

Set Meal Plans

Are you the type of person who likes a set plan to follow without having to make too many decisions along the way? Then the BodyTrainer™ Revolution Set Meal Plans are for you. We have put together 12 weeks of menus to take the guesswork out of achieving good health and fat loss through a varied and nutritionally sound eating plan.

The menus use the BodyTrainer™ Revolution recipes along with simple meal ideas and some takeaway/pre-prepared food to make life easy. All you need to do is apply your block allocations to the meals to select your appropriate portion size.

- Fish is included two to three times a week to boost omega-3 fats, keep saturated fats down and provide protein, zinc and other micronutrients.
- Lean red meat is included two to three times a week to boost iron intake and provide protein, zinc and other micronutrients.
- Most meals include both low-GI carbohydrates and a protein-rich food to improve satiety and provide balanced energy and nutrients.
- Fruit is provided daily as snacks and as part of breakfast meals – you can add additional fruit as per your block allowance.
- Those on higher energy levels can add in more substantial snacks using your blocks or add foods to a meal, eg a bread roll.
- You can mix and match meals and days if you wish, but the variety of foods and meals is important, so try to include as many of the different meals as you can.
- Where you are not prepared with the appropriate foods, or you are eating out, simply choose an appropriate meal from the meal ideas section to substitute.
- Foods from Group 5: Occasional foods can also be substituted using your carbohydrate and fat blocks as instructed.
- Consume more than 1 litre of water every day and more during exercise sessions. Herbal teas can be consumed freely and count towards your water intake. Tea and coffee can be consumed freely using low-fat milk from protein blocks – try to avoid using sugar.

7-Day Sample Meal Plan – Week 1

* denotes BodyTrainer™ Revolution recipes

	Breakfast	Snack 1	Lunch	Snack 2	Dinner
M	Natural muesli, low-fat milk & sliced fruit	Fruit	Bowl of low-fat vegetable soup, multigrain bread & reduced-fat cheese	Small handful of raw almonds	Grilled chicken breast fillet, pasta with ready-made tomato sauce & a large mixed salad with 1 tbsp olive oil
T	Grapefruit, boiled eggs & multigrain toast	Low-fat yoghurt & a piece of fruit	Baked potato filled with baked beans	1 cup of skim milk served hot or cold (optional add 1 tsp drinking chocolate)	Lamb, Spinach & Feta Stir-Fry* & couscous
W	All-Bran® with low-fat milk & sliced strawberries	Low-fat cereal bar	Flour tortilla wrap filled with 3 tbsp hummus, lettuce, cucumber, tomato, beetroot & grated carrot	Banana & a low-fat fruit yoghurt	Grilled lean beef steak with 2 cups of mixed vegetables, stir-fried in 1/2 tbsp olive oil, flavoured with soy sauce & garlic OR a large mixed salad dressed
T	Grilled fat-trimmed bacon with sliced tomato in a grainy English muffin	Fruit	Pita bread filled with hummus & salad vegetables	Fruit toast with low-fat cream cheese	Grilled/baked fish fillet, ear of corn and mixed steamed vegetables
F	Natural muesli with low-fat milk & sliced fruit	Low-fat cereal bar	Toasted sandwich with reduced-fat cheese & tomato	Fruit	Easy Chickpea Curry* with steamed basmati rice
S	All-Bran® with sliced fruit & low-fat milk	Handful of peanuts in their shells	Tomato, Lentil & Barley Soup* with grainy bread	Sliced pear & reduced-fat cheese	Baked or grilled salmon fillet, mashed sweet potato & steamed green vegetables
S	Boiled eggs, multigrain toast & a piece of fruit	Fruit	Low-fat 2-minute noodles with 1 cup added frozen vegetables	Cup of soup	Takeaway or homemade chicken & vegetable stir-fry with steamed rice

