

BREAKFAST

30 Day Challenge

What: BP's Nutritious Nine

When: 5-9 am, after exercise is best.

Volume: Start with a ½ cup, and a dash of organic honey.

Directions: Buy listed ingredients to volume; mix, thoroughly. Bowl, a ½ cup of NN, add ¾ cup of water, cover and microwave on high for 1.15. Add, about a tbn of organic 'rich' honey.

Changing Volume: Base each day's volume on hunger and satiety (hunger satisfaction) from the day before. Training output, weather, and changing metabolism will influence volume.

Hot drink: Sugarless coffee or tea to interest.

To be bought at most supermarkets.

5.0 L Tupperware container.

- 2 x 750g Quick Oats
- 1 x 250g Shredded Coconut
- 1 x 125g Slivered Almonds
- 1 x 200g Sunflower seeds
- 1 x 250g Chia Seeds
- 1 x 125g Cocoa Nibs
- 2 x Lge Tbsp Ground Cinnamon
- 1 x Tbsp Ground Ginger

- Honey – Organic, avoiding commercial brands.



Shake it up!

LUNCH

30 Day Challenge

What: BP's Lunch Box

When: 11am-3pm – Grazing.

Volume: 150g Tasty or Cheddar Cheese; 70g each, Salted almond & Salted macadamia nuts; 1 carrot; a tub of Hummus, getting through 'about' 80g a day; 500ml Gassed water with a pinch of Himalayan salt.

Directions: Buy listed ingredients, cut & prepare where needed, contain, box, and graze over a 2hr period.

Changing Volume: Base each day's volume on hunger and satiety (hunger satisfaction) from the day before.

Hot drink: A further sugarless coffee (black would be best) or tea to interest.

To be bought at most supermarkets.

- 1 x 1kg Tasty or Cheddar Cheese
- 1 x 500g Salted Almonds
- 1 x 500g Salted Macadamia (damn these can x\$\$)
- 5 x 220g Hummus Classic
- 1 x 500g Himalayan Pink Salt

- Soda Stream – just easier & cheaper when loading in your Na+.

Graze!

DINNER

30 Day Challenge

What: Protein + Veg Hit, or Garden Hit.

When: 6 pm - 8pm.

Volume: Start with a glass of salted water, then, prepare 80% of the volume you would normally consider appropriate. Finish your meal, brush your teeth, and leave the table.

Directions: Finish your meal, brush your teeth, and leave the table.

Changing Volume: Base each evening's volume on hunger leading into and after dinner the evening before.

Hot drink: A late evening non-caffeinated hot drink is recommended.

To be bought at most supermarkets.

- Protein options: White meat, Pink Meat, Red meat, All Fish (is King), Eggs, etc.
- Vegetables: Go heavy on fibrous choices, eg; Cauliflower, Broccoli etc, and a little lighter on root veg, eg; potatoes etc.
- Salad: Loads of mixed leaf, including herb leaf, avocado, pistachios, celery etc.
- Taste boosters: Salted butter, garlic, salt, Extra Virgin Olive Oil, Herbs to taste.

Reduce volume, naturally!

Take the 30-Day Challenge

Tick them off

✓ = Compliance

X = Fail (consumed outside principles)

Start Weight:
Start Girth *:
*(measure around your widest point):

1	2	3	4	5	6	7	8	9	10

11	12	13	14	15	16	17	18	19	20

21	22	23	24	25	26	27	28	29	30

Score...../90

Start Weight:
Start Girth: