

Dud^{to}Stud



All it takes is
12 weeks
to make the **change**
of a **LIFETIME**

- ➔ Daily meal plans full of delicious recipes
- ➔ Body-transforming exercise plans
- ➔ Life-changing mindset lessons
- ➔ Expert advice and support

**BENNY'S
BOXING**

FROM DUD TO STUD IN 12 WEEKS

THIS IS AN IDEA OF A TRAINING PROGRAM & HEALTHY EATING PLAN...

It's just an example demonstrating weeks 3 & 4...as the participant progresses each week the duration & intensity of training increases, & eventually diet implemented to a full 7 day week (can still allow a treat or 2 on weekends depending on individual gains/results)

MONDAY

WEEKS 3 & 4



WAKE UP I

3.5km -5km jog moderate pace on treadmill, grass or running track only (Keep time under 25 min)

BREAKFAST I

Water luke warm with freshly squeezed lemon juice
100 g berries frozen or fresh
3 eggs (cooked any style only use minimal amount olive oil if needed)
1 piece whole grain pita bread small

MID MORNING I

1 banana
250 g Low fat yoghurt
250 ml Water
250 ml cup Green tea, or an espresso no sugar

LUNCH I

185 g Tuna & salad include spinach leaves, beetroot, grains & pulses such as quinoa
250 ml Water

MID AFTERNOON I

10-20 Almonds
Green tea
150 sit-ups
60 push-ups (10 reps per set with rest)

DINNER I

150 g chicken & vegetables
250 ml Water

DESERT I

Protein drink zero carbs (if hungry)

TUESDAY



WAKE UP I

Boxing training 45min

BREAKFAST I

1 250 ml cup luke warm water with half a lemon
250 g Low fat yoghurt Bircher or muesli of choice
1 orange

MID MORNING I

Protein shake zero carbs
1 apple
250 ml Green tea or espresso no sugar

LUNCH I

150 g Chicken with Greek salad (Fetta cheese, red capsicum, olives)
250 ml Water

MID AFTERNOON I

10-15 Brazil nuts
250 ml Green tea

DINNER I

200 g steak vegetables no potato or complex carbohydrate Water

DESERT I

150-250g Yoghurt low fat unsweetened, with 1 tablespoon ground almond, hazelnuts, or dried coconut, may add sprinkle of cinnamon

150 sit-ups

60 push-ups (10 reps per set with rest)

50 squats

WEDNESDAY



LUNCH I

150 g Chicken breast salad including grains & pulses
250 ml Water

WAKE UP I

3.5-5 km jog on treadmill, grass or running track only

BREAKFAST I

250 ml Water luke warm with half a freshly squeezed lemon
1 orange
3 eggs (cooked any style only use minimal amount olive oil if needed)
1 piece whole grain pita bread

MID MORNING I

100 g mixed berries
200-250g Low fat yoghurt
250 ml Water
250 ml Green tea or espresso no sugar

MID AFTERNOON I

10-20 Almonds
250 ml Green tea
150 sit-ups
60 push-ups (10 reps per set with rest)
50 squats

DINNER I

150-200g barramundi & vegetables
250 ml Water

DESERT I

Protein drink zero carbs (if hungry)

THURSDAY



WAKE UP I

Boxing training 45min-60 min

BREAKFAST I

1 250 ml cup luke warm water with half a lemon
250 ml Low fat yoghurt Bircher or muesli of choice
1 apple

MID MORNING I

Protein shake zero carbs
1 banana
250 ml Green tea or espresso no sugar

LUNCH I

150-200 g Pork fillet salad
250 ml Water

MID AFTERNOON I

10-15 Brazil nuts
250 ml Green tea

DINNER I

200 g lamb & steamed vegetables no complex carbs
250 ml Water

DESERT I

200-250g Yoghurt low fat with 1 tablespoon ground almond, hazelnuts, or dried coconut, may add sprinkle of cinnamon unsweetened

150 sit-ups
60 push-ups (10 reps per set with rest)
50 squats

FRIDAY



WAKE UP I

1 x 400 metre lap of oval sprints
6 x 100m 60sec between sets rest
3 x 200m 90 sec rest between sets

BREAKFAST I

1 250 ml cup luke warm water lemon juice Almond meal
pancakes (substitute flour for almond meal & no sugar
lightly coat pan in olive oil)
100 g Berries & 200-250g low fat yogurt

MID MORNING I

50-100g White cheese
1 slice whole meal pita bread
250 ml Water
1 apple
250 ml Green tea or espresso

LUNCH I

150-200g Salmon fillet with quinoa & sweet potato, baby
spinach or mixed leaves salad (can add pomegranate)
Water

MID AFTERNOON I

Protein shake zero carbs

DINNER I

Lean Roast meat & vegetables no complex carbs

DESERT I

Low fat yogurt & nuts

WEEKEND

SATURDAY



LUNCH I

185 g Tuna & salad include spinach leaves, beetroot, grains & pulses such as quinoa
250 ml Water

WAKE UP I

3.5km -5km jog moderate pase on treadmill, grass or running track only (Keep time under 25 min)

BREAKFAST I

Water luke warm with freshly squeezed lemon juice
100g berries frozen or fresh
2 eggs (cooked any style only use minimal amount olive oil if needed)
1 piece whole grain pita bread small

MID MORNING I

1 bannana
250 g Low fat yoghurt
250 ml Water
250 ml cup Green tea, or an espresso no sugar

MID AFTERNOON I

10-20 Almonds
Green tea
150 sit-ups
60 push-ups (10 reps per set with rest)

DINNER I

150 g chicken & vegetables (no potato or pumpkin or complex carbs)
250 ml Water

DESERT I

Protein drink zero carbs (if hungry)

SUNDAY

No blow outs eat sensibly
& 1 treat Sunday no more!!