DudtoStud

NC

All it takes is **12 weeks** to make the **Change** $of \alpha$ **LIFETIME**

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



FROM DUD TO STUD IN 12 WEEKS

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

It's is 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 pase 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

BOXING

1 bannana 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 quinoa250 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

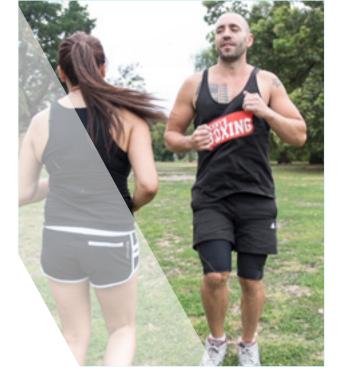
Boxing training 45min

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



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



LUNCH I

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

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

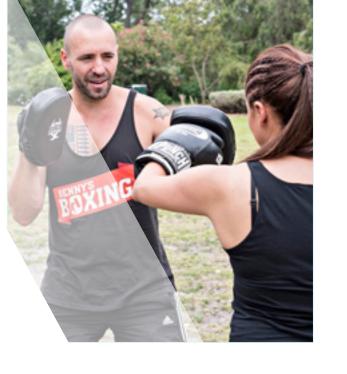
150-200g barramundi & vegetables 250 ml Water

DESERT I Protein drink zero carbs (if hungry)



THURSDAY





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



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 bannana 250 ml Green tea or espresso no sugar



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



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

BOXING

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



LUNCH I

185 g Tuna & salad include spinach leaves, beetroot, grains & pulses such as quinoa250 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 (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!!

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