



Eat Yourself Slim with Our Healthy Eating Guide

This one week diet plan has been designed to assist healthy weight loss, provide maximum nutritional support and is guaranteed to be absolutely delicious.

You can make this plan work in the long-term by varying your protein sources (meats and fish), introducing different vegetables and trying new fruits. However, the core of the plan should follow a similar pattern to the one displayed and always consist of five small meals each day.

To find out how this plan can be adapted to a vegetarian diet, please email us at info@phentra50.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	1 bowl of wholegrain cereal with low fat milk, 1 small banana	2 slices of wholemeal toast, 1 medium sized orange	2 boiled eggs, half a grapefruit 	1 bowl of porridge with sliced banana and honey	2 boiled eggs, 1 kiwi fruit	<div style="border: 1px dashed gray; border-radius: 50%; padding: 20px; text-align: center;"> <p>If you have successfully followed the diet plan all week, then you can treat yourself to one guilt-free meal at the weekend. It is OK to reward yourself with a Saturday night curry or a Sunday morning bacon sandwich, but only if you have deserved it.</p> </div> <p><i>Weekend Eating Tips:</i></p> <ol style="list-style-type: none"> Go for the healthy option when eating out with friends Cut alcohol consumption down to a minimum Snack on fruits and nuts instead of crisps and chocolate Do not needlessly increase your portion sizes If you do have a binge, learn from the mistake and get yourself back on track. One impulse binge does not have to result in total failure. 	
Morning Snack	Celery and carrot sticks with hummus	1 large banana	Low fat yoghurt	Handful of almonds	1 bowl of mixed berries		
Lunch	Chicken breast and roasted broccoli salad with goats' cheese	2 slices of wholemeal toast, 1 medium sized orange	Potato soup with onion, celery and garlic	Salmon, spinach and feta cheese salad	Ham, mozzarella and betroot salad 		
Afternoon Snack	1 small bunch of grapes 	Smoked haddock and avocado salad	1 bowl of fresh strawberries 	Celery and carrot sticks with hummus	1 bowl of mixed nuts and raisins		
Dinner	Grilled minted lamb chops with steamed vegetables	Beef steak with cherry tomatoes and wild mushrooms	Grilled pork chops with brown rice and carrots	Jacket potato with tuna and cottage cheese	Roasted turkey with mashed sweet potatoes and green beans		
	Total Calories 1200	Total Calories 1400	Total Calories 1200	Total Calories 1300	Total Calories 1300		



Your Guide to Fat-Burning Success

This six week plan has been specifically designed to increase fat loss and combines various cardio endurance activities with some popular body toning exercises. There are also plenty of hints and tips to help improve your workouts and speed up the fat-burning process.

Before starting the plan, there are a few important things to consider:

1



You should always warm up before exercising. This only needs to last a couple of minutes and shouldn't put too much strain on the muscles.

3



Drink plenty of water before, during and after exercise to stay hydrated.

2

BMI
35+

or

Beginners

We appreciate that some dieters may be more physically able than others. If you are an exercise beginner or have a BMI of 35 or more, then we strongly recommend that you start at week one of the plan.

4



If you are concerned that starting a new exercise routine could result in injury, you should check with your doctor to make sure that you can exercise safely without hurting yourself.



Monday Tuesday Wednesday Thursday Friday



10 min of light walking

10 press ups



20 sit ups



Rest Day



10 minutes of slow pace cycling

10 press ups



20 sit ups



Rest Day



10 min of light walking

10 press ups



20 sit ups



Exercise Tip
If you are struggling to complete some of the exercises, try separating them into two or more sets. If this fails, then just try to complete as many repetitions as possible.



Monday

Tuesday

Wednesday

Thursday

Friday



15 minutes of brisk walking

10 press ups



30 sit ups



Rest Day



15 minutes of slow pace cycling

10 press ups



30 sit ups



Rest Day



15 minutes of brisk walking

10 press ups



30 sit ups



Exercise Tip

Keeping a brisk pace when walking is crucial since it can burn the same amount of calories as jogging or running. It also does not have the same potential for injury since it is very low impact.



Monday Tuesday Wednesday Thursday Friday



20 minutes of jogging



20 minutes of medium pace cycling

Rest Day



20 minutes of jogging



20 minutes of medium pace cycling

15 press ups



15 press ups



15 press ups



15 press ups



30 sit ups



30 sit ups



30 sit ups



30 sit ups



Exercise Tip
 Varying your terrain when jogging or cycling will help to burn off even more calories. Jogging on softer surfaces and cycling up steep inclines uses more energy and has greater weight loss benefits.



Monday

Tuesday

Wednesday

Thursday

Friday



25 minutes of **interval** jogging



25 minutes of **interval** cycling

Rest Day



25 minutes of **interval** jogging



25 minutes of **interval** cycling

20 press ups



20 press ups



20 press ups



20 press ups



30 sit ups



30 sit ups



30 sit ups



30 sit ups



10 squats



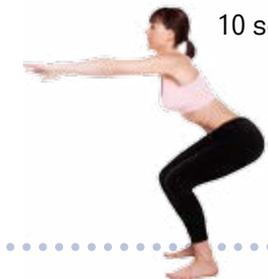
10 squats



10 squats



10 squats



Exercise Tip

Interval training involves a series of short bursts of activity with small rest periods in between. Jogging in sets of 5 minutes with 30 seconds of relief in between is great for boosting metabolism and improving fitness.



Monday Tuesday Wednesday Thursday Friday

30 minutes of **interval** jogging



20 press ups



40 sit ups



10 squats



10 bicep curls



35 minutes of **interval** cycling



20 press ups



40 sit ups



10 squats



10 bicep curls



Rest Day

Exercise Tip

When performing squats, keeping good form is absolutely key. You should look straight ahead, keep your knees, hips and toes pointing forwards and try not to arch your back.

30 minutes of **interval** jogging



20 press ups



40 sit ups



10 squats



10 bicep curls



35 minutes of **interval** cycling



20 press ups



40 sit ups



10 squats



10 bicep curls





Monday

Tuesday

Wednesday

Thursday

Friday



20 minutes of intense **interval** jogging



20 minutes of intense **interval** cycling

Rest Day



20 minutes of intense **interval** jogging



20 minutes of intense **interval** cycling



25 press ups



25 press ups



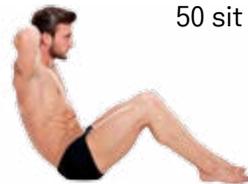
25 press ups



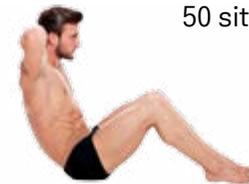
25 press ups



50 sit ups



50 sit ups



50 sit ups



50 sit ups



20 squats



20 squats



20 squats



20 squats

15 bicep curls



15 bicep curls



Exercise Tip

High intensity interval training is one of the most effective methods of burning calories. You can put your body into optimum fat-burning mode by separating your routine into 1 minute of intense exercise and 2 minutes of rest. Following this for just 20 minutes will yield greater results than jogging on the treadmill for an hour.

15 bicep curls



15 bicep curls

