

# The Mindset Behind Getting Into Awesome Shape

## BOOTCAMP

...It's Not About Being Perfect

# Week 6: Lesson 1



## The Sample Fat Loss Meal Plan

Take a look at the sample menus I've provided you'll get an idea of how you can create your own, and keeping it really simple .

I personally aim to include around 25 grams of protein per meal. Close enough is good enough, when you're making it a lifestyle.

I multiply my weight in kilos by 2.2, to work out how much protein to have.

Don't try to make up for days when you missed your protein intake. Your body can only use a certain amount. So it's really just being wasteful.



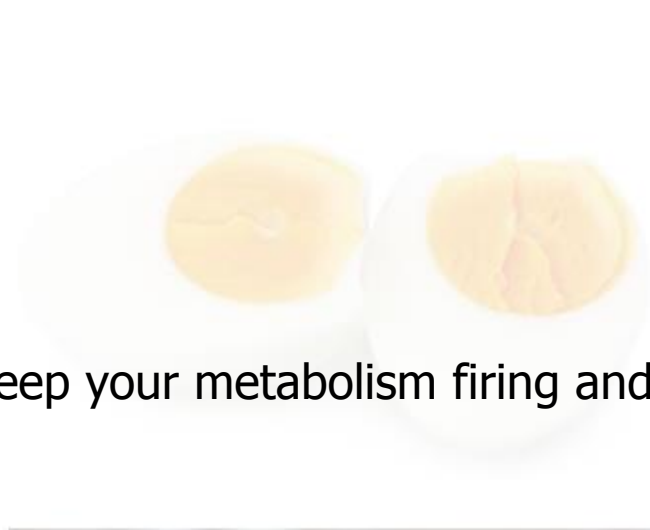
Here's how I work my heavier carbs eg, brown rice, sweet potato, banana etc... I'll have them after training. Or I'll have them for lunch if I feel like I need it (energy wise).



I consume plenty of veggies, and I love fruit, so I never go a day without eating fruit, unless there's a specific reason for it.







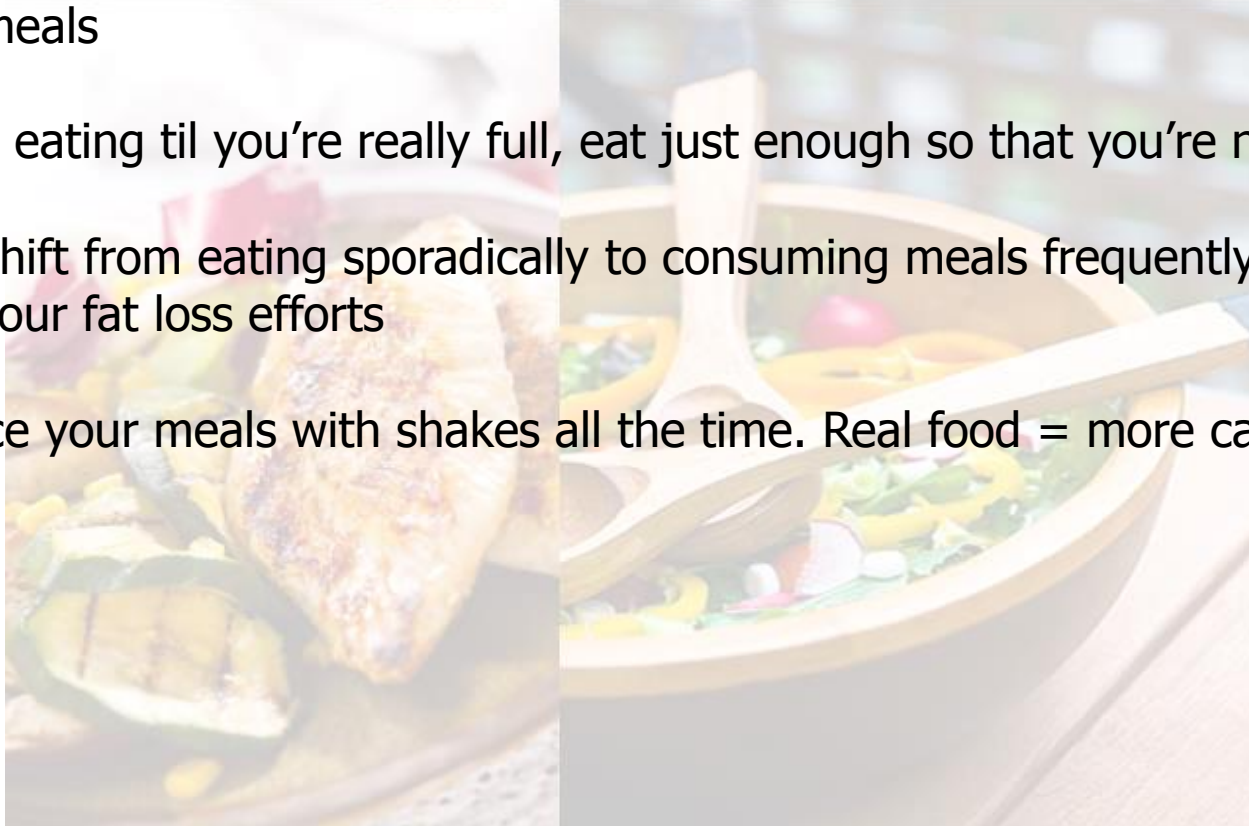
Try to aim to eat every 3 hours – to keep your metabolism firing and to help prevent energy slumps

