

The background features a teal-to-white watercolor gradient. The top portion is a solid teal color, which transitions into a white area with soft, painterly teal washes. The text 'SOUL' is centered in the white area, with 'food' written in a dark teal script font across the middle of the letters.

SOUL

food

HOSTED BY GRIGORIA KRITSOTELIS

A NOTE FROM GEE

What an incredible vessel we have been given. Every single cell in your body works solely on keeping YOU alive. Imagine that for a moment... There's approximately 35 TRILLION cells in your body who only focus on you! That is their Divine Purpose. And we chose this particular vessel long before we embarked on this physical journey, and we knew that it was the perfect fit for our souls. And it's important that we keep our sacred space full of beautiful harmonic energy. It's a rebellious act of self-love to nurture your vessel. But that's why you're here... To honour it the way it deserves to be honoured - inside and out!





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SHREDDED FITNESS ACADEMY

MEAL PLAN

FOUR WEEK PLANT-BASED PLAN

WELCOME TO YOUR FOUR WEEK MEAL PLAN

CONGRATULATIONS!!

We are thrilled that you have committed to make a giant leap towards your health and fitness goals.

Team Shredded Fitness Academy (SFA) will be here to support you the whole time.

This guide will give you 4 weeks worth of plant-based vegan meals. This guide is a guide ONLY, Eirini (from Shredded Fitness Academy) is qualified to offer meal plans but is not a qualified nutritionist. She has spent years studying plant-based food, eating plans and meals, and has produced a plan that would be suitable for most people.

When reading through this plan please take into consideration your own intolerances, allergies and preferences. Grigoria Kritsotelis and/or Shredded Fitness Academy disclaims all responsibility and liability for any damages or potential dangers you may experience as a result of following this plan and the recipes in it. Please only undertake activities and consume food that you deem safe and comfortable.

This meal plan is designed to NOURISH your body using plant-based sources, and does not promise any other health results such as weight loss, weight gain, etc. These may occur as a result of following the plan, but are not promised.

Please use this plan as a guide and feel free to change/alter the plan if you desire.

Disclaimer The eating plan is designed to cleanse your body and feed it nutrient rich plant-based foods. This is just a guide. If the calorie intake is too little or too much, listen to your body and adjust accordingly.

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EAT. EAT. EAT.

What we are going to do is make it as easy as possible to eat delicious nutritious food that fills you up and satisfies you WHILE making it as easy as possible for your body to digest the food and use the nutrient rich ingredients to fuel your body.

In the **EATING PLAN** I have provided you with a variety of breakfast, lunch, dinner and snack options for you to try (over a period of 4 weeks). The day before you start, plan out your meals for the week and go supermarket shopping and prepare what you can in advance (this saves a lot of time and keeps you accountable). I have provided you with a shopping list also to make this as easy as possible for you.

Your meals should include: breakfast, snack 1, lunch, snack 2, dinner and snack 3 (optional).

Your liquid intake should include: 2L of water daily PLUS additional water intake while working out. Feel free to add a herbal tea (not caffeinated), kombucha and lemon/ACV/mint water if desired.

Feel free to use the same ingredients and make a different meal to suit your taste.

Please note that all recipes and the entire meal plan is PLANT-BASED. This is the only diet we recommend for truly cleansing your body. Food is medicine and all plants provide the means to nourish you in a sustainable way.



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MEAL IDEAS

BREAKFAST IDEAS

Overnight Oats: oats, almond milk, maple syrup, chia seeds, banana, berries, vanilla, cinnamon (alternatively, replace the berries and banana with apple and walnuts OR grated carrots and sultanas)

Warm Oats/Porridge

Toast with smashed avocado and tomatoes

Smoothie: banana, spinach, berries, dates, chia seeds, hemp seeds, almond milk

Tofu scramble: extra firm tofu, tumeric, salt, mushrooms, spinach, asparagus, tomatoes

LUNCH/DINNER IDEAS

Naked burrito bowl: black bean chilli (recipe on another page), corn, quinoa/brown rice, avocado, lettuce, salsa, jalapenos

Loaded sweet potato: baked sweet potato (or potato if you prefer), spinach, chickpea sauce (tinned chickpeas, pasatta, chilli powder, spinach, parsley, basil, kale - cook on stove), hummus, avocado, peas, corn, pineapple (if desired), beetroot

Buddha Bowls: any variety of grains, veg, fat source and protein (image attached)

Hummusphere Burger: grilled mushroom, tabbouleh, hummus, grilled peppers, healthy bun

Creamy pasta: brown rice/lentil/chickpea pasta, pasatta, mushrooms, zucchini, spinach, cashew sauce (raw cashews blended with vege stock). (Feel free to add vegan sausages if desired, "Vegie Delights" brand is great)

Lentil & Veg Soup: (Fakes), but add a lot more veggies; carrots, celery, onions, potatoes, kale, silverbeet, parsnips, split lentils (or brown lentils), vege stock, crushed tomatoes (if desired), herbs & spices

Quinoa Salad: quinoa, cucumbers, tomatoes, carrots, zucchini, capsicum, mushrooms, spinach, corn, peas, dress with lime/lemon juice

Falafel salad bowl: falafels, tabbouleh, cucumbers, tomatoes, hummus

Black bean pasta: black bean spaghetti, pasatta, spinach, mushrooms, zucchini (feel free to choose your favourite vegetables), parsley, basil, enjoy with a side salad (lettuce, cucumbers, tomato and avocado)

Curry with rice (recipe attached)

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LUNCH/DINNER IDEAS CONT.

Veggie stirfry: rice/brown rice/cauliflower rice, peas, corn, carrots, spinach, kale, capsicum, tamari/soy sauce, tofu

Chickpea "tuna" sandwich: bread, desired salad (lettuce, tomatoes, cucumber, avocado), chickpea tuna (tinned chickpeas smashed with hummus added)

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MEAL PLANNER

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WEEK ONE

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WEEK ONE

	BREAKFAST	LUNCH	DINNER	SNACKS
MONDAY	Cooked Oats with Berries	Quinoa Salad	Chickpea Curry	Bliss Ball Veggies & Hummus
TUESDAY	Cooked Oats with Berries	Quinoa Salad	Chickpea Curry	Bliss Ball Veggies & Hummus
WEDNESDAY	Overnight Banana Oats	Falafels with Tabbouleh Salad	Black Bean Pasta with Sauce	Rice Cakes & AB Green Smoothie
THURSDAY	Overnight Banana Oats	Falafels with Tabbouleh Salad	Black Bean Pasta with Sauce	Rice Cakes & AB Orange & Strawberries
FRIDAY	Smoothie Bowl	Lentil & Vegetable Soup	Buddha Bowl	Plain popcorn with salt Bliss Ball
SATURDAY	Smoothie Bowl	Lentil & Vegetable Soup	Buddha Bowl	Plain popcorn with salt Berries
SUNDAY	Tofu Scramble with Grilled Tomatoes	Lentil & Vegetable Soup	Hummusphere Burger	Banana Icecream Herbal Tea

COOKED OATS WITH BERRIES

INGREDIENTS:

1/4 cup Quick Oats
1/2 cup (or more) Boiled Water
1/4 cup Unsweetened Almond Milk (only if desired)
1 Tbsp Flax Meal
1/2 tsp cinnamon
2 Tbsp Maple Syrup
1 Tbsp Powdered Peanut Butter
1/4 cup fresh or frozen Berries

Add boiled water to oats. Let sit for 2 minutes. In a separate bowl add powdered peanut butter and maple syrup. Stir to combine. To oats add flax meal and cinnamon. Stir to combine. Here add milk if desired. Add peanut butter and washed berries to top.

