

**DEAREST CLIENT,**

**FIND ABOVE YOUR MEAL PLAN FOR THE MONTH WITH A WORKOUT SCHEDULE.**

**MEAL PREP SLIDES, WORKOUT DEMOS AS WELL AS FOOD DEMO VIDEOS WILL BE SENT TO HELP YOU KNOW WHAT IS NEEDED TO GET READY.**

**PLEASE ASK QUESTIONS TO CLARIFY WHATEVER YOU DO NOT UNDERSTAND.**

**MODIFICATIONS CAN BE MADE IN CASES WHERE YOU NEED THAT TO BE DONE.**

**POP UP REMINDERS WILL BE SENT OUT AS WELL ON A WEEKLY BASIS.**

**DO NOT FORGET TO SEND IN YOUR WEEKLY SCORE CHAT.**

**TRUST THE PROCESS AND I WISH YOU AN AWESOME JOURNEY OF FITNESS IN THIS MONTH.**

# Week 1

<b>DAY/ TIME</b>	<b>Liver flash  (a.m.)</b>	<b>Meal 1  Before 10 a.m.</b>	<b>Meal 2  Before 4 p.m.</b>	<b>Meal 3  Before 7p.m.</b>	<b>Liver flash  (p.m.)</b>
<b>Monday + Tuesday</b>	A B C D	2 cooked eggs + 1 cup of green tea	A portion of chicken potato veggie stir fry mix	Cucumber melon salad	A B C D
<b>Wednesday + Thursday</b>	A B C D	Green smoothie 500ml	Green salad + 3 thin slices of avocado + 1 pcs protein	Green juice with 2 pcs protein	A B C D
<b>Friday + Saturday</b>	A B C D	Oats smoothie 500ml	2 pcs fish soup with 200g of cooked yam	1 pcs fish soup	A B C D
<b>Sunday</b>	A B C D	Fruit salad	1 cup of cooked bulgur wheat + beef veggie sauce	Vegetable salad	A B C D

# Week 2

DAY/ TIME	Liver flash (a.m.)	Meal 1  Before 10 a.m.	Meal 2  Before 4 p.m.	Meal 3  Before 7p.m.	Liver flash (p.m.)
<b>Monday + Tuesday</b>	A B C D	Plant milk yogurt mix 500ml	2 pcs goat pepper soup or light soup	Plain green juice	A B C D
<b>Wednesday + Thursday</b>	A B C D	Fresh fruit juice 500ml + 1 sandwich	1 boiled plantain with steamed greens	Carrot juice	A B C D
<b>Friday + Saturday</b>	A B C D	Plain green juice 500ml	Oil free okra soup + 1 fish /meat + a fist size of oat / brown rice swallow	A small serving of okra soup only	A B C D
<b>Sunday</b>	A B C D	Plain green juice 500ml	1 cup of Jollof + 1 cup of salad + 1 pc of chicken	Hot chocolate drink	A B C D



# Week 3

<b>DAY/ TIME</b>	<b>Liver flash (a.m.)</b>	<b>Meal 1  Before 10 a.m.</b>	<b>Meal 2  Before 4 p.m.</b>	<b>Meal 3  Before 7p.m.</b>	<b>Liver flash (p.m.)</b>
<b>Monday + Tuesday</b>	A B C D	Egg white veggie pancake	2/3 spicy peppered goat meat + cucumber slices	Carrot soup	A B C D
<b>Wednesday + Thursday</b>	A B C D	Overnight oats in plant milk + 10 nuts	3 spicy peppered wings with cucumber slices	A small bowl of fresh salads	A B C D
<b>Friday + Saturday</b>	A B C D	1 wheat bun + a handful of veggies + green tea	Oil free okra or Vegetable soup + 1 pc protein	Vegetable juice of choice 500ml	A B C D
<b>Sunday</b>	A B C D	300ml plain yogurt +5 crackers	Grilled fish with veggies	Sunday special	A B C D

# Week 4

<b>DAY/ TIME</b>	<b>Liver flash (a.m.)</b>	<b>Meal 1 Before 10 a.m.</b>	<b>Meal 2 Before 4 p.m.</b>	<b>Meal 3 Before 7p.m.</b>	<b>Liver flash (p.m.)</b>
<b>Monday + Tuesday</b>	A B C D	Green Protein burst 500ml	Steamed greens + 1 pcs of protein /A small pcs of Irish potato	Lemony melon 500ml	A B C D
<b>Wednesday + Thursday</b>	A B C D	Tropical lemonade 500ml	Half grilled tilapia with sautéed veggies	Lemony melon 500ml	A B C D
<b>Friday + Saturday</b>	A B C D	Coffee protein burst 500ml	Pepper soup of choice + 2 pcs protein	Detox tonic	A B C D
<b>Sunday</b>	A B C D	Plain green juice 500ml	1 pcs of cooked fish + 1 glass of green juice	Detox tonic	A B C D

## Workout schedule 1

Workout / Days	Monday + Tuesday	Wednesday + Thursday	Friday	Saturday	Sunday
100 skips / jump ropes	2 sets or more	3 sets Or more	Rest	4 sets Or more	Rest
50 jumping jacks	2 sets or more	3 sets Or more	Rest	4 sets Or more	Rest
20 Body weight squats	2 sets or more	3 sets Or more	Rest	4 sets Or more	Rest
20 Knee to elbow (R+L)	2 sets or more	3 sets Or more	Rest	4 sets Or more	Rest
High and Low plank (30 sec each)	2 sets or more	3 sets Or more	Rest	4 sets Or more	Rest



## Workout schedule 2



Workout / Days	Monday + Tuesday	Wednesday + Thursday	Friday	Saturday	Sunday
150 skips / jump ropes	2 sets or more	3 sets Or more	Rest	4 sets Or more	Rest
60 jumping jacks	2 sets or more	3 sets Or more	Rest	4 sets Or more	Rest
10 Burpees	2 sets or more	3 sets Or more	Rest	4 sets Or more	Rest
10 Alternate high and low planks	2 sets or more	3 sets Or more	Rest	4 sets Or more	Rest
20 Bicycle crunches	2 sets or more	3 sets Or more	Rest	4 sets Or more	Rest

## Workout schedule 3

Workout / Days	Monday + Tuesday	Wednesday + Thursday	Friday	Saturday	Sunday
200 skips / jump ropes	3 sets or more	4 sets Or more	Rest	5 sets Or more	Rest
50 weighted jacks	3 sets or more	4 sets Or more	Rest	5 sets Or more	Rest
20 Squats with weight overhead	3 sets or more	4 sets Or more	Rest	5 sets Or more	Rest
10 side hops with burpees	3 sets or more	4 sets Or more	Rest	5 sets Or more	Rest
High and Low plank (30 sec each)	3 sets or more	4 sets Or more	Rest	5 sets Or more	Rest



## Workout schedule 4

Workout / Days	Monday + Tuesday	Wednesday + Thursday	Friday	Saturday	Sunday
200 skips / jump ropes	4 sets or more	5 sets Or more	Rest	6 sets Or more	Rest
60 weighted jacks	4 sets or more	5 sets Or more	Rest	6 sets Or more	Rest
20 sit-ups with weight overhead	4 sets or more	5 sets Or more	Rest	6 sets Or more	Rest
20 bicycle crunches	4 sets or more	5 sets Or more	Rest	6 sets Or more	Rest
Alternate 10 plank jacks with 30 sec low plank	4 sets or more	5 sets Or more	Rest	6 sets Or more	Rest

Welcome

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