

7 DAY MEAL PLAN
INTERMEDIATE

This plan is designed to create a calorie deficit and support weight loss.

MONDAY - Training Day

BEFORE
BREAKFAST



Thermobol

[148mg Caffeine*]

BREAKFAST



**Poached Eggs
on Wholemeal Toast**

[2 Eggs, 1 Slice of Toast]

MID-MORNING
SNACK



Protein Bar

174 kcal, 15g carbs, 6g fat, 15g protein

LUNCH



Chicken Laksa Soup

with a Small Wholemeal Roll

MID-AFTERNOON
SNACK



Promax Lean Powder

127 kcal, 0.6g carbs, 0.3g fat, 30g protein, 80mg caffeine*

DINNER



**Steamed Haddock and
Mixed Vegetables**

EVENING
SNACK



Carrot Sticks

and Low Fat Houmous



SCROLL FOR MORE



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TUESDAY - Training Day

BEFORE
BREAKFAST



Thermobol
(148mg Caffeine*)

BREAKFAST



Porridge with nuts and seeds
and Semi Skimmed Milk

MID-MORNING
SNACK



Reduced fat Peanut Butter
Peanut Butter (30g) 2 Multigrain Crispbreads

LUNCH



Chicken Salad
with Light Mayonnaise in a Wholemeal Wrap

MID-AFTERNOON
SNACK



Promax Lean Powder
127 kcal, 0.6g carbs, 0.3g fat, 30g protein, 80mg caffeine*

DINNER



Chilli Con Carne
(Small portion of Rice)

EVENING
SNACK



High Protein Yoghurt
and Seeds



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WEDNESDAY - Rest Day

BEFORE
BREAKFAST



Thermobol
(148mg Caffeine*)

BREAKFAST



Fruit and Fibre
and Semi Skimmed Milk

MID-MORNING
SNACK



Promax Lean Powder
127 kcal, 0.6g carbs, 0.3g fat, 30g protein, 80mg caffeine*

LUNCH



Tuna Salad

MID-AFTERNOON
SNACK



Handful of Mixed Nuts

DINNER



Seasoned Chicken
with Meditterean Vegetables

EVENING
SNACK



Protein Bar
174 kcal, 15g carbs, 6g fat, 15g protein



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THURSDAY - Training Day

BEFORE
BREAKFAST



Thermobol
(148mg Caffeine*)

BREAKFAST



**Scrambled Eggs
on Wholemeal Toast**
(2 Eggs, 1 Slice of Toast)

MID-MORNING
SNACK



Promax Lean Powder
127 kcal, 0.6g carbs, 0.3g fat, 30g protein, 80mg caffeine*

LUNCH



Feta Cheese Salad

MID-AFTERNOON
SNACK



Protein Bar
174 kcal, 15g carbs, 6g fat, 15g protein

DINNER



Steak Mixed Vegetables
and Sweet Potato Fries

EVENING
SNACK



**Large Glass of
Semi-Skimmed Milk**

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FRIDAY - Training Day

BEFORE
BREAKFAST



Thermobol

[148mg Caffeine*]

BREAKFAST



Fruit and Fibre

with High Protein Natural Yoghurt

MID-MORNING
SNACK



Protein Bar

174 kcal, 15g carbs, 6g fat, 15g protein

LUNCH



Chicken Salad

MID-AFTERNOON
SNACK



Promax Lean Powder

127 kcal, 0.6g carbs, 0.3g fat, 30g protein, 80mg caffeine*

DINNER



Chicken Stir Fry

EVENING
SNACK



High Protein Yoghurt

and Seeds



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SATURDAY - Rest Day

BEFORE
BREAKFAST



Thermobol

[148mg Caffeine*]

BREAKFAST



Porridge with Nuts & Berries

and Semi Skimmed Milk

MID-MORNING
SNACK



Reduced fat Cheese Spread

on 2 Multigrain Crispbreads

LUNCH



Chicken Stir Fry

[Leftovers]

MID-AFTERNOON
SNACK



Promax Lean Powder

127 kcal, 0.6g carbs, 0.3g fat, 30g protein, 80mg caffeine*

DINNER



**Salmos Fillet
with Asian Greens**

EVENING
SNACK



Protein Bar

174 kcal, 15g carbs, 6g fat, 15g protein



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SUNDAY - Rest Day

BEFORE
BREAKFAST



Thermobol
[148mg Caffeine*]

BREAKFAST



Ham and Cheese Omelette

MID-MORNING
SNACK



Protein Bar

174 kcal, 15g carbs, 6g fat, 15g protein

LUNCH



Chicken Salad Sandwich
and a Banana

MID-AFTERNOON
SNACK



Promax Lean Powder

127 kcal, 0.6g carbs, 0.3g fat, 30g protein, 80mg caffeine*

DINNER



**Sunday Roast - Lots of Veg,
2 Roast Potatoes, Lean Meat**
[Cheat Meal]

EVENING
SNACK



**Large Glass of
Semi-Skimmed Milk**



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WEIGHT LOSS TOP TIPS

- EVERY MEAL/SNACK SHOULD CONTAIN AT LEAST 10g OF PROTEIN
- TRY TO RESTRICT YOUR PORTION SIZE
- EAT SOMETHING EVERY 3-4 HOURS
- ALWAYS HAVE PROTEIN IMMEDIATELY FOLLOWING EXERCISE
- CHOOSE A DIARY FORM OF PROTEIN BEFORE GOING TO BED
- NEVER SKIP BREAKFAST
- CHOOSE HIGHER CARBOHYDRATE FOODS ON TRAINING DAY
- YOUR DAILY ENERGY INTAKE SHOULD REFLECT YOUR TRAINING LOAD AND THE DESIRED WEIGHT LOSS
- MONITOR BODY WEIGHT, CLOTHES FITTINGS AND BODY MEASUREMENTS. TAILOR YOUR DIET ACCORDINGLY.
- CONSUME UP TO 3 THERMOBOL TABLETS PER DAY, BUT RESTRICT YOUR DAILY CAFFEINE INTAKE TO 400mg A DAY.*