OVERNIGHT BANANA OATS

INGREDIENTS:

1/4 cup Quick Oats
2 Tbsp Chia Seeds
1 tsp Vanilla Paste*
2 Tbsp Maple Syrup
1/2 tsp Cinnamon .
1/4 cup Unsweetened Almond Milk
Water to cover Oats
1 chopped Banana
2 Tbsp Natural Peanut Butter
Maple to drizzle

* Can substitute for Vanilla Essence/Extract or Vanilla Bean Seeds

Combine oats, chia, cinnamon and vanilla. Stir to combine. Add milk, water, maple, and stir to combine. Make sure oats are completely covered in liquid (as they will expand overnight). Add chopped banana and peanut butter. Stir loosely (don't over stir). Cover. Place in fridge to set overnight. Ready to consume in the morning. Choose to add a drizzle of maple syrup if desired.

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SMOOTHIE BOWL

INGREDIENTS:

2-3 Frozen Bananas
1 Tbsp Vegan Protein Powder
1 tsp Cacao Powder
1 cup Spinach OR 1/4 tsp Super Greens Powder
1 Tbsp Cacao Nibs
1 Tbsp Activated Buckinis (Buckwheat)
1/4 cup berries
1 Tbsp Powdered Peanut Butter
2 Tbsp Pure Maple Syrup

Add frozen bananas, protein powder, cacao powder, spinach/greens powder and a splash of water into a high speed blender. Blend until combined. If blender is struggling, stop and give it a stir around, add more water if desired (note this will give it a thinner consistency). Once smooth, add to a bowl. In a separate bowl, combine powdered peanut butter and maple, stir to combine. Top smoothie bowl with peanut butter, cacao nibs, buckinis and berries (feel free to alter these toppings to suit your preferences).

*This recipe can also be made into a smoothie (just omit the toppings and only add 1-2 frozen bananas, you can also add frozen berries if you prefer a berry flavour).

TOFU SCRAMBLE

INGREDIENTS:

250g Firm Tofu
1/4 tsp Cayenne Pepper
1/2 tsp Garlic Powder
1/2 tsp Turmeric Powder
1/2 tsp Salt
1/2 tsp Pepper
2 Tbsp Nutritional Yeast
1 Chopped Tomato
1/2 cup Spinach
1/4 cup Chopped Mushrooms
1/4 Avocado
Lime Juice

Press firm tofu to reduce water. To a hot pan add crumbled tofu (if desired add small amount of olive oil/coconut oil, I just add a splash of water if necessary). Cook for 1 minute. Add cayenne, garlic powder, turmeric, salt, pepper, nutritional yeast. Stir to combine. Add tomatoes and mushrooms. Stir until cooked. Add spinach until wilted. Serve with avocado and a splash of lime juice. Feel free to add a piece of toast, rice cakes or a bed of rice.

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QUINOA SALAD

INGREDIENTS: Serves 2

1 cup Cooked Quinoa
1/2 cup Peas and Corn
1/2 cup 4 Bean Mix (canned)
Handful Spinach
1/2 cup Baked Pumpkin
1/2 cup Raw Carrots
1/2 cup Cucumber
1/2 cup Tomatoes
1 Tbsp Pepitas
1 Tbsp Sesame Seeds

DRESSING

Juice of half a Lemon . 1 Tbsp Tahini . 1/4 tsp Himalayan Pink Salt

Cook quinoa on the stove (follow packet instructions: 1 part quinoa, 2 parts water, bring to boil, then reduce to low heat until all water has been absorbed). Bake pumpkin in the oven - season with any herbs and spices you desire. Combine cooked quinoa, peas, corn, carrots, cucumber, tomatoes, beans and spinach - stir with a spoon. Once combined add baked pumpkin on top, along with pepitas and half the sesame seeds. To make the dressing, mix tahini, lemon juice and salt until combined, if necessary add water to thin out the dressing. Then add the remaining sesame seeds to the dressing. Add desired amount of dressing to each serve of salad. Enjoy!

*Highly recommend adding a spoonful of hummus to your salad also - you'll thank me later!

FALAFELS & TABBOULEH SALAD

INGREDIENTS:

3-5 Falafels (if making them yourself, use this recipe [here](#))
1 cup Flat Leaf Parsley
1/2 cup Cooked Quinoa
1 Chopped Tomato
1 Chopped Cucumber
1/2 Chopped Red Onion (if desired)
2 Tbsp Vinegar/Lemon Juice
2 Tbsp Hummus

If making homemade falafels, start with the directions included in the link above. If using store bought falafels, use a sandwich press/oven to warm them up. Combine your cooked quinoa, tomato, cucumber and onions (if desired). Add vinegar or lemon juice as dressing. Serve warm falafels on a bed of salad with a serve of hummus.

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LENTIL & VEGETABLE SOUP

INGREDIENTS: Serves 4

1 cup Red Lentils
1 Chopped Onion
3 Cloves of Garlic
2 Chopped Carrots
3 Chopped Stalks of Celery
2 Chopped Potatoes
3 cups Chopped Kale
2 cups Chopped Silver Beet
1 cup Chopped Broccoli
2 cups Vegetable Stock
1 Jar Passata Sauce
Handfull of Chopped Parsley & Basil
Salt & Pepper

Saute onions in large saucepan. Saute with splash of water. Once golden, add onion. Saute for 1 minute. Add all chopped veges (except kale and silver beet)(feel free to add additional veggies if desired - utilise what's in your fridge). Add 1/2 cup of water, cover lid and let steam for 10 minutes. Add lentils and stir to combine. Now add vegetable stock, passata sauce and an additional 3 cups of water. Reduce heat slightly, cover lid and let simmer for 30 minutes. After 15 minutes, add kale and silver beet. Stir occasionally. Add herbs and spices. Stir. Check to see all vegetables are tender. If necessary, cook for an additional 10 minutes, otherwise turn off heat.

CHICKPEA CURRY

INGREDIENTS: Serves 4

2 heaped tsp Red Curry Paste (highly recommend brand "Chef Na's")
1 Tbsp Coconut Oil
1 can Coconut Milk/Cream
1 can cooked Chickpeas
500g chopped Butternut Pumpkin
1 cup Chopped Pak Choi
1 cup String Beans
1 cup Baby Corn

Fry Curry Paste with Coconut Oil in a Large Pan. Add coconut milk/cream and 1 cup of water. Bring to the boil. Add all vegetables, stir, cook until tender. Add chickpeas, cook for a further 5 minutes. Serve on a bed of brown basmati rice or quinoa.

