

30 Days of Change

[menu]

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Intro

The sample menu suggestions for every day are guidelines only to give you an idea of what your meals should look like - follow the suggestions for better results. In this program your aim is to stick to a sustainable diet that you can maintain after you have finished the program.

This is not a calorie restricted plan so there will not be calorie counting of any kind involved, there will be restrictions on certain things, simple carbohydrates (bread and pastry), alcohol and sugars and general amounts.

Pick wholegrain bread and limit your intake to *one slice* a day if you're having a sandwich or a wrap for lunch.

Eat either two hours before you work out or two hours after if you are having three meals a day. Have a small protein snack (e.g. no-sugar chocolate milk, yogurt) or a protein shake up to 30 minutes after the workout for quick recovery.

Avoid treating yourself after a workout, you are likely to overestimate just how much you have burned and cancel out all of your work by eating just a little bit more.

You are allowed two snacks 3oz (100g) and 8oz (250g) during the day.

Try to avoid snacking on fruit later in the evening and pick something like Greek Yogurt with cinnamon instead. Greek yogurt is very effective in curbing hunger so stock up on a few and have one late at night when you get hungry and it is unreasonable to have a whole meal or a sandwich. Pick 2% fat yogurts, they have enough fat for satiety and not too much for your body to stock some in reserves. Avoid eating anything full fat when you can, for obvious reasons, and zero fat because it won't satisfy your hunger and you'll end up eating more in the end.

Why Greek Yogurt? It has the best conversion of protein/carbs in it. It is high in protein and very low in carbohydrates which makes it the perfect guilt-free snack.

Note: If you are having protein shakes they count as snacks.

Snack rules: One piece of fruit, one high protein snack

Snack Examples:

1. 8oz Greek Yogurt with Cinnamon 2. Banana
1. Turkey ham slices with cucumber 2. Pear
1. Sliced tomato with mozzarella slices 2. Apple
1. A few raw nuts 2. Sliced apple with a tablespoon of peanut butter
1. Glass of juice 2. Hardboiled egg with mustard
1. Handful of grapes 2. Small sardine bruschetta toast with tomato paste
1. Orange 2. Rice cake with cheese stick

Day 1

Breakfast: bowl of oatmeal with berries or/and flaxseeds

Lunch: jacket sweet potato 2tbsp light cottage cheese with sliced tomato on the side

Dinner: oven baked chicken thigh with large lettuce salad

Day 2

Breakfast: 3-egg omelette with tomato and bacon

Lunch: grilled chicken breast wholegrain sandwich with sliced tomato

Dinner: fried pork chops with sautéed spinach

Day 3

Breakfast: bowl of oatmeal with berries or/and flaxseeds

Lunch: light Caesar salad made with grilled chicken breast and lettuce [use yoghurt mixed with Dijon mustard instead of mayonnaise]

Dinner: 3 egg frittata with spinach [use light mozzarella cheese]

Day 4

Breakfast: 3-egg omelette

Lunch: 8oz canned tuna salad with lemon zest, lettuce, diced ½ onion and can of sweet corn

Dinner: oven baked chicken thigh with mushrooms with mixed vegetables on the side

Day 5

Breakfast: bowl of oatmeal with berries or/and flaxseeds

Lunch: 1 cup of steamed or boiled rice with vegetables

Dinner: grilled pork steak with green beans on the side

Day 6

Breakfast: yogurt with honey

Lunch: grilled chicken breast wholegrain sandwich with sliced tomato

Dinner: chicken cranberry salad stuffed 2 tomatoes

Day 7

Breakfast: 2 pork sausages and 2 eggs

Lunch: 10oz beans in red sauce w/ slices of wholegrain bread

Dinner: grilled chicken breast 1 cup of steamed or boiled rice

Day 8

Breakfast: bowl of oatmeal with berries/cinnamon or honey

Lunch: bowl of tomato soup slice of wholegrain bread

Dinner: oven baked chicken thigh with mushrooms with mixed vegetables on the side