7-Day Sample Meal Plan – Week 2

* denotes BodyTrainer™ Revolution recipes

	Breakfast	Snack 1	Lunch	Snack 2	Dinner
M	All-Bran® with low-fat milk & sliced banana	Carrot & celery sticks with hummus dip	Flour tortilla wrap filled with chicken & salad	Fruit	Penne with Leafy Greens & Smoked Salmon*
T	Fruit toast & low-fat cream cheese	Fruit	Tomato, Lentil & Barley Soup*	Handful of cashew nuts	Bolognese* with a green salad
W	Porridge with low-fat milk	Multigrain toast with sliced banana	Takeaway sushi & miso soup	Fruit	Lamb & Chickpea Hotpot* with couscous
T	Toasted English muffin(s) with peanut butter & banana	Smoothie made with 1 cup low-fat milk, banana & 2 tbsp natural yoghurt	Pasta mixed with canned tuna, & any vegetables you like eg lettuce, tomato, cucumber, grated carrot, beetroot. Dress with 1 tbsp oil & vinegar dressing	Fruit	Spiced Pork Skewers* & a large mixed salad OR steamed vegetables of your choice
F	Natural muesli with low-fat milk & sliced fruit	20g cashew nuts	Multigrain bread sandwich with ham, low-fat cream cheese & plenty of salad vegetables, piece of fruit	Low-fat yoghurt	Salmon with Spice Crust* with steamed/stir-fried mixed vegetables OR a large salad
S	Porridge with low-fat milk	Low-fat yoghurt topped with a sliced piece of fruit & 1 tbsp of mixed nuts & seeds	Large bowl of Minestrone Soup*	Fruit	Garlic Bruschetta with Roast Tomatoes & Field Mushrooms* followed by roast/grilled lean lamb with green peas, carrots
S	Toasted English muffin topped with spinach leaves, poached eggs & grilled tomato	Banana & a glass of low-fat milk	Bowl of Tomato, Lentil & Barley Soup*, piece of fruit	Carrot & celery sticks with hummus dip	Stir-Fried Greens with Grilled Chicken Breast* & boiled rice

7-Day Sample Meal Plan – Week 3

* denotes BodyTrainer™ Revolution recipes

	Breakfast	Snack 1	Lunch	Snack 2	Dinner
M	Bircher Muesli*	Cup of soup	Roast beef open sandwich on heavy rye or pumpkinseed bread, lots of salad vegetables	Fruit	Coriander Chicken/Turkey with Avocado Salsa* & a large green salad
T	Fruit salad with natural yoghurt, sprinkled with mixed nuts & seeds	Low-fat fruit yoghurt	Takeaway sushi & miso soup	Low-fat flavoured milk	Baked salmon fillet with corn on the cob & steamed green vegetables
W	Natural muesli with low-fat milk & sliced fruit	Handful of peanuts in their shells	Minestrone Soup* & multigrain bread	Low-fat yoghurt & a banana	Lamb, Spinach & Feta Stir-fry* with steamed basmati rice
T	Toast with peanut butter & honey	Fruit	Salad bowl with a can of tuna & mixed beans, olive oil dressing	Plain small muesli/cereal bar	Takeaway Asian noodles with stir-fried meat/seafood & vegetables
F	All-Bran® with low-fat milk & sliced banana	Handful of mixed raw almonds & dried apricots	Pita bread with hummus & salad	Piece of fruit	Bolognese* with a large green salad
S	Poached eggs on toast with mushrooms & grilled tomato	Fruit	Baked potato with leftover Bolognese* & green salad	Vegetable juice	Chickpea & Almond Couscous*
S	Smoked Salmon with Dill Pancakes*	Low-fat flavoured milk	Whole-grain bread sandwich with ham, low-fat cream cheese & salad	Carrot & celery sticks with hummus dip	Grilled Steak with Roasted Root Vegetables*

7-Day Sample Meal Plan – Week 4

* denotes BodyTrainer™ Revolution recipes

	Breakfast	Snack 1	Lunch	Snack 2	Dinner
M	All-Bran® with sliced fruit & low-fat milk	Vegetable juice	Whole-grain bread sandwich with lean meat, mustard & lots of salad vegetables	Fruit	Stir-fried Greens with Grilled Chicken Breast* & rice
T	Muesli with sliced strawberries & low-fat milk	Fruit	Carton of vegetable soup with grainy bread & reduced-fat cheese	Low-fat hot chocolate	Penne with Leafy Greens & Smoked Salmon*
W	Toasted fruit bread with low-fat cream cheese & a glass of low-fat milk	Low-fat yoghurt drink	Pita bread filled with tuna & sweetcorn mixed with 1 tsp of olive oil mayo & salad	Fruit	Grilled lamb fillets with steamed/stir-fried vegetables
T	All-Bran® with sliced fruit & low-fat milk	Low-fat rice pudding snack	Minestrone Soup* with grainy bread	Fruit	Simple Pasta with Tuna & Chillil* & a large green salad
F	Toasted grain English muffin with avocado & tomato	Fruit	Baked potato filled with baked beans & a side salad	Vegetable juice	Takeaway vegetable & tofu stir-fried in oyster-style sauce with noodles
S	Multigrain bread sandwich with grilled fat-trimmed bacon & sliced tomato	Fruit	Fruit	Low-fat flavoured milk	Bolognese* with a large mixed salad
S	Omelette filled with spinach & tomato, whole-grain toast	Fruit	Tortilla wrap with chicken & salad	Carrot sticks with hummus dip	Spiced Pork Skewers* & a large mixed salad

7-Day Sample Meal Plan – Week 5

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	Breakfast	Snack 1	Lunch	Snack 2	Dinner
M	Muesli with sliced banana & low-fat milk	Fruit	Tomato, Lentil & Barley Soup* with grainy bread	Handful of mixed nuts & dried fruit	Marinated Mushroom & Bulgur Salad* with a grilled/baked fish fillet
T	Porridge with low-fat milk	Handful of raw almonds	Leftover Marinated Mushroom & Bulgur Salad*	Fruit	Spaghetti with ready-made tomato sauce mixed with a can of tuna, & with a green salad
W	Baked beans on grainy toast	Low-fat yoghurt	Baked potato filled with a can of chilli beans & with a side salad	Fruit	Beef Stroganoff* with steamed basmati rice & spinach
T	Muesli with sliced apple & low-fat milk	Fruit	Tomato, Lentil & Barley Soup* with grainy bread	Low-fat hot chocolate	Easy Chickpea Curry* with steamed basmati rice
F	Bircher Muesli*	Fruit	Steak Sandwich*	Fruit salad with a spoonful of natural yoghurt	Spiced Trout with Cucumber & Minted Yoghurt* & steamed vegetables of your choice
S	Fruit smoothie – blend low-fat milk, yoghurt & fruits of your choice	Vegetable juice	Quick Vegetable Pita Pizza*	Fruit	Lamb & Chickpea Hotpot*
S	Poached eggs on whole-grain toast with grilled tomato & dry-fried mushrooms	Fruit	Garlic Bruschetta with Roast Tomatoes & Field Mushrooms*	Cup of soup	Crumbed Chicken with Baked Wedges* & a large mixed salad

7-Day Sample Meal Plan – Week 6

* denotes BodyTrainer™ Revolution recipes

	Breakfast	Snack 1	Lunch	Snack 2	Dinner
M	Breakfast cereal bar & a small carton of fruit juice	Fruit	Takeaway sushi & miso soup	Whole-wheat crackers with low-fat cream cheese	Tomato Pasta Stir-fry with Chicken*
T	All-Bran® with sliced strawberries & low-fat milk	Handful of dried apricots	Whole-grain bread sandwich with roast beef, mustard & salad vegetables	Low-fat yoghurt & an apple	Salmon with Spiced Crust* & a large mixed salad
W	Multigrain toast topped with sliced avocado & tomato	Fruit	Chicken noodle soup & a piece of fruit	Handful of nuts in their shells	Lamb, Spinach & Feta Stir-fry* with couscous
T	Fruit toast with low-fat cream cheese & 1/2 grapefruit	Handful of mixed nuts & dried fruit	Pita bread filled with hummus & salad	Fruit	Coriander Chicken/Turkey with Avocado Salsa* & a large green salad
F	Muesli with canned peach slices & low-fat natural yoghurt	Vegetable juice	Minestrone Soup* with grainy bread	Fruit	Penne with Leafy Greens & Smoked Salmon*
S	Boiled eggs with grainy bread toast & 1/2 grapefruit	Fruit	Baked potato filled with canned chilli beans & a side salad	Cup of soup	Thai Beef*
S	Smoked Salmon with Dill Pancakes*	Fruit	Carton of vegetable soup with grainy bread & reduced-fat cheese	Low-fat hot chocolate	Salade Niçoise*

7-Day Sample Meal Plan – Week 7

* denotes BodyTrainer™ Revolution recipes

	Breakfast	Snack 1	Lunch	Snack 2	Dinner
M	Porridge with sliced banana, low-fat milk & a drizzle of honey	Fruit	Whole-grain bread sandwich with ham, low-fat cream cheese & salad	Low-fat yoghurt	Simple Pasta with Tuna & Chili*
T	Multigrain bread toast with fruit spread & a low-fat yoghurt	Low-fat flavoured milk	Pita bread filled with cottage cheese, pineapple & salad vegetables	Fruit	Stir-fried Greens with Grilled Chicken Breast* & rice
W	Muesli with sliced banana & low-fat milk	Fruit	Asian-style clear soup & a piece of fruit	Small muesli bar	Lamb & Chickpea Hotpot*
T	Grilled fat-trimmed bacon & sliced tomato in a toasted grainy English muffin	Fruit	Leflover Lamb & Chickpea Hotpot*	Vegetable juice	Marinated Mushroom & Bulgur Salad* with a grilled chicken breast
F	Fruit salad with natural yoghurt & a sprinkling of mixed nuts & seeds	Low-fat fruit yoghurt	Leflover Marinated Mushroom & Bulgur Salad*	Fruit	Spiced Trout with Cucumber & Minted Yoghurt*
S	Grainy toast with peanut butter & a piece of fruit	Low-fat fruit yoghurt	Pasta salad with canned salmon, spinach leaves, vegetables & a drizzle of olive oil & vinegar dressing	Fruit	Takeaway tofu & vegetable stir-fry with Asian noodles
S	Toasted grainy English muffin with poached eggs, wilted spinach, grilled tomato & dry-fried mushrooms	Fruit	Whole-wheat crackers with cottage cheese, cherry tomatoes & sliced cucumber	Vegetable juice	Grilled steak with corn on the cob & steamed broccoli, carrots & grilled tomato