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BLACK BEAN SPAGHETTI WITH SAUCE

INGREDIENTS:

50g-75g (raw) Black Bean Spaghetti
1 can Chopped Tomatoes
1/2 jar Passata Sauce
1 cup Chopped Mushrooms
1 cup Spinach
1 large Chopped Zucchini
Lime Juice

Add the black bean spaghetti to a pot of boiling water (cook as instructed). In a separate pan add mushrooms and zucchini. Saute until cooked (no need to add oil). Add can of tomatoes and passata sauce. Let simmer for a 5-10 minutes. Add spinach and desired herbs/spices (I recommend basil, parsley and oregano). Add cooked spaghetti to sauce and top with lime/lemon juice.

HUMMUSPHERE BURGER

INGREDIENTS:

1 large Portobello Mushroom
1 serve Tabbouleh (use recipe from earlier)
2 Tbsp Hummus
2 Roasted Peppers (from a jar is fine)
1 seeded Bun (no white bread)

Grill mushroom in a sandwich press, on a pan or in the oven (oil free). Add hummus to your cut bun, add peppers and tabbouleh. Add your grilled mushroom and enjoy!

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BUDDHA BOWLS

CHOOSE 1 BASE:

Brown rice
Quinoa
Lettuce mix
Black rice

CHOOSE 1 DIP:

Hummus
Sweet Potato Dip
Avocado (Guacamole)

CHOOSE 3 Veg:

Peas
Corn
Mushrooms
Tomatoes
Cucumber
Red Cabbage
Eggplant
Sweet Potato
Sauerkraut
Kale
Broccoli
Zucchini
Pumpkin
Spinach
Cauliflower
Carrot
Beetroot
Capsicum

CHOOSE 1 FRUIT:

Rockmelon
Watermelon
Strawberries
Kiwi
Pear
Apple
Orange



CHOOSE 1 DRESSING:

Tahini & lemon
Lemon & lime
Olive oil & balsamic

CHOOSE 1 PROTEIN:

Lentils
Chickpeas
Beans
Black beans
Edamame
Falafel
Spiced chickpeas
Tofu
Tempeh

CHOOSE 1 CRUNCH:

Walnuts
Almonds
Peanuts
Cashews
Sunflower seeds
Peitas
Linseeds
Sesame seeds

SNACKS

Bliss balls: In a food processor blend together 11 Medjool dates (soak in hot water if too hard), 1 Tbsp cacao powder, 1/4 c almonds, 1/4 c cashews, 1/4 c walnuts, 1/4 c desiccated coconut, water if necessary. Roll into balls and cover in coconut. Refrigerate for at least 4 hours.

Veggies & Hummus: Cut up cucumber, carrots, celery and capsicum (if desired) into sticks and serve with 2 Tbsp Hummus.

Rice Cakes with any Nut or Seed Butter: Have 3 rice or corn thins and serve with 1-2 Tbsp of any nut or seed butter (sugar and oil free kind). (Almond, peanut, cashew, hazelnut, tahini)

Green smoothie: Blend 1/2 c kale, 1/2 c spinach, 1/2 c frozen mango, 1/2 c frozen pineapple, 1 c almond milk (and water if desired). Top with coconut flakes and hemp seeds.

Plain popcorn with salt: Use a popcorn maker (or a pan on the stove) to pop 1/4 c of popcorn kernels. Add Himalayan pink salt and enjoy.

Banana Icecream: In a high speed blender blend 2-3 frozen bananas, 1 tsp cacao powder, 1 Tbsp peanut butter/powdered peanut butter, 1 Tbsp vegan protein powder and a splash of water. Top with cacao nibs, activated buckinis (buckwheat) (or chia seeds) and fruit (if desired). (I also add powdered peanut butter mixed with pure maple syrup).

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WEEK TWO

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WEEK TWO

	BREAKFAST	LUNCH	DINNER	SNACKS
MONDAY	Veggie Wrap	Burrito Bowl	Chickpea Soup	Berries Rice Cakes & Avocado
TUESDAY	Veggie Wrap	Burrito Bowl	Chickpea Soup	Goji Ball Rice Cakes & Avocado
WEDNESDAY	Smoothie	Noodle & Veg Stirfry	Loaded Salad	Berries & PB Veggies & Hummus
THURSDAY	Smoothie	Noodle & Veg Stirfry	Loaded Salad	Goji Ball Veggies & Hummus
FRIDAY	Chia Pudding	Grilled Veggie Salad	Creamy Pasta	Berries Plain popcorn with salt
SATURDAY	Chia Pudding	Grilled Veggie Salad	Creamy Pasta	Plain popcorn with salt Goji Ball
SUNDAY	Avocado Toast with Grilled Veggies	Creamy Pasta	Loaded Salad	Banana Icecream Herbal Tea

VEGGIE WRAP

INGREDIENTS: Serves 2
2-4 Wraps (use GF wraps if desired)
1 cup Spinach/Lettuce Mix
1 Zucchini
1 small Eggplant
2 large Portobello Mushrooms
2 pieces Roasted Capsicum (Peppers)
1/2 cup Olives
2-4 Tbsp Hummus
1 Avocado

Slice Zucchini and Eggplants long ways. Use a sandwich press to grill them (if you don't have one use a pan or the oven) (you don't need oil). Do the same to the sliced mushrooms. Place your wraps on a plate and add hummus and some avocado to each wrap. Add lettuce mix/spinach, top with your grilled veggies and olives. Wrap and enjoy!

CHIA PUDDING

INGREDIENTS: Serves 1-2
1/4 cup Chia Seeds
1 cup Unsweetened Almond Milk
1 tsp Vanilla Paste (can sub for any vanilla type)
1 tsp Cinnamon
2 Tbsp Pure Maple Syrup
1 mashed Banana
1/4 cup fresh/frozen Berries

Pour Almond Milk into a bowl. Add the chia seeds to the milk and stir. Add maple syrup, cinnamon and vanilla and stir until all combined. Allow to set in fridge for at least 5 hours (best overnight). Add additional milk if necessary before serving, as well as mashed banana and berries.

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BURRITO BOWL

INGREDIENTS: Serves 4

Black Bean Chilli (recipe below)
4 serves of Brown Basmati Rice or Quinoa
2 cups Frozen Corn Kernels
2 Avocados
2 cups Iceberg Lettuce
1 cup chopped Tomatoes
1 cup chopped Cucumbers
1/4 cup Jalapenos
1 cup Salsa (pre-buy or make your own using diced tomatoes and herbs and spices)

Cook rice or quinoa (follow instructions on packet), but generally, you add double the amount of water of the grain. Make black bean chilli (recipe below). Smash avocado and add guacamole spice mix and lime juice. Add boiled water to corn and leave for 5 mins before draining. In a bowl serve rice/quinoa, black bean chilli, corn, shredded lettuce, tomatoes, cucumber, and smashed avocado (guacamole). Dress with salsa, jalapenos and lime juice.

BLACK BEAN CHILLI

INGREDIENTS: Serves 4

1 Onion
3 cloves Garlic
1 large Green capsicum
2 cups diced Mushrooms
2 cans Diced Tomatoes
140g Tomato Paste
1 can Black Beans
1 can Four Bean Mix
1 tsp chilli powder
1 tsp mild paprika
1 tsp turmeric
1/4 tsp cayenne pepper
salt & pepper

Saute onions, followed by all other veg. Add diced tomatoes and tomato paste. Let simmer. Add spices. Let simmer for 5 mins. Add beans. Add desired herbs (recommended: parsley, oregano). Let cook on low for 20 mins.

