

# SHAPE UP FOR SUMMER 8 WEEK CHALLENGE

## High Intensity Training Meal Plan - Womens

<b>7.00am</b>	¼ cup oats made with 3/4 cup water & ½ scoop protein powder
<b>9.30am</b>	½ scoop protein powder with water 2 x Corn Thin or 3 x Vitawheats with Peanut Butter or Nutella
<b>12.00pm</b>	100g fish/steak/chicken 1 cup vegetables 40g Pumpkin / Rice / Couscous / Kumara
<b>3.30pm</b>	85g tuna/chicken or Small serving of low sugar probiotic yoghurt (Uno or Goodies) ¼ cup chopped raw vegetables or salad
<b>6.30pm</b>	120g fish/chicken/steak 1 cup vegetables or salad 20g nuts or 1/4 Avocado
<b>9.00pm</b>	½ scoop protein powder with water

### APPROVED VEGETABLES:

Asparagus	Celery	Okra
Aubergine	Green Beans	Onions
Broccoli	Garlic	Parsley
Brussel Sprouts	Green Leafy Vegetables	Capsicums all colours
Cabbage	Artichokes	Parsley
Carrots	Kale	Spinach
Cauliflower	Leeks	Spring Onions
Lettuce	Tomatoes	Watercress
Mushrooms	Pumpkin	