7-Day Sample Meal Plan – Week 8

* denotes BodyTrainer™ Revolution recipes

	Breakfast	Snack 1	Lunch	Snack 2	Dinner
M	All-Bran® with sliced banana & low-fat milk	Small handful of nuts in their shells	Tomato, Lentil & Barley Soup* with grainy bread	Fruit	Lamb Pita Breads*
T	Breakfast cereal bar & a piece of fruit	Low-fat yoghurt drink	Multigrain bread sandwich with hard-boiled egg & salad	Fruit	Baked/grilled fish fillet with couscous & stir-fried mixed vegetables
W	Fruit salad with natural yoghurt & a sprinkling of mixed nuts & seeds	Low-fat rice pudding snack	Pita bread filled with falafel, hummus & salad	Fruit	Chicken in Orange Sauce* with boiled new potatoes & steamed mixed vegetables
T	All-Bran® with sliced kiwifruit & low-fat milk	Fruit	Baked potato with cottage cheese & side salad	Vegetable juice	Chickpea & Almond Couscous*
F	Toasted grainy bread with avocado & sliced tomato	Low-fat flavoured milk	Leftover Chickpea & Almond Couscous*	Fruit	Penne with Leafy Greens & Smoked Salmon*
S	Boiled eggs, multigrain toast & 1/2 grapefruit	Fruit	Quick Vegetable Pita Pizza*	Vegetable juice	Crumbed Chicken with Baked Wedges* & a large green salad
S	Grilled fat-trimmed bacon in a toasted grainy muffin with sliced tomato	Fruit	Spinach salad with grilled haloumi cheese or feta cheese & lots of salad vegetables	Slice of fruit toast with low-fat cream cheese	Beef fajitas – see Meal Ideas for recipe

7-Day Sample Meal Plan – Week 9

* denotes BodyTrainer™ Revolution recipes

	Breakfast	Snack 1	Lunch	Snack 2	Dinner
M	Multigrain bread toast with sliced banana	Fruit	Multigrain bread sandwich with hard-boiled egg & salad	Low-fat yoghurt	Lamb Spinach & Feta Stir-fry* with rice
T	Baked beans on multigrain bread toast	Fruit	Tomato, Lentil & Barley Soup*	Vegetable juice	Easy Chickpea Curry* with steamed basmati rice
W	Muesli with sliced fruit & low-fat yoghurt	Fruit	Leftover Easy Chickpea Curry* with toasted pita bread	Low-fat rice pudding snack	Salmon with Spiced Crust* & a large mixed salad
T	Breakfast cereal bar, a glass of low-fat milk & a piece of fruit	Handful of dried apricots	Tomato, Lentil & Barley Soup*	Slice of toast with fruit spread	Tomato Pasta Stir-fry with Chicken*
F	Toasted grainy English muffin with sliced avocado & tomato	Fruit	Steak Sandwich*	Vegetable juice	Chilli con carne with rice & a green salad
S	Sourdough toast topped with dry-fried field mushrooms & a grilled tomato	Fruit	Pasta salad – mix pasta with a can of mixed beans, salad vegetables & a drizzle of olive oil dressing	Low-fat flavoured milk	Bean Tortillas*
S	Omelette with spinach & tomato, whole-grain toast	Fruit	Whole-grain bread sandwich with lean meat, mustard & salad	Low-fat fruit yoghurt	Beef Stroganoff* with steamed basmati rice & spinach