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NOODLE & VEG STIRFRY

INGREDIENTS: Serves 4

1 Block Firm Tofu
1 cup Spinach
1 cup Chopped Zucchini
1 cup Chopped Pak Choi
1 cup Chopped Broccoli
1 cup Chopped Carrots
1 cup Chopped Mushrooms
1 cup Snow Peas
4 serves Rice Noodles
1 cup Cooked Edamame
2 Tbsp Vegan Soy Sauce (or Tamari for GF option)
1 tsp Chilli Powder
1 tsp Turmeric
Salt & Pepper
Lemon/Lime Juice

Grill Firm Tofu in a sandwich press or in a non-stick pan. In a wok add all veggies (except for spinach) and edamame and cook for 5-7 mins (or adjust for desired crunch). Add tofu, soy sauce and spices. In a separate bowl, add boiled water to rice noodles and sit for 5 mins to soften. Add spinach and noodles to wok. Stir through and serve with lemon/lime juice and sesame seeds (if desired)

GRILLED VEG SALAD

INGREDIENTS: Serves 2

1 Zucchini
1 small Eggplant
4 cups Lettuce Mix
1/2 cup Olives
2 pieces Roasted Capsicum (Peppers)
2 large Portobello Mushrooms
Lemon Juice

Slice Zucchini and Eggplants long ways. Use a sandwich press to grill them (if you don't have one use a pan or the oven) (you don't need oil). Do the same to the mushrooms, you don't need to slice them - you can grill them whole. To a bowl add the mixed lettuce, the grilled zucchini, eggplant and mushrooms. Add the pre-roasted capsicum/peppers, olives and lemon juice. Toss and enjoy!

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CHICKPEA SOUP (MY GRANDMA'S SECRET RECIPE)

INGREDIENTS: Serves 4

2 cups Dried Chickpeas
1 Onion
2 Carrots
2 stalks Celery
1 large Potato
1 Tbsp Olive Oil (you can omit if desired)
700mL Passata Sauce
Salt & Pepper

(The night before) Wash dried chickpeas. Throw that water away. Cover the chickpeas with fresh water. Boil chickpeas just until water starts to boil for 5 minutes. Leave in that water overnight. The next day, warm it up and then roll chickpeas in hands to remove some of the skin. Add to a pot, chickpeas, new water, chopped onion, chopped carrots, chopped celery, chopped potato and oil. Leave it to cook for 15 minutes. Add passata sauce, salt, pepper and any desired herbs. Leave to cook until everything is cooked properly.

CREAMY PASTA

INGREDIENTS: Serves 4

4 serves Brown Rice Pasta/Lentil Pasta/Chickpea Pasta
700ml-1L Passata
140g Tomato Paste
1 Diced Onion
2 cups Diced Mushrooms
2 Diced Zucchini
2 cups Spinach
Handful of parsley, basil and dried oregano (if desired)

Cashew Sauce:

1 cup Raw Cashews
2 cups Vegetable Stock

Saute onion with a splash of veg stock until golden. Add mushrooms and zucchini. Cook for 3-5 minutes. Add passata and tomato paste. Let simmer for 10 minutes. Add spinach and herbs. Let simmer for 3-5 minutes. Separately boil water and cook pasta (as directed on packet). In a blender add cashews and veg stock, blend. Add creamy cashew sauce to tomato sauce and stir. Simmer for 3 minutes. Add cooked pasta and stir altogether.

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LOADED SALAD

Start with a large base of mixed lettuce/greens

Add any 5 of the following:

Peas
Corn
Mushrooms
Tomatoes
Cucumber
Red Cabbage
Eggplant
Sweet Potato
Sauerkraut
Kale
Broccoli
Zucchini
Pumpkin
Spinach
Carrot
Beetroot
Capsicum
Onion
Avocado

Add any 1 of the following:

Lentils
Chickpeas
Beans
Mixed Beans
Edamame

Add any 1 of the following:

Walnuts
Almonds
Peanuts
Cashews
Sunflower seeds
Pistachios
Linseeds
Sesame seeds
Chia Seeds

Add any 1 of the following:

Goji Berries
Cranberries
Strawberries
Blueberries
Blackberries
Raspberries
Orange
Apple

Add a small amount of grains if desired:

Quinoa
Brown Basmati Rice
Cous Cous
Barley
Freekeh

Add desired dressing:

Tahini & lemon
Lemon & lime
Olive oil & balsamic
Avocado, Parsley & Lemon

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GOJI BALLS (RECIPE FROM "THE RAW KITCHEN")

INGREDIENTS: Serves 8

1 cup Raw Almonds

1 cup Goji Berries

1.5 cups Pitted Medjool Dates

1/4 cup Cacao Nibs

1/2 cup Hemp Seeds

Hemp seeds and goji berries for rolling

To a high speed blender or food processor add almonds and goji berries, blend until a rough meal forms. Transfer to a bowl. Now add the dates and cacao nibs to a processor/blender and blend until a sticky dough forms. Add dough to almond mixture, along with hemp seeds and use a wooden spoon (or your hands) to combine. If it's not sticking together add a few tablespoons of water. Roll mixture into balls, then roll into hemp seed, goji berry mixture. Refrigerate for at least 3 hours. Serve chilled.

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SIMPLE DISHES

Avocado Toast: Two slices of desired bread. Add smashed avocado (and lemon/lime juice), sliced tomato, salt, pepper and hemp seeds.

Rice cakes with avocado: Two-3 rice/corn thins with smashed avocado and lemon/lime juice.

Berries with nut/seed butter: Cut up 1-2 cups of berries (strawberries/raspberries /blueberries/blackberries) and dip into 1-2 Tbsp of any nut or seed butter.

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WEEK THREE

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WEEK THREE

	BREAKFAST	LUNCH	DINNER	SNACKS
MONDAY	Cooked Oats with Berries	Loaded Sweet Potato	Loaded Salad	Cookie Dough Ball Veggies & Hummus
TUESDAY	Cooked Oats with Berries	Loaded Sweet Potato	Loaded Salad	Cookie Dough Ball Veggies & Hummus
WEDNESDAY	Veggie Stirfry	Chickpea "Tuna" Lettuce Wraps	Veggie Broth Soup	Berries Rice Cakes & Avocado
THURSDAY	Veggie Stirfry	Chickpea "Tuna" Lettuce Wraps	Veggie Broth Soup	Berries Rice Cakes & Avocado
FRIDAY	Overnight Banana Oats	Zoodles with Lentil Bolognese	Buddha Bowl	Fruit Roasted Chickpeas
SATURDAY	Overnight Banana Oats	Zoodles with Lentil Bolognese	Buddha Bowl	Fruit Roasted Chickpeas
SUNDAY	Smoothie Bowl	Zoodles with Lentil Bolognese	Wrap Pizza	Cookie Dough Balls Plain popcorn with salt

VEGGIE STIRFRY

INGREDIENTS: Serves 2

1 Block Firm Tofu
1 cup Spinach
1 cup Kale
500g Cauliflower Rice (you can have grain rice if you prefer)
1 cup Chopped Carrots
1 cup Peas & Corn
1 large Capsicum (aka Pepper)
2 Tbsp Vegan Soy Sauce (or Tamari for GF option)
1 tsp Chilli Powder
1 tsp Turmeric
Salt & Pepper
Lemon/Lime Juice

Grill Firm Tofu in a sandwich press or in a non-stick pan. In a wok add all veggies (except for spinach and cauliflower rice) and cook for 5-7 mins (or adjust for desired crunch). Add tofu, cauliflower rice soy sauce and spices. Add spinach. Stir through and serve with lemon/lime juice and sesame seeds (if desired).