Don't skip meals

Rather than eating til you're really full, eat just enough so that you're not hungry

When you shift from eating sporadically to consuming meals frequently it has huge impact on your fat loss efforts

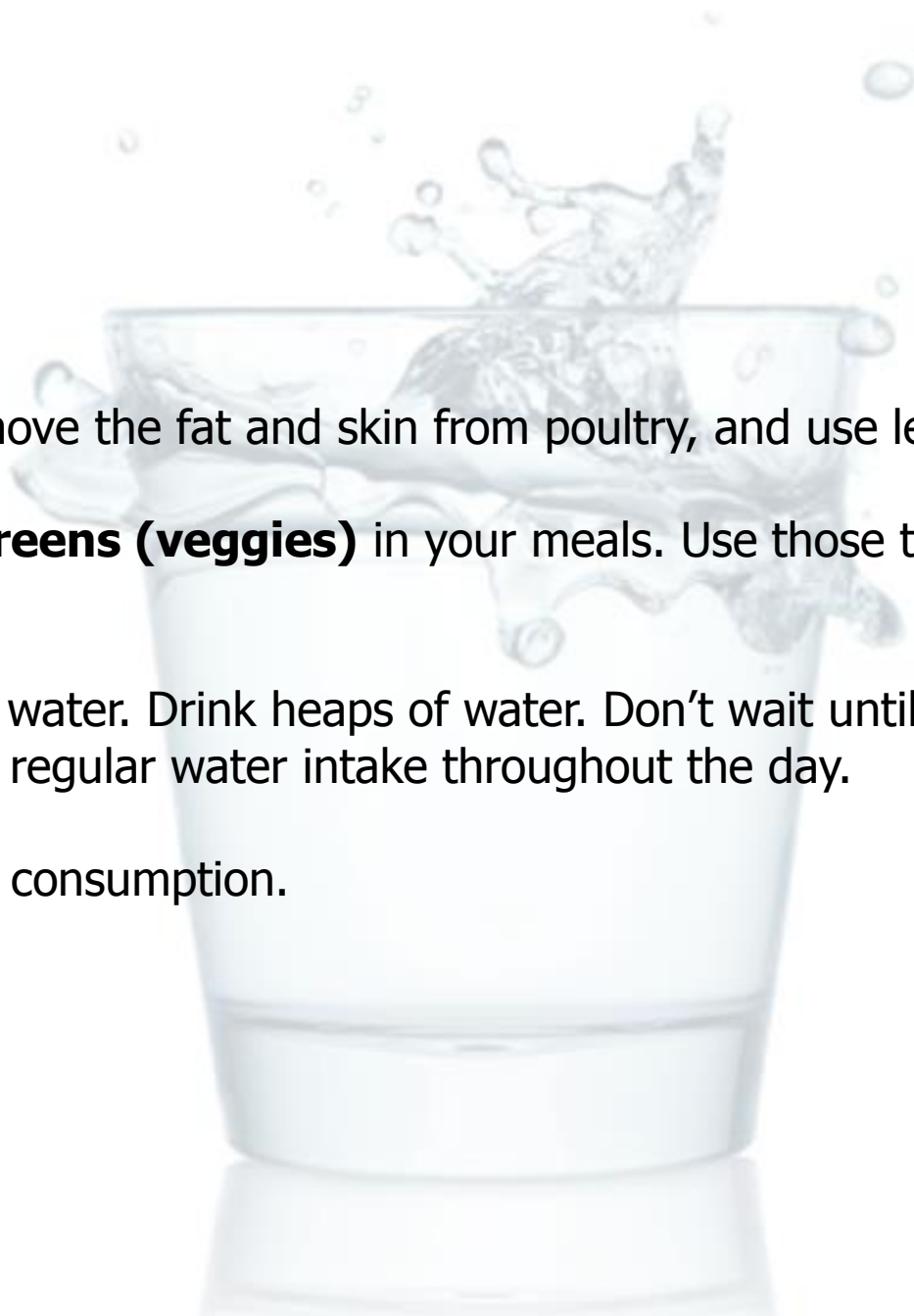
Don't replace your meals with shakes all the time. Real food = more calories being burnt.



Don't spend your time worrying  
if everything is perfect.

Just get in there and do it.





Grill your meat. Remove the fat and skin from poultry, and use leaner cuts of meat.

Include **heaps of greens (veggies)** in your meals. Use those to fill up on in your meals.

Swap soft drinks for water. Drink heaps of water. Don't wait until you're really thirsty to drink have regular water intake throughout the day.

Reduce your alcohol consumption.



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## ACTION STEP

**Open Your healthy-lifestyle-menu-sheet.pdf  
...And start writing down your meals for the coming week.**

Then share it in the Bootcamp  
Private Facebook Group...

