

# **FEMALE BODY TRANSFORMATION NUTRITION PLAN**

*Compiled by Mark Woodgate - Body Transformation Specialist*

## **BREAKFAST**

### **Option 1**

2 scrambled eggs with tomato and 1 slice molenberg wholegrain toast.

### **Option 2**

$\frac{3}{4}$  cup homemade muesli. (eg: oats, raisins, dried apricots, shredded coconut) with rice milk. Add berries on top.

### **Option 3**

Smoothie: 150 mls water,  $\frac{1}{2}$  banana,  $\frac{1}{2}$  cup mixed frozen berries & 20 grams whey protein powder. Blend for 20 seconds. Sprinkle with cinnamon or nutmeg.

## **SNACKS**

Choose one option to have for your mid morning or mid afternoon snack.

### **Option 1**

1 piece fruit plus 1 small handful mixed raw nuts.

### **Option 2**

Carrot sticks with hummus.

### **Option 3**

2-3 vitawheat crackers with a light spread of avocado & tuna or salmon.

## **LUNCH**

### **Option 1**

Chicken breast with 1 medium kumara or pumpkin and a side salad or vegetables.

### **Option 2**

80 grams chicken or tuna with salad eg: lettuce, cucumber, capsicum, grated carrot. Add diced kumara or pumpkin, balsamic vinaigrette and /or 1 tbsp olive oil.

## **DINNER**

### **Option 1**

Stirfry vegetables eg; broccoli, cauliflower, carrot, courgette with 80 grams stirfry chicken. Add worcestershire sauce.

### **Option 2**

100-120g grilled fish, chicken, or lean steak with salad ingredients.

### **Additional Guidelines:**

- Drink at least 1.5 litres of water per day
- Aim for 1-2 serves of fruit and 2-3 of salad or veges per day
- Eat 3 small meals & 2 snacks every day
- Don't skip meals
- Include 1-2 cheat meals per week.
- Healthy cheat meals include sushi, subway, kebabs and turkish to go. (see below)
- Grill foods where possible
- Consume a small amount of protein at every meal
- When trying to lose weight, minimize or completely remove starchy carbohydrates from your evening meal (eg: potatoes, kumara, pasta, rice, bread etc)
- Eat your meals SLOWLY (it takes 20 minutes for your brain to register that your stomach is full)
- For best weight loss results, keep alcohol intake to an absolute minimum

### **HEALTHY CHEAT MEAL OPTIONS**

#### **Example one:**

Kebab or Turkish 2 go. Chicken with hummus, salad and ask for ½ cup rice. Avocado sauce.

#### **Example two:**

6 inch Subway sandwich. Choose from the 'less than 6 grams of fat' menu.




#### **Example three:**

Sushi – no more than 5 pieces. Choose predominantly chicken, salmon or tuna.

## Portion Sizes

For best results we recommend the following portion sizes.

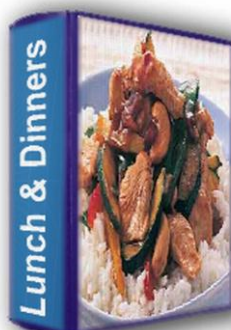
<p><b>Breakfast</b></p> <p>1 portion carbohydrate 1 portion protein</p>
<p><b>Snack</b></p> <p>½ portion carbohydrate 1 portion protein</p>
<p><b>Lunch</b></p> <p>½ portion carbohydrate 1 portion protein 1 portion salad or vegetables</p>
<p><b>Snack</b></p> <p>½ portion carbohydrate 1 portion protein</p>
<p><b>Dinner</b></p> <p>1 portion protein 1-2 portions salad or vegetables</p>

<p>A portion of <b>protein</b> is roughly equal to the size and thickness of the palm of your hand.</p> <p><a href="#">Click here to view preferred carbohydrate sources</a></p>	
<p>A portion of <b>carbohydrate</b> is an amount roughly equal to the size of your clenched fist.</p> <p><a href="#">Click here to view preferred protein sources</a></p>	
<p>A portion of <b>vegetables</b> or <b>salad</b> is what you might imagine you can hold in the cupped palm of your hand.</p>	

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**Mark Woodgate**

Mark Woodgate is the fitness director of Body Blueprint Personal Training in Mt Maunganui, New Zealand, a leading personal training company which he founded in 1995.

Originally based out of Les Mills World of Fitness in Hamilton, Mark was the first personal trainer in New Zealand to create and a specialised personal training package for the Body for Life Challenge. He quickly became known as a top body transformation specialist and in 2001 he created his own body transformation programme, the Body Blueprint 12 Week Challenge.