LOADED SWEET POTATO

INGREDIENTS: Serves 2

2 Large Sweet Potatoes
2 Tbsp Hummus
1 Avocado
1 cup Peas & Corn
1 cup Spinach
1/2 cup Diced Pineapple
1 can Chickpeas
2 cups Passata Sauce
Handful of fresh Parsley & Basil
1 Tbsp Oregano
1 tsp Chilli Powder

Cut sweet potatoes in half long ways. Wrap in foil, place on a tray and bake in the oven for 45 mins on 200 degrees Celcius (400 F). In a saucepan add passata sauce and chickpeas, let simmer for 5 mins. Add herbs and spices and let simmer for a further 10 mins. Once potato baked, add your desired toppings. My suggestions are above; chickpea sauce followed by spinach, peas, corn, avocado, hummus and pineapple.

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CHICKPEA TUNA LETTUCE WRAPS

INGREDIENTS: Serves 2

- 1 can Chickpeas
- 1 cup Hummus
- 10 Iceberg Lettuce Leaves
- 1 Diced Tomato
- 1 Diced Cucumber
- 1 Diced Avocado
- Lime Juice

Wash chickpeas then in a bowl, mash them with a fork. You want them mostly mashed, but a few whole chickpeas are fine. Add hummus and mix together. This becomes your chickpea tuna. In a washed lettuce leaf, add chickpea tuna, some tomato, cucumber and avocado. Dress with lime juice and enjoy!

ZOODLES WITH LENTIL BOLOGNESE

INGREDIENTS: Serves 4

- 4 cups Zoodles (spiralised Zucchini)
- 1 Onion
- 2 stalks Celery
- 1 large Carrot
- 3 cloves Garlic
- 700mL-1L Passata Sauce
- 1 can Diced Tomatoes
- 1 can Lentils
- 2 tsp Dried Thyme

Spiralise zucchini if not pre-bought. Saute onions using a splash of water in a non-stick pan. After 5 mins add carrot, celery and garlic. Saute for 5 mins. Stir in passata, tomatoes and 1/2 cup of water. Bring to the boil. Add lentils, thyme and salt and pepper. Cook for a further 15 mins or until slightly thickened. Add zoodles to boiling water for 3 minutes. Drain and serve zoodles with lentil bolognese. If desired add avocado, nutritional yeast, lime juice or basil.

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VEGGIE BROTH SOUP

INGREDIENTS: Serves 4

3 stalks of Celery

2 Large Carrots

1 Onion

1 cup Chard (aka Silver Beet)

1L Vegetable Stock

2L Water

Salt & Pepper

(Any additional herbs and spices that you desire)

Finely chop onions and saute using a splash of vege stock until golden. Add finely chopped celery and carrots. Saute for 5 minutes. Add vegetable stock and water. Simmer for 15 minutes. Add chard, herbs and spices. Let simmer for a further 5-10 minutes. Ready to serve!

WRAP PIZZA

INGREDIENTS: Serves 1

1-2 Wraps (Use gluten free if desired)

Pasta/Pizza Sauce

Sprinkle of Oregano

1 clove Garlic

4 Mushrooms

1/2 cup Spinach

1/4 cup Diced Pineapple

1/4 cup Olives

Preheat the oven to about 180 Degrees Celcius. Line a baking tray and place your wrap(s) on it. Cover in pizza/pasta sauce (I dilute mine with a little water so it's more runny). Add minced garlic, chopped mushrooms, pineapple and chopped olives. Add your spinach and your oregano. Please note, that you can add as many or as few toppings as you desire. Change the recipe to suit your own taste. If you would like a "cheesy" flavour, blend 1/2 cup of raw pre-soaked cashews with 1/2 cup spinach, 1/2 cup nutritional yeast, 1/2 Tbsp salt, the juice of 1 lemon and 2 Tbsp water in a high speed blender. Place chunks of the "cheese" on the pizza. Cook in the oven for 15 mins (or until desired crispiness).

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COOKIE DOUGH BALLS

INGREDIENTS: Serves 8

2 cups Almond Meal

1/2 cup Coconut Flour

1 tsp Vanilla

1/2 cup Dairy Free Chocolate Chips (use Cacao Nibs for a sugar free alternative)

1/2 cup Nut Butter (I recommend Peanut Butter)

2 Tbsp Melted Coconut Oil

3 Tbsp Sweetener (Maple Syrup/Agave/Rice Malt Syrup)

1/4 tsp Salt

Combine all dry ingredients (except choc chips). Combine all wet ingredients in a separate bowl. Add wet to dry. Mix together, add chocolate chips. Roll into small balls. Cover and place in the refrigerator for at least 3 hours. Keep refrigerated (as it contains coconut oil and will melt in room temperature).

ROASTED CHICKPEAS

INGREDIENTS: Serves 2-4

1 can Chickpeas

1 tsp Mild Paprika

1 tsp Garlic Powder

1 tsp Onion Powder

1/2 tsp Chilli Powder

1 tsp salt

Drizzle of Olive Oil

Preheat the oven to about 180 Degrees Celcius. In a bowl add rinsed chickpeas (make sure you have dried them with a paper towel first) and all spices and olive oil. Mix until all chickpeas coated. Add chickpeas to a lined baking tray and bake for 45 minutes (check every 15 minutes and especially towards the end). Half way through, take out and add another drizzle of oil and mix around a little.

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WEEK FOUR

SOUL food

WEEK FOUR

	BREAKFAST	LUNCH	DINNER	SNACKS
MONDAY	Smoothie	Falafels with Tabbouleh Salad	Lentil Soup	Almonds Berries & PB
TUESDAY	Smoothie	Falafels with Tabbouleh Salad	Lentil Soup	Cashews Veggies & Hummus
WEDNESDAY	Tofu Scramble	Minestrone	Loaded Salad	Bliss Ball Berries & PB
THURSDAY	Tofu Scramble	Minestrone	Loaded Salad	Bliss Ball Veggies & Hummus
FRIDAY	Cooked Oats with Berries	Chickpea Curry	Buddha Bowl	Berries/Fruit Rice Cakes & Avocado
SATURDAY	Cooked Oats with Berries	Chickpea Curry	Buddha Bowl	Plain popcorn with salt Bliss Ball
SUNDAY	Pancakes	Chickpea Curry	Hummusphere Burger with Baked Chips	Caramel Slice Herbal Tea

LENTIL SOUP (MY GRANDMA'S SECRET RECIPE)

INGREDIENTS: Serves 4

2 cups Dried Lentils
1 Onion
2 Carrots
2 stalks Celery
1 large Potato
1 Tbsp Olive Oil (you can omit if desired)
700mL Passata Sauce
Salt & Pepper

Wash dried lentils. Throw that water away. Cover the lentils with fresh water. Boil lentils just until water starts to boil for 5 minutes. Add to lentils, chopped onion, chopped carrots, chopped celery, chopped potato and oil. Leave it to cook for 15 minutes. Add passata sauce, salt, pepper and any desired herbs. Leave to cook until everything is cooked properly.

MINISTRONE

INGREDIENTS: Serves 4

2 chopped Carrots
2 stalks chopped Celery
1 chopped Potato
2 cloves chopped Garlic
1L Vegetable Stock
400g (1 can) Diced Tomatoes
400g (1 can) Red Kidney Beans (or sub with bean of choice)
1 cup shell pasta (use rice/lentil/chickpea pasta)
1/2 cup chopped flat leaf parsley

To a pan add carrots, celery, potato and garlic. Saute for 5 minutes. Add veg stock, beans and diced tomatoes, cover and bring to the boil. Reduce heat and let simmer for 30 minutes (or until vegetables are tender). Increase heat and add pasta (follow packet instructions for amount of time to cook). Stir occasionally. Once cooked, add parsley and serve.

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BAKED CHIPS

INGREDIENTS: Serves 1

- 2 large Potatoes
- 1 Tbsp Olive Oil
- 1/2 tsp Garlic Powder
- 1/2 tsp Salt

Slice Potatoes into sticks. In a bowl add potatoes, olive oil, garlic powder and salt. Line a baking tray and add potatoes, bake in the oven for 40 minutes on 200 Degrees Celsius (or until cooked completely). Serve with Hummusphere Burger and Tomato Sauce (for a healthy sauce add diced tomatoes, tomato paste, oregano, lemon juice and salt to a blender and blend).

PANCAKES

INGREDIENTS: Serves 2

- 1 cup Oat Flour (Blend oats in a food processor until a flour forms)
- 1 cup Buckwheat Flour
- 1 Flax Egg (1 Tbsp Flax Meal & 3 Tbsp Water - mix and let sit for 5 minutes)
- 1 tsp Baking Powder
- 1 large Ripe Mashed Banana
- 1 cup Unsweetened Almond Milk (adjust if more is necessary)
- 1/4 cup Water
- 1 tsp Vanilla (in any form)
- 1/2 tsp Cinnamon

Prepare flax egg, place dry ingredients in a bowl and stir. Mix mashed banana, flax egg and milk in a separate bowl. Pour wet ingredients into dry ingredients. Add water here if thinner mixture is necessary. Heat a pan on medium heat. Spray with coconut oil if not using non-stick pan. Add 2 Tbsp of mixture into pan to form a round shape. Once bubbles start to appear, flip pancake over. Cook for another 2 minutes. If pancakes are burning and not cooking in the center, lower the heat. Top with desired toppings, my favourites are pure maple syrup and berries. Or strawberries and peanut butter. Even chia jam (chia seeds mixed with thawed frozen berries and 2 Tbsp maple syrup and left to become jelly-like in the fridge overnight).

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MY FAMOUS CARAMEL SLICE

INGREDIENTS: Serves 8

BASE

1 cup Activated Almonds (ground into a powder)
1/2 cup Activated Almonds (chopped)
10 Pitted Medjool Dates
1/2 tsp Cinnamon
Pinch of Salt

CARAMEL:

11 Pitted Medjool Dates
1/4 tsp Cinnamon
Pinch of Salt
2 Tbsp Water
2 heaped Tbsp Melted Coconut Oil
1 Tbsp Almond Butter

CHOCOLATE:

[HARD SHELL]

1/2 cup Melted Coconut Oil
1/3 cup Cacao Powder
1/4 cup Maple Syrup

[SOFT SHELL]

1/2 cup Maple Syrup
1/2 cup Cacao Powder
4 Tbsp Melted Coconut Oil

Base: To a food processor add ground almonds, (pre-soaked) dates, cinnamon and salt. Blend until dough forms. Transfer to a bowl and add chopped almonds. Line a dish and add base to the bottom. Flatten using your hands and a piece of baking paper. (Refrigerate while making other layers).

Caramel: To the food processor add (pre-soaked) dates and all other ingredients. Blend until smooth caramel cream forms. Add to the base and spread evenly with a spoon. (Refrigerate while making top layer).

Chocolate: For hard shell, melt coconut oil, then in a bowl add all ingredients and stir until combined. Add on top of caramel layer. Refrigerate overnight (or for at least 3 hours).

For soft shell, melt coconut oil. In a bowl whisk together cacao powder and maple syrup, then in 4 batches add coconut oil and stir. When all combined, add on top of caramel layer. Refrigerate overnight (or for at least 3 hours).

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SHREDDED FITNESS ACADEMY

EXERCISE GUIDE

FOUR WEEK PLAN

WELCOME TO YOUR FOUR WEEK EXERCISE GUIDE

CONGRATULATIONS!!

We are thrilled that you have committed to make a giant leap towards your health and fitness goals.

Team Shredded Fitness Academy (SFA) will be here to support you the whole time.

This guide will give you 4 weeks worth of exercises. This guide is designed to be suitable for either at home or in the gym workouts.

This guide assumes you have access to a set of dumbbells (whatever weight you are comfortable with), a weight plate, a skipping rope, loop resistance bands and a yoga mat.

We want you to document your progress, take a before photo and an after photo and keep it somewhere safe.

Disclaimer The eating plan (provided in a separate document) is designed to cleanse your body and feed it nutrient rich plant-based foods. This is just a guide. If the workouts seem too much or the calorie intake is too little, listen to your body and adjust accordingly.

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WHAT YOU NEED

We recommend that you have access to at least these bits of equipment:



YOGA MAT



DUMBBELLS



SKIPPING ROPE



WEIGHT PLATE



LOOP RESISTANCE BANDS

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WARM UP & COOL DOWN

Before each training session it's important that you warm up your muscles (to prepare them for the resistance they are about to endure as well as to avoid injuries).

After each training session, it's important to allow your muscles to stretch out (to avoid cramping and injuries), as you have just spent an entire workout tensing your muscle, we must now soften the resistance and allow our muscles to stretch.

Below are some exercises that we recommend you begin and end your workouts with everyday.

DAILY WARM UP (PRE WORKOUT)

15 high knees
20 jumping jacks
10 jump squats
10 knee push ups
50 straight outward punches (25 each arm)
1 minutes of skipping

REPEAT THREE TIMES

-

DAILY COOL DOWN (POST WORKOUT)

30 secs - bend down and touch toes
30 secs - stand straight and grab one foot with one hand and hold it as close to your buttocks as possible (repeat for each leg)
30 secs - grab your elbow over your head with your opposite hand and hold the stretch (repeat for each arm)
30 secs - lean over to one side and hold your arm out straight over your head (repeat for each side)

REPEAT TWICE

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NUMBER OF SETS

Each day you will be provided with a list of exercises to complete. The sets will be dependent on your fitness levels. Please use the guide below as a reference, but please make sure to listen to your body and adjust accordingly.

