7 DAY MEAL PLAN INTERMEDIATE

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



MONDAY - Training Day

BEFORE RRFAKFAST



Thermobol

(148mg Caffeine*)

REAKFAST



Poached Eggs on Wholemeal Toast

(2 Eggs, 1 Slice of Toast)

MID-MORNIN SNACK



Protein Bar

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

LUNCH



Chicken Laksa Soup

with a Small Wholemeal Roll

IID-AFTERNOOI SNACK



Promax Lean Powder

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

JINNER



Steamed Haddock and Mixed Vegetables

EVENIN(SNACK



Carrot Sticks

and Low Fat Houmous





7 DAY MEAL PLAN INTERMEDIATE

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TUESDAY - Training Day



Thermobol

(148mg Caffeine*)



Porridge with nuts and seeds

and Semi Skimmed Milk



Reduced fat Peanut Butter

Peanut Butter (30g) 2 Multigrain Crispbreads



Chicken Salad

with Light Mayonnaise in a Wholemeal Wrap



Promax Lean Powder

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

DINNER



Chilli Con Carne

(Small portion of Rice)



High Protein Yoghurt

and Seeds







7 DAY MEAL PLAN INTERMEDIATE

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WEDNESDAY - Rest Day

BEFORE REAKEAST



Thermobol

(148mg Caffeine*)

BREAKFAST



Fruit and Fibre

and Semi Skimmed Milk

IID-MORNIN Snack



Promax Lean Powder

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

LUNCH



Tuna Salad

ID-AFTERNOO SNACK



Handful of Mixed Nuts

DINNER



Seasoned Chicken

with Meditterean Vegetables

EVENING SNACK



Protein Bar

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





7 DAY MEAL PLAN INTERMEDIATE

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THURSDAY - Training Day

BEFORE REAKEAST



Thermobol

(148mg Caffeine*)

BREAKFAST



Scrambled Eggs on Wholemeal Toast

(2 Eggs, 1 Slice of Toast)

IID-MORNIN SNACK



Promax Lean Powder

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

LUNCH



Feta Cheese Salad

IID-AFTERNOO! SNACK



Protein Bar

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

NNER



Steak Mixed Vegetables

and Sweet Potato Fries

EVENING SNACK



Large Glass of Semi-Skimmed Milk





7 DAY MEAL PLAN INTERMEDIATE

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FRIDAY - Training Day

BEFORE REAKFAST



Thermobol

(148mg Caffeine*)

BREAKFAST



Fruit and Fibre

with High Protein Natural Yoghurt

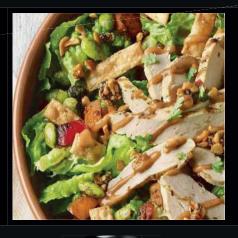
MID-MORNING SNACK



Protein Bar

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

HONOT



Chicken Salad

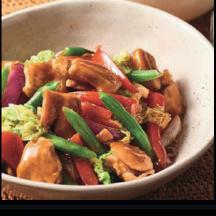
ID-AFTERNOO SNACK



Promax Lean Powder

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

INNER



Chicken Stir Fry

EVENIN SNACK



High Protein Yoghurt

and Seeds



SCROLL FOR MORE



7 DAY MEAL PLAN INTERMEDIATE

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



SATURDAY - Rest Day

BEFORE RPEAKEACT



Thermobol

(148mg Caffeine*)

REAKFAST



Porridge with Nuts & Berries

and Semi Skimmed Milk

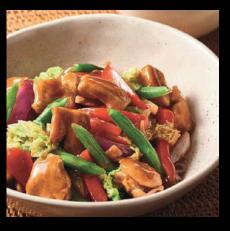
MID-MORNIN SNACK



Reduced fat Cheese Spread

on 2 Multigrain Crispbreads

LUNCH



Chicken Stir Fry

(Leftovers)

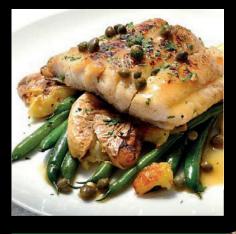
MID-AFTERNO(SNACK



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





7 DAY MEAL PLAN INTERMEDIATE

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SUNDAY - Rest Day

BEFORE RRFAKFAST



Thermobol

(148mg Caffeine*)

REAKFAS



Ham and Cheese Omelette

MID-MORNIN SNACK



Protein Bar

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

LUNCH



Chicken Salad Sandwich

and a Banana

ID-AFTERNOO 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 YOU DIET ACCORDINGLY.
- CONSUME UP TO 3 THERMOBOL TABLETS PER DAY, BUT RESTRICT YOUR DAILY CAFFEINE INTAKE TO 400mg A DAY.*