINUED

6. After the veggies have cooked for about 5 minutes, add the sauce and allow it to simmer with the lid on until the veggies are just tender crisp and the sauce thickens, stirring often. Don't overcook the vegetables.

7. When the veggies are ready, throw in the shrimp and heat through.

**Serve over hot cooked rice.**

# SNACK

Sofit

## 4 - 5 p m

2 rice cakes topped with a peanut butter spread and sliced banana

**DRINK WATER OR A WHEY PROTEIN SHAKE**

Total Calories: 380 cal

# DINNER

## 6 - 8 p m

1 medium Boiled, Grilled or Air Fried potatoes (diced)

served with the same shrimp stir fry vegetable sauce, and your choice protein ie Chicken breast, Lean beef, or Turkey (grilled, or air fried **do not fry in oil**)

**DRINK WATER**

Total Calories: 528 cal

RECIPE FOR POTATOES BELOW

## INGREDIENTS

/ 1.5 pounds potatoes or
2medium sized potatoes ((diced into cubes or
wedge slices)
/ 1/2 teaspoon garlic powder (or granulated garlic)
/ 1/2 teaspoon salt (or more, to taste)
/ 1/4 teaspoon pepper
/ cooking spray or 1 teaspoon of olive oil
/ Thyme or curry leaves (chopped)
Pepper
**PROTEIN** :
/ 1-2 slabs of your protein choice

## INSTRUCTIONS:

Slice your potatoes into bite sized cubes or wedge shaped slices and garnish. Do the same with your chicken breast.
Spray the air fryer cooking basket with the cooking spray or add the one tea spoon of olive oil to the air fryer.
Add your diced potatoes to the basket, and give the potatoes a spray. Add salt, pepper, garlic powder, oregano and basil, and toss to combine and evenly coat the potatoes. Cook at 400 degrees (not preheated) until brown and
crispy, about 20 to 24 minutes.
Toss them half way through with a flipper, and shake the basket once more to ensure even cooking. After the potatoes are done, place your chicken breast in the air fryer as well and let it brown for 10-15 minutes! Serve with sauce

# WEEK 2 BREAKFAST

**9 - 11 a m**

1 medium moi-moi served with a bowl of pap and 2 scrambled  or boiled eggs (eggs are optional)
In your pap only use 1 tps of brown sugar and **no milk**

***This is a Nigerian meal. Here is option #2*

Fluffy protein pancakes with 1 medium banana

*You can top with blueberries and* ***Lakanto Maple Flavored Syrup***

RECIPE FOR THIS MEAL BELOW

**DRINK WATER**

## INGREDIENTS

2 whole eggs
135 g or rolled oats
Canned Goods
30g of 1 scoop of whey protein powder (any brand is fine)
1 tsp Baking powder 1/2 tsp vanilla extract

Oils & Vinegars
2 tbsp Coconut or olive oil
Dairy
1/2 cup of Greek yogurt, plain

## INSTRUCTIONS

Step 1
Place the rolled oats in a blender and blend until powdery.
Step 2
Add in all remaining ingredients and blend until smooth and no pockets of powder remain.
Step 3
Grease a nonstick pan and heat over medium heat.
Step 4
Cook 1/4 cup portions of pancakes for roughly 2 minutes on the first side and 1 minute on the second. Edges of pancakes dry out and pancakes will move around on the pan when shaken when they are ready to flip.
Step 5 serve with all natural maple syrup and fruit of your choice (can be sliced bananas or strawberries, blueberries)

# LUNCH

Sofit

**1 - 3 p m**

1 medium Boiled, plantain (ripe or unripe) **or** yam served with Nigerian green vegetable sauce (sauce of ugwu leaves, fresh tomatoes and pepper) and with protein choice **oil-free**

RECIPE FOR THIS MEAL BELOW

**DRINK WATER**

## INGREDIENTS

6 Scotch Bonnet
1 Large Onion (optionAl)
2  Bell Peppers
Ugu (Fluted Pumpkin) Vegetable
1 tablespoon Curry
1 tablespoon Thyme
Salt to taste
1 cup crayfish (optional)
Fish, beef or shrimps
Seasoning according to preference

