



# 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 4 AND 8					
<b>Breakfast</b>	Mushroom Scrambled Eggs on Sourdough or Pumpernickel bread	Chocolate Overnight Oats	Salmon and Avocado on Sourdough/ Pumpernickel Toast	High-Protein Yoghurt with Swiss Muesli and Strawberries	Breakfast Smoothie
<b>Lunch</b>	Chicken Salad with Grapes	Tuna, Red Pepper and Mixed Bean Salad	Vegetable and Feta Cheese Omelette	Garlic Chicken Escalopes with veg	Quick Prawn Pad Thai
<b>Dinner</b>	Sun-Dried Tomato Crusted Cod with Pea Mash	Pesto Lamb Chops with Steamed Veg	Salmon and Courgette Kebabs	Beef in Oyster Sauce with Cauliflower Rice	Turkey and Vegetable Stir-Fry
<b>Snacks</b>	<b>No-exercise day</b> <ul style="list-style-type: none"> <li>• 1 hard-boiled egg – salt and pepper to season and 100g of cherry tomatoes</li> <li>• 30g hummus and 100g carrots</li> <li>• 1 apple and 1 tbsp almond butter</li> <li>• 1 pear/orange and a closed handful of unsalted nuts</li> <li>• ½ banana, 2 tsp of cocoa powder and 150ml semi-skimmed milk</li> </ul>		<b>Exercise day</b> <ul style="list-style-type: none"> <li>• 1 banana and 1 handful of nuts</li> <li>• 2 oatcakes and 30g hummus</li> <li>• 1 banana with 1 tbsp nut butter</li> <li>• 1 handful dried mango as well as 1 boiled egg</li> <li>• 1 handful of grapes and 100g Greek yogurt</li> </ul>		

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.