

Note: For Balanced Meals you may have 2 cups of non- starchy carbohydrates, this could be 2 cups of non- starchy vegetables, or 1 cup of non- starchy vegetables and 1 serve of non- starchy fruit.  
There is 1 Free Meal per week during the Body Trimming phase. Following this day you go back to the structure outlined below.

**Day 1 Body Trimming**

Meal	What to have	Details/Notes
<b>Breakfast</b>	1 FAST Shake or 1 Breakfast Meal: 2 serves protein 1 serve starchy/n.s carb	<b>Recipe:</b> Eggs on toast See BT website for details. <b>Note:</b> Recipe serves 1. 1 glass of milk (or alternatively make scrambled eggs using 2 eggs + 250ml of milk and serve with toast)
<b>Morning Tea</b>	1 Protein Snack + non- starchy vegetables (if desired)	1 BT snack- bar/cookie/slice
<b>Lunch</b>	1 Balanced Meal: 1 serve protein 1 serve starchy carb 2 serves n.s carb	<b>Recipe:</b> Lamb and Mint Salad See BT website for details. <b>Note:</b> Recipe serves 2. Add ½ cup cooked corn per person (starchy carb)
<b>Afternoon Tea</b>	1 Protein Snack + non- starchy vegetables (if desired)	8 Almonds
<b>Dinner</b>	1 Balanced Meal: 1 serve protein 1 serve starchy carb 2 serves n.s carb	<b>Recipe:</b> Atlantic Salmon with Asian vegetables See BT website for details. <b>Note:</b> Recipe serves 2. Add ½ cup cooked brown rice per person (starchy carb)
<b>Fluids</b>	2- 3 L of water, coffee and tea	Drink regularly throughout the day
<b>Exercise</b>	10,000 steps or equivalent (approximately 1 hour) of low intensity exercise	

**Day 2 Body Trimming**

Meal	What to have	Details/Notes
<b>Breakfast</b>	1 FAST Shake or 1 Breakfast Meal	<b>Recipe:</b> Latte Shake See BT website for details
<b>Morning Tea</b>	1 Protein Snack + non starchy vegetables (if desired)	¼ cup Hummus with vegetable sticks (celery, cucumber, broccoli etc.)
<b>Lunch</b>	1 Balanced Meal	<b>Recipe:</b> Lemon and Balsamic Chicken with Rocket and Parmesan Salad See BT website for details. <b>Note:</b> Recipe serves 2. Add ½ cup cooked beetroot per person (starchy carb)
<b>Afternoon Tea</b>	1 Protein Snack + non- starchy vegetables (if desired)	1 BT snack- bar/cookie/slice
<b>Dinner</b>	1 Balanced Meal	<b>Recipe:</b> Frittata with Vegetables See BT website for recipe. <b>Note:</b> Recipe serves 1. Add ½ cup cooked peas per person (starchy carb)
<b>Fluids</b>	2- 3 L of water, coffee & tea	Drink regularly throughout the day
<b>Exercise</b>	10,000 steps or equivalent (approximately 1 hour) of low intensity exercise	

**Day 3 Body trimming**

Meal	What to have	Details/Notes
<b>Breakfast</b>	1 FAST Shake or 1 Breakfast Meal	<b>Recipe:</b> Home Made Baked Beans See BT website for details. <b>Note:</b> Recipe serves 2
<b>Morning Tea</b>	1 Protein Snack + non- starchy vegetables (if desired)	Curried egg: 1 hard- boiled egg mixed with ½ tsp curry powder, ½ tsp cumin powder and ½ tsp lemon juice. Serve wrapped in lettuce leaves
<b>Lunch</b>	1 Balanced Meal	<b>Recipe:</b> BBQ Chicken Salad See BT website for details. <b>Note:</b> Recipe serves 2. Add ½ a pita bread per person (starchy carb)
<b>Afternoon Tea</b>	1 Protein Snack + non- starchy vegetables (if desired)	1 serve Cottage cheese with vegetable sticks (celery, cucumber, broccoli etc)
<b>Dinner</b>	1 Balanced Meal	<b>Recipe:</b> Baked Barramundi with Tomato and Basil See BT website for details. <b>Note:</b> Recipe serves 4. Add ½ cup roast pumpkin per person (starchy carb)
<b>Fluids</b>	2- 3 L of water, coffee & tea	Drink regularly throughout the day
<b>Exercise</b>	10,000 steps or equivalent (approximately 1 hour) of low intensity exercise	