## INSTRUCTIONS

· Cook your beef or fish
• Blend 1 cup of fresh tomatoes with your pepper until we'll cooked! **Do not use tin tomatoes**
• Add half a cup of water  to a non-stick pan and allow it to boil
• Add curry, thyme, salt and seasoning cube according to your taste and add the blended tomatoes and pepper
• Next add some chopped onions, until the onion is translucent. Add your fish or beef into the sauce

• Wash and drain Ugu vegetable then add to the sauce and stir for about 10 minutes until we'll cooked.

Take it off the heat. Serve with boiled plantain, or Yam!

# SNACK

Sofit

**4 - 5 p m**

Fruit bowl with 1 tablespoon of Unsweetened non-fat Greek Yogurt, and 1 cup (a palm size) of nuts.
*recommended brand of Greek yogurt is Chobani*

nuts can be groundnut, cashew, almonds, pecans or walnuts

Total Calories: 220 cal

select 4-5 of your favorite fruits, cut into cubes and mix together

**DRINK WATER**

# DINNER

## 6 - 8 p m

Tuna and broccoli pasta served with grilled chicken breast (or your choice protein i.e salmon, fish, etc)

*tuna brand recommended:*
*Princes*
get the one In Brine or Sunflower oil

**DRINK WATER**

# WEEK 3 BREAKFAST

## BREAKFAST

2 whole grain toast bread
served with an avocado spread, 3 eggs scrambled and fruit

If you don't like avocados you can use all natural peanut butter or no spread at all

**DRINK OPTIONS**

- **Whey Protein**
- **Water**
- **Black Coffee**
- **Homemade Fruit or greens Smoothie**

# LUNCH

## 1 - 3 p m

Garlic prawn spaghetti with salmon (or any protein of your choice like white fish, Chicken breast, Lean beef, Turkey or Tuna)

RECIPE FOR THIS MEAL BELOW

***Lunch option 2:***

Boil 1/2 cup of white pasta or rice serve it with a side of steamed broccoli, Chicken breast and 1 serving spoon of oil-free Nigerian red stew

**DRINK WATER**

## INGREDIENTS FOR GARLIC PRAWN SPAGHETTI

200g (7 oz) spaghetti or your choice pasta (can be macaroni)
1 tbsp vegetable oil
400g (14 oz) peeled and deveined prawns
4 garlic cloves, finely chopped
½ tsp chilli flakes
3 tbsp soy sauce
2 tbsp oyster sauce

## INSTRUCTIONS

To make the spring onion & ginger sauce, use a mortar and pestle to pound the spring onion, ginger and salt to a rough paste. Transfer to a heat-proof bowl. Place the olive oil and in a small saucepan over medium-high heat. Heat until a wooden spoon dipped into the oil forms small little bubbles. Now pour the hot oil over the spring onion mixture. Stir to combine. Set aside for later.

Cook the spaghettini in a large pot of boiling salted water until just al dente. Reserve 1 cup of the pasta cooking water in case you need to thin out the pasta sauce later.

While the pasta is cooking, heat the 1 tablespoon of olive oil in a large frying pan over medium heat. Add the garlic, prawns and chilli flakes. Cook for 2-3 minutes or until the prawns are pink and opaque. Pour over the soy sauce and oyster sauce. Simmer for a couple of minutes then turn the heat off until the pasta is ready. Drain the pasta and add into the pan with the prawns. Turn the heat back to high and toss the pasta in the sauce for 2-3 minutes or until the sauce is thick and glossy (if it looks too thick for your liking, thin out with a little pasta water). Spoon over the spring onion & ginger sauce and toss. Divide among plates and serve.

# SNACK

**4 - 5 p m**

2 medium apples, sliced and coated with a tablespoon of All natural peanut butter !