Day 9

Breakfast: avocado-bacon 3-egg omelette

Lunch: 8oz turkey ham wholegrain bread sandwich with sliced cucumber

Dinner: burger (any meat or fish) with steamed vegetables

Day 10

Breakfast: bowl of oatmeal with berries or/and flaxseeds

Lunch: large sweet potato with cottage cheese

Dinner: grilled chicken breast with 2 sliced tomatoes

Day 11

Breakfast: peanut butter toast and orange juice

Lunch: chicken breast wholegrain sandwich with lettuce and sliced tomato

Dinner: 8oz fish baked in foil in the oven with mixed vegetables on the side

Day 12

Breakfast: yogurt with honey or yogurt based smoothie with oats

Lunch: chicken breast wholegrain sandwich with lettuce and sliced tomato

Dinner: ground beef stuffed bell peppers

Day 13

Breakfast: bowl of oatmeal with berries or/and flaxseeds

Lunch: 8oz tuna sandwich w/ Dijon mustard on a slice of wholegrain bread

Dinner: oven baked chicken tight with mushrooms with mixed vegetables on the side

Day 14

Breakfast: 3 baked eggs in bacon baskets

Lunch: 10oz of pasta w/ mixed vegetables

Dinner: burger (any meat or fish) with steamed vegetables

Day 15

Breakfast: 4 protein pancakes with honey

Lunch: 8oz turkey ham wholegrain sandwich with lettuce and cucumber

Dinner: large tomato frittatas

Day 16

Breakfast: bowl of oatmeal with berries/cinnamon or honey

Lunch: 10oz beans in red sauce 2 slices of wholegrain bread

Dinner: 1 cup of steamed or boiled rice with mixed vegetables

Day 17

Breakfast: onion and spinach 3-egg omelet

Lunch: 8oz turkey ham wholegrain sandwich with lettuce

Dinner: 8oz canned tuna salad with 1 can of sweet corn

Day 18

Breakfast: yogurt with honey

Lunch: small bowl of pasta with tomatoes

Dinner: 10oz pork meatballs in tomato sauce

Day 19

Breakfast: avocado eggs

Lunch: 8oz rice with diced grilled chicken

Dinner: ground beef stuffed bell peppers

Day 20

Breakfast: peanut butter toast and orange juice

Lunch: chicken and veggie soup, toast

Dinner: 2 grilled chicken thighs with cucumber salad

Day 21

Breakfast: bowl of oatmeal with berries or/and flaxseeds

Lunch: sardine, tomato & light cheese bruschetta on a slice of wholegrain bread

Dinner: sausage, egg and sweet potato skillet

Day 22

Breakfast: 3 scrambled eggs

Lunch: chicken salad with lettuce and mayo

Dinner: ground beef stuffed bell peppers

Day 23

Breakfast: 8oz baked zucchini, bacon and tomato frittata

Lunch: large sweet potato with cottage cheese and paprika

Dinner: grilled chicken breast with pineapple(canned) rings

Day 24

Breakfast: bowl of oatmeal with berries or/and flaxseeds

Lunch: turkey sandwich with lettuce and tomatos

Dinner: fried pork chops with sautéed spinach

Day 25

Breakfast: peanut butter toast and orange juice

Lunch: chicken salad with grapes, apples and cranberries with mayo

Dinner: zucchini and sweet potato frittata goo.gl/V8n8Yu

Day 26

Breakfast: bowl of oatmeal with berries or/and flaxseeds

Lunch: bowl of pasta with tomatoes

Dinner: bacon wrapped 2 chicken thighs

Day 27

Breakfast: ham with applesauce

Lunch: tuna in 2 avocado halves with onions and olive oil

Dinner: grilled steak with mashed cauliflower

Day 28

Breakfast: roasted pepper and sausage 3-egg omelet

Lunch: bacon, 2 hardboiled eggs and tomato salad with mayo

Dinner: baked sliced aubergine in the oven with tomato and feta cheese

Day 29

Breakfast: bowl of oatmeal with berries or/and flaxseeds

Lunch: tuna/avocado salad

Dinner: grilled chicken breast, 3oz (85g) boiled rice, tomato salad

Day 30

Breakfast: ham and asparagus omelet

Lunch: beet and walnut salad

Dinner: pork chop with sweet potatoes