7-Day Sample Meal Plan – Week 10

* denotes BodyTrainer™ Revolution recipes

	Breakfast	Snack 1	Lunch	Snack 2	Dinner
M	Bircher Muesli*	Low-fat yoghurt	Leftover Beef Stroganoff* with rice	Fruit	Penne with Leafy Greens & Smoked Salmon*
T	Multigrain toast with peanut butter & a piece of fruit	Fruit	Multigrain bread sandwich with ham, low-fat cream cheese & salad	Low-fat yoghurt	Homemade or pre-prepared chilli con carne with steamed basmati rice & green salad
W	Muesli with sliced fruit & low-fat yoghurt	Low-fat rice pudding snack	Leftover chilli con carne with toasted pita bread	Fruit	Grilled fish fillet with mashed sweet potato & steamed mixed vegetables
T	Toasted grainy muffin with avocado & sliced tomato	Fruit	Salad bowl with a can of tuna & a grainy roll	Low-fat rice pudding snack	Spiced Trout with Cucumber & Minted Yoghurt*
F	Breakfast cereal bar, a piece of fruit & a glass of low-fat milk	Low-fat yoghurt	Takeaway sushi & miso soup	Fruit	Grilled chicken breast with pasta in ready-made tomato sauce with a green salad
S	Poached egg on multigrain toast with grilled tomato & spinach leaves	Fruit	Bowl of vegetable soup with whole-wheat crackers & reduced-fat cheese	Low-fat flavoured milk	Lamb fillets pan-fried in non-stick pan with couscous, minted yoghurt & rocket salad
S	Porridge with low-fat milk	Fruit	Pita bread filled with lean meat, chutney & salad	Low-fat fruit yoghurt	Spiced Pork Skewers* with salad

7-Day Sample Meal Plan – Week 11

* denotes BodyTrainer™ Revolution recipes

	Breakfast	Snack 1	Lunch	Snack 2	Dinner
M	Porridge with sliced banana & sultanas, low-fat milk & a drizzle of honey	Fruit	Takeaway sushi & miso soup	Low-fat drinking yoghurt	Simple Pasta with Tuna & Chilli* with a green salad
T	Baked beans on multigrain toast	Fruit	Multigrain bread toastie with reduced-fat cheese, tomato	Low-fat rice pudding snack	Beef Stroganoff* with steamed basmati rice & green salad
W	All-Bran®, sliced banana & low-fat milk	Handful of raw nuts	Tortilla wrap with chicken & salad	Fruit	Grilled pork cutlets with baked sweet potato, steamed spinach, broccoll & carrots
T	Muesli, sliced fruit & low-fat milk	Vegetable juice	Vegetable soup with whole-wheat crackers & reduced-fat cheese	Fruit	Chickpea & Almond Couscous*
F	Grilled fat-trimmed bacon with sliced tomato in a grainy English muffin	Fruit	Minestrone Soup* with a grainy bread roll	Low-fat flavoured milk	Takeaway chicken & vegetables stir-fried in oyster sauce with noodles
S	Muesli with canned peach slices & natural yoghurt	Handful of dried fruit & nuts	Pita bread filled with tuna, sweetcom & salad	Fruit	Bolognese* with a green salad
S	Home-cooked scrambled eggs (no butter) with mushrooms on multigrain toast	Fruit	Leftover Bolognese* in a baked potato with a side salad	Low-fat fruit yoghurt	Salmon with Spiced Crust* & stir-fried mixed vegetables

7-Day Sample Meal Plan – Week 12

* denotes BodyTrainer™ Revolution recipes

	Breakfast	Snack 1	Lunch	Snack 2	Dinner
M	Bircher Muesli*	Fruit	Pita bread filled with falafel, hummus & salad	Low-fat drinking yoghurt	Stir-fried Greens with Grilled Chicken Breast & rice*
T	Multigrain toast with banana & peanut butter	Low-fat drinking yoghurt	Multigrain bread toastie with reduced-fat cheese, tomato	Fruit	Easy Chickpea Curry* with steamed basmati rice
W	Muesli with sliced fruit & low-fat milk	Fruit	Tortilla wrap with ham & salad	Handful of dried apricots	Grilled fish fillet with Marinated Mushroom & Bulgur Salad*
T	Multigrain toast with avocado & sliced tomato	Vegetable juice	Tomato, Lentil & Barley Soup*	Fruit	Bean Tortillas*
F	Breakfast cereal bar, glass of low-fat milk & a piece of fruit	Fruit	Multigrain bread sandwich with chicken, avocado & salad	Low-fat drinking yoghurt	Chicken in Orange Sauce* with steamed vegetables
S	Fruit salad with natural yoghurt & a sprinkling of mixed nuts & seeds	Slice of fruit toast with low-fat cream cheese	Quick Vegetable Pita Pizza*	Fruit	Thai Beef*
S	Omelette with spinach & tomato, multigrain toast	Fruit	Open sandwich on pumpernickel bread with lean meat, salad & hummus	Low-fat fruit yoghurt	Takeaway spaghetti marinara with a green salad