Beginner = 3 sets (i.e. repeat all exercises 3 times)

Intermediate = 4 sets (i.e. repeat all exercises 4 times)

Advanced = 5 sets (i.e. repeat all exercises 5 times)

We recommend that you complete all exercises on the list in order and then repeat the entire round for the desired number of sets. Try to rest for no more than a minute in between sets. (But again, please listen to your body)

If you are unfamiliar with any of the exercises, visit our Instagram @shreddedfitnessacademy as all exercises are demonstrated on the page.

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WEEKLY WORKOUT SCHEDULE

MONDAY

Upper Body

TUESDAY

Lower Body

WEDNESDAY

Abdominals

THURSDAY

Rest Day (No workout today)

If desired do some Low Intensity Training, such as walking, yoga, swimming, sauna.

FRIDAY

Full Body

SATURDAY

High Intensity Interval Training (Full Body)

SUNDAY

Rest Day (No workout today)

If desired do some Low Intensity Training, such as walking, yoga, swimming, sauna.

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WEEK ONE

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MONDAY: UPPER BODY

Please refer to "Number of Sets" page to determine how many sets of each exercise you should be completing.

Each exercise in each round should be completed one after the other, no rest time, only to transition/change equipment if needed. After each set, rest for 60 seconds, then complete the exercises again (for allocated number of sets). Once you have completed all exercises in the Round, rest for 90-120 seconds then move onto the next Round of exercises and repeat the process.

ROUND	REPS/TIME	EXERCISE
1	20	LITTLE ARM CIRCLES FRONTWARDS (WITH DUMBBELLS OPTIONAL)
	20	LITTLE ARM CIRCLES BACKWARDS (WITH DUMBBELLS OPTIONAL)
2	10	KNEE PUSH-UPS
	12	TRICEP DIPS
3	20 (10 E/A)	PLANK SHOULDER TAPS
	20 (10 E/A)	PLANK ARM RAISE
4	30 (15 E/A)	FRONT PUNCHES (WITH DUMBBELLS)
	30 (15 E/A)	HIGH PUNCHES (WITH DUMBBELLS)

TUESDAY: LOWER BODY

ROUND	REPS/TIME	EXERCISE
1	20	SQUATS (WITH WEIGHT PLATE OPTIONAL)
	20 (10 E/L)	LUNGES (WITH DUMBBELLS OPTIONAL)
2	20	PULSE SQUATS (WITH WEIGHT PLATE OPTIONAL)
	30 (15 E/L)	SIDE LEG ABDUCTION (WITH WEIGHT PLATE OPTIONAL)
3	30 (15 E/L)	KICK BACKS
	30 (15 E/L)	DONKEY KICKS
4	15	GLUTE BRIDGES (WITH WEIGHT PLATE)
	30 (15 E/L)	ONE LEG GLUTE BRIDGES
5	20 (10 E/L)	SQUAT SIDE WALKS
	20	FROG PUMPS

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WEDNESDAY: ABDOMINALS

ROUND	REPS/TIME	EXERCISE
1	20	CRUNCHES
	20 (10 E/S)	ANKLE TAPS
	20 (E/S)	SIDE CRUNCHES
	15	SIT UPS
	40 (20 E/L)	FLUTTER KICKS
2	40 (20/E/L)	SCISSOR KICKS
	40 (20 E/S)	TOE TOUCHES
	15	LEG RAISES
	20	LEG RAISE PULSES
	30 (15 E/S)	RUSSIAN TWISTS

THURSDAY: REST DAY

If desired do some Low Intensity Training, such as walking, yoga, swimming, sauna.

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FRIDAY: FULL BODY

ROUND	REPS/TIME	EXERCISE
1	20 (10 E/L)	SQUAT SIDE-ABDUCTION (WITH WEIGHT PLATE OPTIONAL)
	20 (10 E/L)	LUNGE KICK-BACK
2	12	PLANK ELBOW-HAND CONVERSIONS
	10	KNEE PUSH-UPS
3	40 (20 E/S)	BICYCLES
	15	LEG RAISES

SATURDAY: HIGH INTENSITY INTERVAL TRAINING (HIIT) FULL BODY

ROUND	REPS/TIME	EXERCISE
1	30 secs	JUMP SQUATS
	30 secs	BURPEES
	30 secs	PULSE SUMO SQUATS
	30 secs	MOUNTAIN CLIMBERS
	30 secs	HIGH KNEES
	30 secs	PLANK WALKS
	30 secs	HURDLE JUMPS
	30 secs	SPRINT ON THE SPOT (ON TOES)

SUNDAY: REST DAY

If desired do some Low Intensity Training, such as walking, yoga, swimming, sauna.

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WEEK TWO

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MONDAY: UPPER BODY

ROUND	REPS/TIME	EXERCISE
1	20 (10 E/A)	BICEP CURLS (WITH DUMBBELLS)
	12	BENT OVER ROWS (WITH DUMBBELLS)
	20 (10 E/A)	HAMMER CURLS (WITH DUMBBELLS)
2	20 (10 E/A)	LATERAL RAISES (WITH DUMBBELLS)
	20 (10 E/A)	FRONT SHOULDER RAISES (WITH DUMBBELLS)
3	12	OVERHEAD TRICEP EXTENSIONS (WITH WEIGHT PLATE)
	10	KNEE PUSH UPS
	12	TRICEP DIPS
4	30 seconds	PLANK (ON HANDS)

TUESDAY: LOWER BODY

ROUND	REPS/TIME	EXERCISE
1	15	HALF SQUATS (WITH WEIGHT PLATE)
	15	SUMO SQUATS (WITH WEIGHT PLATE)
	20 (10 E/L)	CRAB WALKS (WITH WEIGHT PLATE OPTIONAL)
2	20 (E/L)	FLOOR ABDUCTION (WITH WEIGHT PLATE OPTIONAL)
	20 (E/L)	CLAMS
3	15 (E/L)	STRAIGHT LEG DONKEY KICKS
	20 (10 E/L)	CURTSEY LUNGES (WITH DUMBBELLS)
4	15	GLUTE BRIDGES (WITH WEIGHT PLATE)

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WEDNESDAY: ABDOMINALS

ROUND	REPS/TIME	EXERCISE
1	30	CRUNCHES
	30	PULSE CRUNCHES
	15	LEG RAISES
	20	PULSE LEG RAISES
2	40 (20 E/S)	TOE TOUCHES
	12	REVERSE CRUNCHES
	40 (20 E/S)	SCISSOR KICKS
	40 (20 E/S)	FLUTTER KICKS

THURSDAY: REST DAY

If desired do some Low Intensity Training, such as walking, yoga, swimming, sauna.

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FRIDAY: FULL BODY

ROUND	REPS/TIME	EXERCISE
1	20	PULSE SQUATS (WITH WEIGHT PLATE)
	20 (10 E/L)	SQUAT LUNGE, SQUAT LUNGE
2	12	BICEP CURL TO SHOULDER PRESS (WITH DUMBBELLS)
	12	BENT OVER TRICEP EXTENSIONS (WITH DUMBBELLS)
3	20 (10 E/S)	OBLIQUE TWISTS
	30 (15 E/S)	RUSSIAN TWISTS (WITH WEIGHT PLATE)

SATURDAY: HIGH INTENSITY INTERVAL TRAINING (HIIT) FULL BODY

ROUND	REPS/TIME	EXERCISE
1	30 seconds	TOE TAPS
	30 seconds	HIGH KNEES
	30 seconds	SQUAT JUMP SQUAT
	30 seconds	SKIPPING
	30 seconds	JUMPING JACKS
	30 seconds	SQUAT JACKS
	30 seconds	PLANK JACKS
	30 seconds	FAST FEET ON THE SPOT

SUNDAY: REST DAY

If desired do some Low Intensity Training, such as walking, yoga, swimming, sauna.

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WEEK THREE

SOUL food

MONDAY: UPPER BODY

ROUND	REPS/TIME	EXERCISE
1	12	SHOULDER PRESS (WITH DUMBBELLS)
	20 (10 E/A)	HAMMER CURLS (WITH DUMBBELLS)
2	10	SIDE TO FRONT SHOULDER RAISES (WITH DUMBBELLS)
	20 (10 E/S)	PLANK SHOULDER TAPS
3	12	STANDING RESISTANCE BAND ROWS
	12	BENT-OVER ROWS (WITH DUMBBELLS)
4	12	CHEST PRESS (WITH DUMBBELLS)
	12	SKULL CRUSHES (WITH DUMBBELLS)

TUESDAY: LOWER BODY

ROUND	REPS/TIME	EXERCISE
1	15	RESISTANCE BAND SQUATS
	15	RESISTANCE BAND FROG PUMPS
	20	RESISTANCE BAND FROG PUMP PULSES
2	20 (E/L)	RESISTANCE BAND SIDE ABDUCTION
	20 (E/L)	RESISTANCE BAND KICK BACKS
3	15	PULSE, PULSE, SQUAT
	20 (10 E/L)	ALTERNATING LUNGES
	15	SUMO PULSE SQUATS (WITH WEIGHT PLATE)

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WEDNESDAY: ABDOMINALS

ROUND	REPS/TIME	EXERCISE
1	20	PLANK STAR JUMPS
	20 (10 E/L)	PLANK KICK-BACKS
	20 (10 E/S)	OBLIQUE BENDS (WITH WEIGHT PLATE)
	30	LEG RAISE PULSES
	12	FROG PUMP PULSES
2	12	IN & OUTS
	20	CRUNCHES WITH LEGS RAISED (WITH WEIGHT PLATE)
	40 (20 E/S)	BICYCLES
	12	IN & OUTS (ON ELBOWS)

THURSDAY: REST DAY

If desired do some Low Intensity Training, such as walking, yoga, swimming, sauna.

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FRIDAY: FULL BODY

ROUND	REPS/TIME	EXERCISE
1	15	SQUAT TO SHOULDER PRESS (WITH WEIGHT PLATE)
	20 (10 E/L)	RESISTANCE BAND LUNGE TO KICK BACK
2	12	PEC FLIES (WITH DUMBBELLS)
	20 (10 E/A)	ALTERNATING CHEST PRESS (WITH DUMBBELLS)
	24 (12 E/A)	BENT OVER ROWS (ONE ARM) (WITH DUMBBELLS)
3	30 (15 E/S)	RUSSIAN TWISTS (WITH WEIGHT PLATE)
	45 seconds	PLANK

SATURDAY: HIGH INTENSITY INTERVAL TRAINING (HIIT) FULL BODY

ROUND	REPS/TIME	EXERCISE
1	45 seconds	SUMO SQUAT PULSES
	45 seconds	JUMP SQUATS
	45 seconds	SIDE TO SIDE SHUFFLE SQUATS
	45 seconds	FRONT PUNCHES
	45 seconds	SKIPPING
	45 seconds	HURDLE JUMPS
	45 seconds	EXPLOSIVE JUMPS
	45 seconds	JOGGING ON THE SPOT
	45 seconds	SQUAT HOLD

SUNDAY: REST DAY

If desired do some Low Intensity Training, such as walking, yoga, swimming, sauna.

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WEEK FOUR

SOUL food

MONDAY: UPPER BODY

ROUND	REPS/TIME	EXERCISE
1	12	FRONT TO LATERAL RAISES (WITH DUMBBELLS)
	12	BENT OVER ROWS (WITH DUMBBELLS)
2	20 (10 E/A)	HAMMER CURLS (WITH DUMBBELLS)
	20 (10 E/A)	CROSS BODY BICEP CURLS (WITH DUMBBELLS)
	15	BICEP CURLS (WITH WEIGHT PLATE)
3	12	BENT OVER TRICEP EXTENSIONS (WITH DUMBBELLS)
	12	REVERSE FLIES (WITH DUMBBELLS)
4	20	SUPERMANS

TUESDAY: LOWER BODY

ROUND	REPS/TIME	EXERCISE
1	15 (E/L)	FIRE HYDRANTS
	12 (E/L)	SINGLE LEG GLUTE BRIDGES
2	12	GOBLET SQUATS (WITH DUMBBELL)
	20 (10 E/L)	ALTERNATING LUNGES (WITH DUMBBELLS)
3	15	SUMO SQUAT (WITH DUMBBELL)
	20 (10 E/L)	SIDE LUNGES (SWAY SQUATS) (WITH WEIGHT PLATE)
4	15	RESISTANCE BAND GLUTE BRIDGES
	20 (E/L)	RESISTANCE BAND CLAMS

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WEDNESDAY: ABDOMINALS

ROUND	REPS/TIME	EXERCISE
1	40 (20 E/S)	CROSS BODY CRUNCHES
	45 seconds	V-HOLD
	12	REVERSE LEG RAISES
	12	BUTT-UPS
2	40 (20 E/S)	ANKLE TAPS
	20 (E/S)	SIDE PLANK DIPS
	12	LEG TUCKS
	12 (E/S)	SIDE JACK KNIVES

THURSDAY: REST DAY

If desired do some Low Intensity Training, such as walking, yoga, swimming, sauna.

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FRIDAY: FULL BODY

ROUND	REPS/TIME	EXERCISE
1	15	RESISTANCE BAND HALF SQUATS (WITH WEIGHT PLATE)
	12	DEADLIFT TO SQUAT (WITH DUMBBELLS)
2	24 (12 E/A)	SINGLE ARM SHOULDER PRESS (WITH DUMBBELLS)
	12	BENT OVER REVERSE FLIES (WITH DUMBBELLS)
3	20 (10 E/A)	PLANK ARM RAISES
	20 (10 E/S)	OBLIQUE TWISTS
4	12	JUMP SQUATS
5	100	SKIPPING

SATURDAY: HIGH INTENSITY INTERVAL TRAINING (HIIT) FULL BODY

ROUND	REPS/TIME	EXERCISE
1	45 seconds	90 DEGREE JUMP SQUATS
	45 seconds	SQUARE HOPS
	45 seconds	PLANK JUMPING JACKS
	45 seconds	SKIPPING
	45 seconds	RESISTANCE BAND IN & OUT JUMP SQUATS
	45 seconds	LATERAL HOPS (WITH DUMBBELLS)
	45 seconds	BEAR CRAWLS
	45 seconds	WINDMILL JUMPS

SUNDAY: REST DAY

If desired do some Low Intensity Training, such as walking, yoga, swimming, sauna.

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OUR FOOD SHOULD BE OUR MEDICINE AND OUR
MEDICINE SHOULD BE OUR FOOD

HIPPOCRATES

