



2GOOD

PERSONAL TRAINING

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Super smoothie as week 1.	Smoked salmon omelette	Pecan, apple & cinnamon muesli	Super smoothie	Pecan, apple & cinnamon muesli	Fluffy scrambled eggs with a side of fruit	Quick Spanish omelette
Snack	Walnuts (100-140g)	Protein shake with berries	2 boiled eggs or small tin of fish or 2 chicken drumsticks	Protein bar + low GI fruit	Nut & seed mix and low GI fruit	Protein shake with berries + milk/soy or water	Protein (keto) bar
Lunch	Chicken Caesar salad (forget the crutons)	Fish & salad s'wich with avocado & 100% whole grain bread (rye, spelt)	Asian style meal with fish /meat + veg. Brown rice (if possible)	Creamy chicken coleslaw	Egg & salad s'wich as per Tuesday	Spinach & chicken stuffed mushrooms	Mediterranean salad
Snack	Protein bar (keto or low GI) + low GI fruit	Nut & seed mix + low GI fruit.	Brazil nuts + 1 piece of low GI fruit.	Almonds (100g) + low GI fruit	Small tin of flavoured tuna or salmon	Nut & seed mix & fruit	Brazil nuts & low GI fruit.
Dinner	San Choy Bow (Pork (or whatever) mince in lettuce cups.	Nut crusted fish and salad greens. Olive oil and balsamic vinegar salad dressing.	Thai green chicken curry with steam vegetables.	Stir fry with fish or prawns, vegetables & brown rice	Traditional Italian meatballs. Sweets of your choice	Baked fish with toasted almonds.	Roast of the day. Sweets – Blueberry & ricotta crepes



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