Since 1999 Mark has personally worked with and transformed well over 1000 clients thanks to his revolutionary "quality versus quantity" training methods. 5 of his clients have placed in the top 2000 in the world in the Body for Life Challenge following their remarkable body transformations.

Mark is also the creator of the 5 Week LEAN Programme, the 30 Minute Express Workouts, 12 Week Ultimate Transformation System and the Muscle Morph System – all available as downloadable online programmes.

In May 2007 Mark and his partner Lisa became the owners and managers of Bay Bodyfit Health & Fitness Centre in Mt Maunganui, NZ. Mark has continued to transform his clients using the principles of his Body Blueprint 12 Week Challenge and 5 week LEAN programmes. Mark also trains a variety of clients from elite swimmers to New Zealand Strongmen.

More recently, thanks to a survey he conducted with 1000 of his subscribers, Mark has created the Virtual Workout Club - an online personal training system which allows members to receive a new workout programme every 4 weeks based on their specific fitness goals. Featuring virtual exercise animation technology, online workout and nutrition logs plus a host of other benefits, this system has proved to be another hit with his clients and subscribers.

Visit Mark's website at: [www.bodyblueprint.co.nz](http://www.bodyblueprint.co.nz)

### **Additional Links:**

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# MALE BODY TRANSFORMATION NUTRITION PLAN

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## BREAKFAST

### Option 1

2 or 3 scrambled eggs with tomato and 2 slices wholegrain toast.

### Option 2

1 to 1 ½ cups homemade muesli. (eg: oats, raisins, dried apricots, shredded coconut) with rice milk. Add berries on top.

### Option 3

Smoothie: 200 mls water, 1 banana & ½ cup mixed frozen berries & 30 grams whey protein powder. Blend for 20 seconds. Sprinkle with cinnamon or nutmeg.

## SNACKS

Choose one option to have for your mid morning or mid afternoon snack.

### Option 1

2 pieces fruit plus 1 handful mixed raw nuts.

### Option 2

Carrot sticks with hummus.

### Option 3

4-5 vitawheat crackers with light spread of avocado & tuna or salmon.

## LUNCH

### Option 1

Chicken breast with 1 large kumara or pumpkin and a side salad or vegetables.

### Option 2

80-100 grams chicken or tuna with salad eg: lettuce, cucumber, capsicum, grated carrot. Add diced kumara or pumpkin, balsamic vinaigrette and /or 1 tbsp olive oil.

## DINNER

### Option 1

Stirfry vegetables – eg; broccoli, cauliflower, carrot, courgette with 100 grams stirfry chicken. Add worcestershire sauce.

### Option 2

150 grams grilled fish, chicken, or lean steak with salad ingredients.

## **Additional Guidelines:**

- Drink at least 2 litres of water per day
- Aim for 1-2 serves of fruit and 2-3 of salad or veges per day
- Eat 3 small meals & 2 snacks every day
- Don't skip meals
- Include 1-2 cheat meals per week.
- Healthy cheat meals include sushi, subway, kebabs and turkish to go. (see below)
- Grill foods where possible
- Consume a small amount of protein at every meal
- When trying to lose weight, minimize or completely remove starchy carbohydrates from your evening meal (eg: potatoes, kumara, pasta, rice, bread etc)
- Eat your meals SLOWLY (it takes 20 mins for your brain to register that your stomach is full)
- For best results keep alcohol intake to an absolute minimum

## **HEALTHY CHEAT MEAL OPTIONS**

### **Example one:**

Kebab or Turkish 2 go. Chicken with hummus, salad and ask for 1 cup rice. Avocado sauce.

### **Example two:**

Subway sandwich. Choose from the 'less than 6 grams of fat' menu.

### **Example three:**




Sushi – no more than 7 pieces. Choose predominantly chicken, salmon or tuna.



## Portion Sizes

For best results we recommend the following portion sizes.

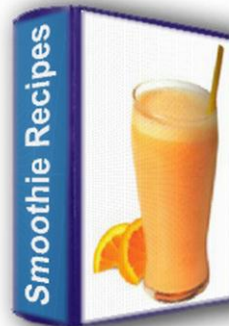
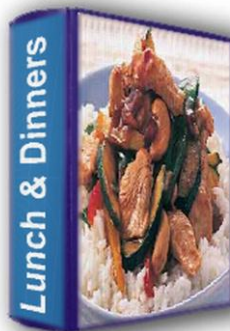
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