

BP10 EAT RIGHT/ MOVE RIGHT KISS10 PLAN

BP10



Perfect Practice = doing the same 'right' thing over and over again.

10 Weeks – It can't get any more simple than this! For a brainless approach, this works!

Variations' – see choice list!

Veggos – Just eat 'more' plant fat & protein choices to satisfy sustained hunger and brain energy!

EAT RIGHT	MOVE RIGHT
<p>Breakfast</p> <p>Plate or Bowl</p> <ul style="list-style-type: none"> ○ 1-2 Fried Eggs – pan-fried with a dash of butter or coconut oil. ○ 1/3 – ¼ Avocado ○ 3-6 Cherry Tomatoes, Halved ○ Chopped basil ○ Dash of Sea salt ○ Drizzle with Olive Oil ○ Coffee <p>Lunch – 'make'n'take.'</p> <p>Pre-prepared container</p> <ul style="list-style-type: none"> ○ Either; BBQ Chicken/ Red Salmon (including bone)/ Tuna in Olive Oil, Cheddar Cheese. ○ Pre-made leafy salad, adding capsicum, cucumber, onion & sunflower seeds. ○ Dash of Balsamic Vinaigrette. <p>Snack – if required</p> <ul style="list-style-type: none"> ○ Cheddar Cheese ○ Almonds ○ Water <p>Dinner</p> <ul style="list-style-type: none"> ○ Protein: Any Red Meat, Any Fish, Any Bird, ○ Any veg (frozen is OK), cooked however + butter, sea salt, herbs of choice. <p>Alcohol 2/7, only; 5 standards per week, only.</p>	<p>Training</p> <p>Stroll, Walk, Shuffle, Jog, Run – whatever your activity, hold and police your DTI – nothing higher or harder!</p> <p>You are changing your course from week to week!</p> <p>Oh, and finish each session with; 2 x 8 Push Ups, 2 x 12 Sit-Ups</p> <ul style="list-style-type: none"> ○ Monday – 30 mins ○ Tuesday – Rest ○ Wednesday – 30 mins ○ Thursday – Rest ○ Friday – 30 mins ○ Saturday – 60 mins ○ Sunday – 30 mins <p>180 minutes per week!</p>