# DINNER

## 6 - 8 p m

Fist size portion of swallow and soup of your choice
**this is a high calorie meal, eat this once a week or once every other week**

DINNER OPTION 2

Salmon and Avocado Rice bowl

## INGREDIENTS

- 1 salmon fillet
- white rice (or sushi rice)
- toasted sesame oil
- salt & pepper
- eggs (learn how to make perfect soft boiled eggs at high altitude here)
- soy sauce
- honey

## INSTRUCTIONS

- Cook the rice in a rice cooker according to the manufacturers instructions (or on the stove top according to the instructions on the package*).
- Heat the oven to 425 degrees Fahrenheit. While the oven heats up, place the salmon, skin side down, on a parchment-lined baking sheet. Drizzle with 2 teaspoons of the sesame oil and season to taste with salt and pepper. Transfer to the oven and cook 9-12 minutes or until the fish is opaque but flakes easily. (Check out the video for a great method to test doneness!)
- While the salmon cooks, bring a pot of water to a boil. Add the eggs gently and cook for 7 minutes. Transfer to an ice bath until cool enough to handle. Peel the eggs and cut them in half.
- Whisk together the soy sauce, remaining 1/2 teaspoon sesame oil, and honey in a small bowl. Set aside.
- Divide the rice among 4 bowls and top each with salmon, eggs, and avocado**.

# WEEK 4 BREAKFAST

grab & go

## 9 - 11 a m

1 or 2 medium bananas
3 scrambled eggs
Oatmeal or a protein shake or a protein bar

# LUNCH

## 1 - 3 p m

1 cup of Beans (can be white, black beans or porridge beans) served with 1/2 cup of steamed white rice and your choice lean protein

Calories in this meal 420 cal

*Heres a Lunch option 2;*

SHRIMP AVOCADO QUINOA BOWL

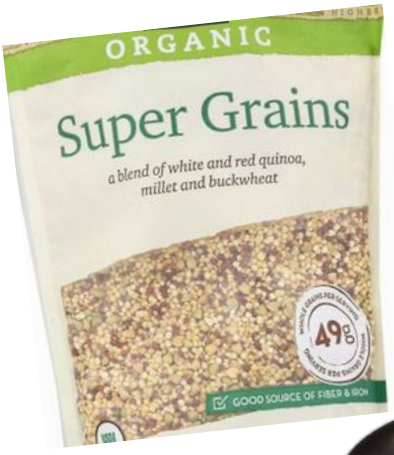
Calories in this meal 520kcal

RECIPE FOR THIS MEAL BELOW

A Healthy quinoa, avocado, and blackened Cajun shrimp bowls are loaded with flavor and texture. They make a light and fresh lunch or dinner!

## INGREDIENTS

- 1 avocado pitted and sliced
- 2 cups chopped romaine lettuce or your favorite greens
- 1/2 cup tomato diced
- 1/4 cup onion diced (optional)
- Lime for dressing
- For the quinoa
- 1/2 cup uncooked quinoa any variety white or golden, red, or black
- 1 cup water
- 1/4 teaspoon salt
- For the Shrimp
- 1/2 pound shrimp shelled and deveined
- 1 tablespoon olive oil
- 1 teaspoon paprika
- 1 clove garlic crushed (or 1/2 teaspoon garlic powder)
- 1/4 teaspoon EACH salt, onion powder, thyme, oregano, black pepper, cayenne pepper



## INSTRUCTIONS

- To cook quinoa: Start by boiling water for the quinoa. Bring 1 cup of water to boil in a large saucepan. Rinse quinoa under cold water and drain well. Stir in salt and quinoa. Lower heat and cook, covered, for 15 minutes. Turn off heat and let rest, covered, for 5 minutes.
- To Cook the shrimp: While the quinoa is cooking, In a medium bowl, combine the shrimp, garlic, oil, and spices. Heat a large heavy-duty non-stick pan over medium-high heat for 2 minutes. Once the pan is hot, coat the pan with a light drizzle of oil (if using a non-stick pan) and cook the shrimp in batches for 2 minutes per side or until charred and cooked through. Do not over-crowd the pan.

