



GET A HOLIDAY BODY: LOSE A STONE IN 4 WEEKS



All of the below recipes can be found in full at www.channel5.com/getaholidaybody

Don't forget to tune in every Thursday to Get A Holiday Body: How Lose A Stone in 4 Weeks at 8pm on Channel 5

MEALS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	WEEK 2 AND 7				
Breakfast	Eggs and Spinach on Pumpernickel Bread	High-Protein Yoghurt with Swiss Muesli	Salmon and Avocado on Pumpernickel	High-Protein Yoghurt with Swiss Muesli	Eggs and Spinach on Pumpernickel Bread
Lunch	Chicken and Feta Salad	Baked Potato with Baked Beans and Cheese	Vegetable Omelette + 1 snack slice of toast	Baked Potato with Baked Beans and Cheese	How about another Vegetable Omelette? You can even have a banana afterwards, too!
Dinner	Herb -Baked Cod with Greens	Our Herb-Baked Cod recipe with Greens serves two portions!	Teriyaki Beef Stir-Fry. Save the second portion for tomorrow!	Teriyaki Beef Stir-Fry	Courgette Penne with Grilled Chicken
Snacks	Feeling peckish? Some nutritious snacks to help you on week 2: <ul style="list-style-type: none"> • 1 hard-boiled egg – salt and pepper to season and 100g of cherry tomatoes • 30g hummus and 100g carrots • 1 apple and 1 tbsp almond butter • 1 pear/orange and a closed handful of unsalted nuts • ½ banana, 2 tsp of cocoa powder and 150ml skimmed milk 				

It is recommended that you increase physical activity gradually. If in any doubt, or you experience physical discomfort while exercising, please stop and consult a healthcare professional.