

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

Day 2 Body Trimming

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

Day 3 Body trimming

Meal	What to have	Details/Notes
Breakfast	1 Bodytrim Shake or 1 Breakfast Meal	Meal suggestion: Home Made Baked Beans See BT website for details. Note: Recipe serves 2
Morning Tea	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
Lunch	1 Balanced Meal	Meal suggestion: BBQ Chicken Salad See BT website for details. Note: Recipe serves 2. Add ½ a pita bread per person (starchy carb)
Afternoon Tea	1 Protein Snack + non-starchy vegetables (if desired)	1 serve Cottage cheese with vegetable sticks (celery, cucumber, broccoli etc)
Dinner	1 Balanced Meal	Meal suggestion: Baked Barramundi with Tomato and Basil See BT website for details. Note: Recipe serves 4. Add ½ cup roast pumpkin per person (starchy carb)
Fluids	2-3 litres of water, coffee & tea	Drink regularly throughout the day
Exercise	10,000 steps or equivalent (approximately 1 hour) of low intensity exercise	

Day 4 Body Trimming

Meal	What to have	Details/Notes
Breakfast	1 Bodytrim Shake or 1 Breakfast Meal	Meal suggestion: Fruit Shake See BT website for details
Morning Tea	1 Protein Snack + non-starchy vegetables (if desired)	1 BT snack – bar/cookie/slice
Lunch	1 Balanced Meal	Meal suggestion: 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.)
Afternoon Tea	1 Protein Snack + non-starchy vegetables (if desired)	3 Brazil nuts
Dinner	1 Balanced Meal	Meal suggestion: Caribbean Chicken Legs See BT website for details. Note: Recipe serves 4. Add ½ cup cooked brown rice per person (starchy carb)
Fluids	2-3 litres 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 Body Trimming

Meal	What to have	Details/Notes
Breakfast	1 Bodytrim Shake or 1 Breakfast Meal	Meal suggestion: Porridge – ¼ cup oats cooked in ½ cup milk. Serve with ½ cup Greek yoghurt and 8 chopped almonds
Morning Tea	1 Protein Snack + non-starchy vegetables (if desired)	Celery sticks with 1 large tsp peanut butter
Lunch	1 Balanced Meal	Meal suggestion: 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.)
Afternoon Tea	1 Protein Snack + non-starchy vegetables (if desired)	1 BT snack – bar/cookie/slice
Dinner	1 Balanced Meal	Meal suggestion: Stir fry beef with Asian greens See BT website for details. Note: Recipe serves 2
Fluids	2-3 litres 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 Body Trimming

Meal	What to have	Details/Notes
Breakfast	1 Bodytrim Shake or 1 Breakfast Meal	Meal suggestion: Choc Mint Shake See BT website for details
Morning Tea	1 Protein Snack + non-starchy vegetables (if desired)	1 BT snack – bar/cookie/slice
Lunch	1 Balanced Meal	Meal suggestion: 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.)
Afternoon Tea	1 Protein Snack + non-starchy vegetables (if desired)	1 serve chickpeas with a sprinkle of paprika and cracked pepper
Dinner	1 Balanced Meal	Meal suggestion: Beef with Broccoli See BT website for details. Note: Recipe serves 2. Add ½ cup cooked brown rice per person (starchy carb)

Fluids	2-3 litres 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 Body Trimming

Meal	What to have	Details
Breakfast	1 Bodytrim Shake or 1 Breakfast Meal	Meal suggestion: Muesli – 1/4 cup uncooked oats, ½ cup milk, 1/2 cup Greek yoghurt, 8 almonds chopped. Sprinkle with cinnamon
Morning Tea	1 Protein Snack + non-starchy vegetables (if desired)	Meal suggestion: Tuna dip – 50g tuna mixed with 1 Tbsp Greek yoghurt. Serve with non-starchy vegetable sticks
Lunch	1 Balanced Meal	Meal suggestion: Salad – 1 hard-boiled egg served with 2 cups mixed non-starchy salad vegetables
Afternoon Tea	1 Protein Snack + non-starchy vegetables (if desired)	1 BT snack – bar/cookie/slice
Dinner	1x FREE Meal!	
Fluids	2-3 litres of water, coffee and tea	Drink regularly throughout the day
Exercise	10,000 steps or equivalent (approximately 1 hour) of low intensity exercise	