Divide lettuce (or greens) into two large serving bowls. Top each bowl with half the quinoa, shrimp, avocado, tomato, and onion. Drizzle with lime

# SNACK

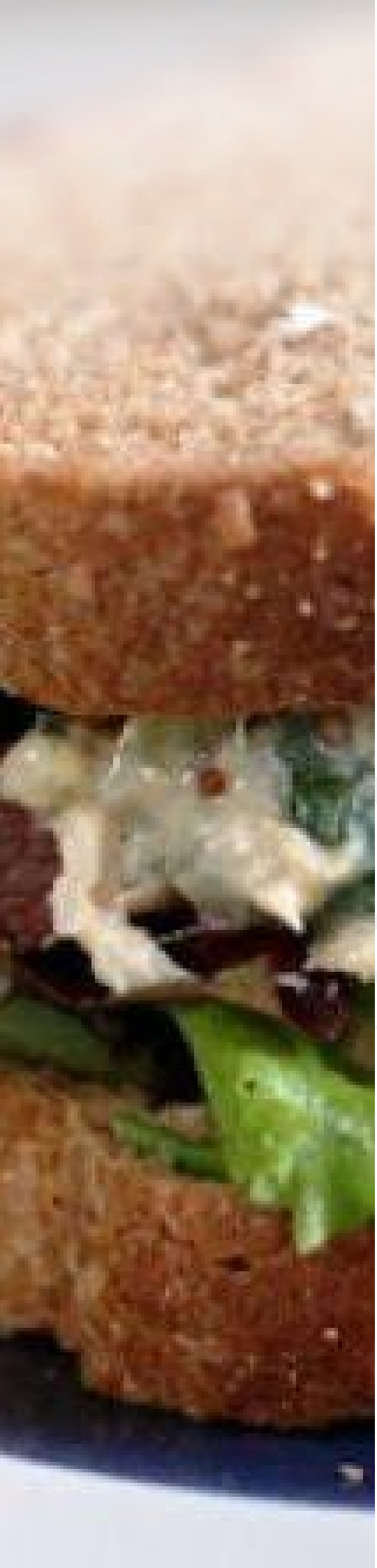
**4 - 5 p m**

Apple, Tuna and egg sandwich
use whole grain or wheat bread- 2 slices and 2 plain eggs.

optional: Lettuce

Calories in this meal 522 cal

Try this recipe! Trust me on this one. You'll thank me tomorrow. And the next day. And the next. And pretty much for the rest of your life.



**INGREDIENTS**

- 1/2 cup diced red onion
- 1/2 cup diced apple
- 1/2 cup grapes, halved
- 1/4 cup dried cranberries
- 1/4 cup slivered almonds
- 1/2 cup plain Greek yogurt
- 1 tablespoon freshly squeezed lemon juice, or more, to taste
- 1/2 teaspoon garlic powder
- Kosher salt and freshly ground black pepper
- 8 slices bread
- 4 leaves Boston bibb lettuce

**INSTRUCTIONS**:

- In a large bowl, combine chicken, red onion, apple, grapes, dried cranberries, sliced almonds, Greek yogurt, lemon juice, garlic powder, salt and pepper, to taste.
- Serve sandwiches on bread

# DINNER

## 6 - 8 p m

Air fried plantain with 1/2 cup (fist size) portion of jollof or fried rice, 1 cup broccoli  and chicken breast

Make a healthy version of fried plantains in the air fryer! Just 3 ingredients in Air Fryer Plantains for a great snack or appetizer!

