

Day 1 FAST Start

Meal	What to have	Details/Notes
Breakfast	1 FAST Shake	Shake prepared as per instructions. Take a look at our FAST Shake recipes under the 'Beverages' recipe category on the Bodytrim website for something a little different!
Lunch	1 FAST Shake	Same as above.
Afternoon Tea	1 FAST Shake	Same as above.
Dinner	Protein + 2 cups non- starchy vegetables	100g (women) - 150g (men) grilled chicken breast (no skin). 2 cups of mixed salad greens (tomato, lettuce, capsicum, cucumber). Vinaigrette to drizzle (mix 1 tsp Olive, flaxseed or avocado oil, 1 tsp balsamic vinegar, a little minced garlic, salt & black pepper).
Fluids	2- 3 L of water, coffee and tea	Very important during FAST Start! Drink regularly throughout the day.
Exercise	Low intensity exercise - Work on gradually increasing your exercise duration (up to 1 hour).	

Day 2 FAST Start

Meal	What to have	Details/Notes
Breakfast	1 FAST Shake	Prepared as per instructions or recipe.
Lunch	1 FAST Shake	Same as above.
Afternoon Tea	1 FAST Shake	Same as above.
Dinner	Protein + 2 cups non- starchy vegetables	100-150g grilled beef steak (lean & fat trimmed). 1 cup mushrooms + onion- cooked in a 1 tsp of olive oil, soy sauce and garlic if desired. 1 cup of boiled broccoli.
Fluids	2- 3 L of water, coffee and tea	
Exercise	Low intensity exercise	

Day 3 FAST Start

Meal	What to have	Details/Notes
Breakfast	1 FAST Shake	Prepared as per instructions or recipe.
Lunch	1 FAST Shake	Same as above.
Afternoon Tea	1 FAST Shake	Same as above.
Dinner	Protein + 2 cups non- starchy vegetables	100- 150g salmon grilled or pan fried in 1 tsp of olive oil. 1 large tomato grilled & 1 cup boiled asparagus.
Fluids	2- 3 L of water, coffee and tea	
Exercise	Low intensity exercise	

Day 4 Trimsition

Note: For Balanced Meals you may have 2 serves of non- starchy carbohydrates, this could be 2 cups of non- starchy vegetables, or 1 cup of non- starchy vegetables and 1 serve of a non- starchy fruit option.

Meal	What to have	Details/Notes
Breakfast	1 FAST Shake	Prepared as per instructions or recipe.
Morning Tea	1 Protein Snack + non- starchy vegetables (if desired)	Small handful of Almonds. 4 Celery sticks.
Lunch	1 FAST Shake	Same as above for shake.
Afternoon Tea	1 Protein Snack + non- starchy vegetables (if desired)	Bodytrim snack (bar, cookie etc). Handful of baby radishes.
Dinner	Balanced Meal 1 serve protein 1 serve starchy carbs 2 serves n.s carbs	Recipe: Stir fry beef with Asian greens See BT website for this recipe Note: Recipe serves 2.
Fluids	2- 3 L of water, coffee and tea	Drink regularly throughout the day.
Exercise	10,000 steps or equivalent (approximately 1 hour) of low intensity exercise.	

Day 5 Trimsition

Meal	What to have	Details/Notes
Breakfast	1 FAST Shake	Prepared as per instructions or recipe.
Morning Tea	1 Protein Snack + non- starchy vegetables (if desired)	50g (women)- 100g (men) canned tuna (unflavoured, in springwater).
Lunch	1 FAST Shake	Same as above for shake.
Afternoon Tea	1 Protein Snack + non- starchy vegetables (if desired)	Peanut butter (1 large tsp) on celery sticks.
Dinner	Balanced Meal	Recipe: Lamb Rack with Roasted Vegetables See BT website for this recipe. Note: Recipe serves 2. Add ½ cup of starchy carbs per person. You could add an extra serve of non- starchy vegetables to this recipe, or have a piece of fruit instead.
Fluids	2- 3 L of water, coffee and tea	Drink regularly throughout the day.
Exercise	10,000 steps or equivalent (approximately 1 hour) of low intensity exercise	

Day 6 Trimsition

Meal	What to have	Details/Notes
Breakfast	1 FAST Shake	Prepared as per instructions or recipe.
Morning Tea	1 Protein Snack + non- starchy vegetables (if desired)	Bodytrim snack (bar, cookie etc).
Lunch	1 FAST Shake	Same as above for shakes.
Afternoon Tea	1 Protein Snack + non- starchy vegetables (if desired)	A couple of thin slices of cheese with a small selection of vegetable sticks (cucumber, capsicum, and a few cherry tomatoes).
Dinner	Balanced Meal	Recipe: Lean Steak with Mustard Sauce & Crunchy Almond Beans See BT website for recipe. Note: Recipe serves 2. You could add an extra serve of non- starchy vegetables to this recipe, or have a piece of fruit instead.
Fluids	2- 3 L of water, coffee and tea	Drink regularly throughout the day.
Exercise	10,000 steps or equivalent (approximately 1 hour) of low intensity exercise	

Day 7 Trimsition

Meal	What to have	Details
Breakfast	1 FAST Shake	Prepared as per instructions.
Morning Tea	1 Protein Snack + non- starchy vegetables (if desired)	¼ cup cottage cheese or hummus with a selection of non- starchy vegetable sticks to dip.
Lunch	1 FAST Shake	Same as above for shakes.
Afternoon Tea	1 Protein Snack + non- starchy vegetables (if desired)	1 hard- boiled or curried egg (mash 1 hard- boiled egg with ½ tsp curry powder, ½ tsp cumin and ½ tsp lemon juice).
Dinner	Balanced Meal	Recipe: BBQ Chicken Salad See BT website for recipe. Note: Recipe serves 2. Add ½ cup cooked corn per person (starchy carbohydrate).
Fluids	2- 3 L of water, coffee and tea	Drink regularly throughout the day.
Exercise	10,000 steps or equivalent (approximately 1 hour) of low intensity exercise	