**Day 4 Body Trimming**

Meal	What to have	Details/Notes
<b>Breakfast</b>	1 FAST Shake or 1 Breakfast Meal	<b>Recipe:</b> Fruit Shake See BT website for details
<b>Morning Tea</b>	1 Protein Snack + non- starchy vegetables (if desired)	1 BT snack- bar/cookie/slice
<b>Lunch</b>	1 Balanced Meal	Beef wrap: ½ a large wholegrain or wholemeal wrap, 50g beef mince, 2 slices of cheese and 2 cups of mixed salad (tomato, cucumber, lettuce, sprouts etc.)
<b>Afternoon Tea</b>	1 Protein Snack + non- starchy vegetables (if desired)	3 Brazil nuts
<b>Dinner</b>	1 Balanced Meal	<b>Recipe:</b> Caribbean Chicken Legs See BT website for details. <b>Note:</b> Recipe serves 4. Add ½ cup cooked brown rice per person (starchy carb)
<b>Fluids</b>	2- 3 L of water, coffee and tea	Drink regularly throughout the day
<b>Exercise</b>	10,000 steps or equivalent (approximately 1 hour) of low intensity exercise	

**Day 5 Body Trimming**

Meal	What to have	Details/Notes
<b>Breakfast</b>	1 FAST Shake or 1 Breakfast Meal	Porridge: ¼ cup oats cooked in ½ cup milk. Serve with 1/2 cup Greek yoghurt and 8 chopped almonds
<b>Morning Tea</b>	1 Protein Snack + non- starchy vegetables (if desired)	Celery sticks with 1 large tsp peanut butter
<b>Lunch</b>	1 Balanced Meal	Open sandwich: 1 slice multigrain bread, 100- 150g can of tuna, with 2 cups of mixed salad (sliced tomato, cucumber, alfalfa sprouts and lettuce etc.)
<b>Afternoon Tea</b>	1 Protein Snack + non- starchy vegetables (if desired)	1 BT snack- bar/cookie/slice
<b>Dinner</b>	1 Balanced Meal	<b>Recipe:</b> Stir fry beef with Asian greens See BT website for details. <b>Note:</b> Recipe serves 2
<b>Fluids</b>	2- 3 L of water, coffee and tea	Drink regularly throughout the day
<b>Exercise</b>	10,000 steps or equivalent (approximately 1 hour) of low intensity exercise	

**Day 6 Body Trimming**

Meal	What to have	Details/Notes
<b>Breakfast</b>	1 FAST Shake or 1 Breakfast Meal	<b>Recipe:</b> Choc Mint Shake See BT website for details
<b>Morning Tea</b>	1 Protein Snack + non- starchy vegetables (if desired)	1 BT snack- bar/cookie/slice
<b>Lunch</b>	1 Balanced Meal	Chicken wrap: ½ a large wholegrain or wholemeal wrap, 50g chicken, 2 slices of cheese and 2 cups of mixed salad (tomato, cucumber, lettuce, sprouts etc.)
<b>Afternoon Tea</b>	1 Protein Snack + non- starchy vegetables (if desired)	1 serve chickpeas with a sprinkle of paprika and cracked pepper
<b>Dinner</b>	1 Balanced Meal	<b>Recipe:</b> Beef with Broccoli See BT website for details. <b>Note:</b> Recipe serves 2. Add ½ cup cooked brown rice per person (starchy carb)
<b>Fluids</b>	2- 3 L of water, coffee and tea	Drink regularly throughout the day
<b>Exercise</b>	10,000 steps or equivalent (approximately 1 hour) of low intensity exercise	

**Day 7 Body Trimming**

Meal	What to have	Details
<b>Breakfast</b>	1 FAST Shake or 1 Breakfast Meal	Muesli: 1/4 cup uncooked oats, 1/2 cup milk, 1/2 cup Greek yoghurt, 8 almonds chopped. Sprinkle with cinnamon
<b>Morning Tea</b>	1 Protein Snack + non- starchy vegetables (if desired)	Tuna dip: 50g tuna mixed with 1 Tbsp Greek yoghurt. Serve with non- starchy vegetable sticks
<b>Lunch</b>	1 Balanced Meal	Salad: 1 hard- boiled egg served with 2 cups mixed non- starchy salad vegetables
<b>Afternoon Tea</b>	1 Protein Snack + non- starchy vegetables (if desired)	1 BT snack- bar/cookie/slice
<b>Dinner</b>	1x FREE Meal!	
<b>Fluids</b>	2- 3 L of water, coffee and tea	Drink regularly throughout the day
<b>Exercise</b>	10,000 steps or equivalent (approximately 1 hour) of low intensity exercise	