



# 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](http://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 3 AND 6				
<b>Breakfast</b>	Tomato Eggs on Pumpernickel Bread	Chocolate Overnight Oats	High-Protein Yoghurt with Swiss Muesli	Avocado and Egg on Toast	Banana and Oat Pancakes
<b>Lunch</b>	Chicken and Avocado Salad	Satay Tuna with Salad	Lentil & Vegetable Soup served with protein topping of choice	Grilled Sesame Salmon with Roasted Vegetables	Prawn, Feta and Pomegranate Salad
<b>Dinner</b>	Mediterranean Sea Bass with Sautéed Kale	Sticky Soy Salmon with Aubergine	Lemon and Mustard Chicken	Thai Vegetable Curry	Grilled Pork Tenderloin with Stir-Fried vegetables
<b>Snacks</b>	<b>No-exercise day</b> 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 smilk		<b>Exercise day</b> 1 banana and 1 handful of nuts 2 oatcakes and 30g hummus 1 banana with 1 tbsp nut butter 1 handful dried mango as well as 1 boiled egg 1 handful of grapes and 100g Greek yogurt		

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.