Calories in this meal  533 cal

# DINNER OPTION 2

## ROASTED SALMON WITH SHRIMP AND RICE

This is option 2. I recommend everyone try this recipe!
The salmon is very simply prepared— with a rub of olive oil, lemon slices, and a sprinkling of fresh herbs and salt and pepper. S

RECIPE FOR THIS MEAL BELOW

Calories in this meal 420 cal

## INGREDIENTS

- 
- 1 salmon fillet , any size
- 1-2 tablespoons of olive oil
- 1 lemon , sliced
- 1 tablespoon fresh herbs , see Notes
- Salt and pepper to taste

## INSTRUCTIONS :

- Cook the rice in a rice cooker (or on the stove top)
- Heat the oven to 425 degrees Fahrenheit. While the oven heats up, place the salmon, skin side down, on a parchment-lined baking sheet. Drizzle with 2 teaspoons of the sesame oil and season to taste with salt and pepper. Transfer to the oven and cook 9-12 minutes or until the fish is opaque but flakes easily.
- While the salmon cooks, bring a pot of water to a boil. Add the eggs gently and cook for 7 minutes. Transfer to an ice bath until cool enough to handle. Peel the eggs and cut them in half.
- Whisk together the soy sauce, remaining 1/2 teaspoon sesame oil, and honey in a small bowl. Set aside.
- Divide the rice among 4 bowls and top each with salmon, eggs, and avocado**.

I created this meal plan to give you a healthy diet to follow in order to see lasting results. This meal plan should help you understand what types of meals are great to include in your diet and also give insight into what I eat everyday. These meals are all easy to make, healthy, well balanced, and are designed to help you shed unwanted fat while building lean muscle mass. 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 while enjoying wholesome foods. The major benefits of this eating plan is that you get to eat REAL foods.

I hope you enjoy these meals as much as i do!

SOfit

xoxo

# RECOMMENDED *Supplements*

Ditetary supplements, as they are often called,  can help you get adequate amounts of essential nutrients if you don't eat a nutritious variety of foods. These are natural products that can improve overall health and help manage some health conditions and help your body recover faster from exercise!  However, supplements do not take the place of actual foods that are important in a healthy diet. Supplements are NOT required to achieve one's fitness goals but they do help you along the way! Here are the supplements i recommend with the 'When, Why and How's".

| SUPPLEMENT | WHY, WHEN, HOW |
|---|---|
| **Whey protein Powder** | **Easily digestible, instant source of protein. Essential for recovery and refueling post work out. It helps to return the body back from a catabolic to an anabolic state. Taking protein supplement can help combat what most exercise physiologists call DOMS – delayed-onset muscle soreness, which is characterized by muscle tenderness and well as a loss of strength and motion post workout. Any supplement shop and chemist will stock. Ask the server which brand is right for you and take as suggested.** |
| | **I use USN and HAPPY WAY currently** |
| **Pre Workout** | **Stimulant to help with energy and performance. Only recommended if coffee isn't enough of a boost. Any supplement shop and chemist will stock. I use Applied Nutrition and C4** |

| SUPPLEMENT cont. | WHEN, WHY AND HOW. |
| --- | --- |
| **L- Glutamine** | L Glutamine is an essential amino acid to the body . It promotes digestive and gut health, brain function, muscle growth and athletic performance. The most beneficial use for glutamine is that it helps with muscle recovery! Any supplement shop, chemist or natural health practitioner will have. Ask the server which brand is right for you and take as suggested, but especially post work out and pre bed. |
| **BCAA's** | Stops muscle break down and loss, stops muscle soreness, enhances protein synthesis , supports hormone balance during intense sessions, improves endurance and lessens fatigue Any supplement shop and chemist will stock. Ask the server which brand is right for you and take as suggested, i use HAPPYWAY |
| **Fish Oil** | The Omegas and DHA found in fish oils benefits our skin, nails , hair, joints and most importantly, our brains! Any supplement shop, chemist or natural health practitioner will have Ask the server which brand is right for you and take as suggested. |

# CHEAT MEALS

WE ALL LOVE TO INDULGE EVERY ONCE IN A WHILE. CHEAT MEALS ARE A ONE-OFF INDULGENCE, ONCE A WEEK. WHEN FOLLOWING A HEALTHY LIFESTYLE MANY PEOPLE TEND TO STRUGGLE WITH CRAVINGS AND TEMPTATIONS FOR FAVOURITE FOODS AND DRINKS.

