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|------------------------------------|--|--|---|--|--|--------------------|--|---|---|---|--|-----------|
| | AM Exercise | 9 AM Meal | 9 AM Meal | 12 Noon Meal | 12 Noon Meal | Exercise(Optional) | 3PM Meal | 3PM Meal | 6 PM Meal | 6 PM Meal | 9 PM Exercise | |
| Sunday | Back & Triceps 700 cal. + 30 min Sit up Class. | 4 Scrambled eggs (2 Whites), Peppers & Broccoli |  | Prêt Salad - Chicken, Parma Ham, Peppers, Olives, tomatoes, pesto & salad. |  | | 3 prawns, chicken (no skin), green beans |  | Veal, broccoli, Gem Squash, Courgette |  | 45 mins - punch bag Sparring - 650 cal. | Sunday |
| Monday | 45 Mins - Shoulders & legs 45 mins 656 cal. | 2Eggs +1 Egg White Scramble, Salmon, broccoli & Spinach. |  | Nandos 1/4 Chicken & Salad. |  | | Biochem Lactose free Protein Shake (20g) |  | Beef Stroganoff & Stir fried broccoli, peppers, Spinach etc... |  | 45 mins - punch bag Sparring - 551 cal. | Monday |
| Tuesday | 45 mins - punch bag Sparring - 501 cal. | Omelette, Prawns & Broccoli |  | Salmon, Prawns, Vegetable (broc, Peppers, Asparagus) |  | | Smoked Salmon, Omelette, lettuce |  | Chicken, Vegetables, Sprouts, peppers & Salad, Avocado. |  | No Exercise - really lethargic. | Tuesday |
| Wednesday | Very lethargic - 201 cal. Chest & biceps. | Mackerel, Stir fry beans, mushrooms, broccoli, peppers, carrots, Asparagus |  | Prêt Salad - Chicken, Parma Ham, Peppers, olives, tomatoes, pesto & salad. |  | | Pret - prawn Salad & Avocado |  | Chicken (skinless), mangetout, Asparagus, peppers, carrots |  | No Exercise - really lethargic. | Wednesday |
| Thursday | 20 Mins cardio, 30 mins weights, legs. 600 cal. | Mackerel, misc. Sprouts, peppers, mushrooms, courgette. |  | Pain Quotidien - chicken, mixed salad, pesto, cucumber, Pine nuts |  | | Biochem Lactose-free Protein Shake (20g), Omelette, Mushroom, peppers & pulses |  | Chicken, beans, lettuce, Thick sauce (Pine nuts, feta, peppers, garlic) |  | Out - No opportunity - energy up & down. | Thursday |
| Friday | 20 Mins cardio, 30 mins weights, lats & triceps. | Scrambled eggs, courgette, chicken, peppers & carrot. |  | Tuna, prawns, brocoli, carrot, peppers, mixed veg. |  | | Whey Protein Powder |  | Brezola ham, steak, carrots, cauliflower, salad. |  | No Exercise - really lethargic. | Friday |
| Saturday | 9 Holes golf (Dukes Meadows). | Scrambled eggs (3), Peppers, sprouts & beans. |  | Chicken, spinach, courgette, lemon sauce |  | | Pret - Prawns & Avo. |  | Chicken, beans, lettuce, Thick sauce (Pine nuts, feta, peppers, garlic) |  | No Exercise - really lethargic. | Saturday |
| Sunday | Weak | 2 Whey Protein Shakes |  | Steak & spinach. |  | | Pret - prawn Salad & Avocado |  | Salmon, Vegetables, Sprouts, peppers & Salad, Avocado. |  | | Sunday |
| Monday | (Weight 98.2 kg) | 3 Egg Omelette, brocoli, carrot,spinach. |  | Macherel salad, peppers, letuce, parsley, avocado. |  | | beans, Fried Pork, Raw tuna, honey glazed ribs. |  | 4 beers |  | No Exercise - really lethargic. | Monday |
| Tuesday | Weak | 2 slices bacon, 2 fried eggs, 1 tomato |  | Whey Protein Shakes |  | | Prêt Salad - Chicken, Parma Ham, Peppers, olives, tomatoes, pesto & salad |  | Chicken leg, beans, mixed vegetable (cabage, peppers, carrot, brocoli). |  | No Exercise - really lethargic. | Tuesday |
| Wednesday | Chest & Arms 30 mins Cardio 650 cal. (weight 99.9kg) | 3 Eggs, chicken, parman ham, lettuce, pesto, peppers. |  | Chicken, Avo, 2 eggs, letuce, bacon salad & creamy sauce (Soya coffee). |  | | Salad, apple, cheese, sauce. |  | Beef & beans |  | | Wednesday |
| Thursday | Appointments | Porridge, soya milk, no sugar |  | beef stew, green beans |  | | 2 Yoyo sushi chicken, lettuce, carrot. |  | Whey Protein Powder |  | | Thursday |
| Friday | | Spinach omelette |  | Nandos chicken, mushy peas, mixed salad. |  | | Whey Protein Powder |  | Minced meet, carrots, green beans. |  | | Friday |
| Saturday | 48 hrs - off diet! | Poridge, soya milk, dried apricots, banana, soya milk, honey |  | Chicken, Avo, 2 eggs, letuce, bacon salad & creamy sauce (Soya coffee). |  | 48 hrs - off diet! | Chicken, asparagus, courgette, mushrooms |  | 4 Pints of beer, 4 vodka tonics (and a hangover) |  | | Saturday |
| Sunday | 48 hrs - off diet! | Poridge, soya milk, dried apricots, banana, soya milk, honey |  | Steak & spinach |  | 48 hrs - off diet! | Homemade apple pie, 6 cookies |  | 3 glasses of red wine |  | | Sunday |