If your body is getting the recommended nutrients from the food you need, you should not feel the urge to 'cheat'. However, this is a lifestyle, so I would suggest making a healthy alternative to your favourite treat and have this as your 'cheat' meal or allowing yourself a meal every 1–2 weeks, which you enjoy. We do not recommend a 'cheat day'.
I personally would recommend staying clear of refined and processed sugars if possible — you will achieve the results you want much sooner. Refer to the table below to help control your cravings.

HAVING A CHEAT MEAL EVERY 1–2 WEEKS IS A GOOD WAY TO SATISFY THOSE CRAVINGS AND KEEP YOUR SANITY.

Never splurge and have a cheat day though! The best time to have your favorite cheat meal, clean treat or dessert is straight after a big workout. Why? Because your glycogen levels have been depleted so those simple sugars and unhealthy calories are more likely to refuel your muscles and replenish your glycogen stores than be stored as fats. Keep yourself accountable, it is one meal and is only recommended if your diet has been 100% on point leading up to this meal.

| CRAVING | WHAT YOU NEED | WHAT TO EAT INSTEAD |
|---|---|---|
| Chocolate | Magnesium | Nuts, Seeds, Vegetables and Fruits |
| Sugary Foods | Chromium | Broccoli, Grapes, Cheese and Chicken |
| | Carbon | Fresh Fruits |
| | Phosphorus | Chicken, Beef, Fatty Fish, Eggs, Dairy, Nuts, Veggies + Grains |
| | Sulphur | Cranberries, Horseradish, Cabbage and Cauliflower |
| | Tryptophan | Cheese, Raisins, Sweet Potatoes and Spinach |
| Bread, Pasta and Other Carbs | Nitrogen | High-Protein Foods, Meat, Fatty Fish, Nuts, Beans, Chai Seeds and Vegetables |
| Oily Foods | Calcium | Organic Milk, Cheese and Green Leafy Vegetables |
| Salty Foods | Chloride | Fatty Fish and Goat's Milk |
| | Silicon | Cashews and Nut Seeds |

# ALCOHOL

DO NOT DRINK THROUGH OUT THIS PLAN. IT'S ONLY 4 Weeks; YOU CAN DO IT!!!
HOWEVER, I UNDERSTAND THAT AFTER THIS CHALLENGE YOU MAY BE IN SITUATIONS WHERE YOU WANT TO BE SOCIAL AND HAVE A DRINK OR TWO. BELOW IS A LITTLE INFORMATION ABOUT DRINKING AND THE BEST WAYS TO GO ABOUT IT SHOULD YOU CHOOSE TO DRINK

.

Alcohol is one of the main causes of weight gain. Alcohol contains 7 calories per gram, which is nearly double that of protein or carbohydrates! Not only is alcohol calorie-dense, but it usually goes hand in hand with sugary soft drinks and bad food. Many people forget that you can drink as many calories as you eat. Alcohol also has a negative effect on your liver which is responsible for breaking down the foods you eat. This will result in the slowing of your metabolism and weight gain.
For example, a shot of vodka contains roughly 96 calories. A can of energy drink can contains up to 112 calories. If you were to have a double-shot vodka in a "tall" glass, you would be looking at an estimated 304 calories per drink!
If you were to have 5 of these drinks on a night out, you would be consuming about **1520** calories! That is almost a full day's worth of (bad) calories!

Excessive alcohol consumption puts you at an increased risk for Type-2 diabetes, elevated blood lipids, hypertension and cardiovascular disease. Drinking too much, on a single occasion or over time can take a serious toll on your health.
Alcohol also stimulates food intake and can increase feelings of hunger. Having your judgment impaired and stimulating your appetite is a recipe for failure if you are trying to follow any nutrition guidelines.

## Tips when consuming alcohol

Have one non-alcoholic drink in between each alcoholic drink
• Select light versions whenever possible. ("Light" means fewer calories, but these products are not calorie- or alcohol-free, so you will still need to limit your intake.)
• Always have food in your stomach before you have a drink
• Choose a drink without a mixer filled with sugar. For example, vodka, fresh lime and soda
• Have water to quench your thirst while you drink alcoholic beverages

Sofit

Questions?