

# 6 WEEK FAT LOSS MEAL PLAN

\*Everyones Caloric requirements will Vary. This guide provides a guided meal plan of 1590-1612 Calories in alignment that this would place the "average" female in a deficiit in accordance to the GDA reecomended caloric requirements of 2000.

### GOOD TO KNOW

#### Should I weigh my food before or after cooking?

You should be aware that all ingredient quantities in the recipes are described in raw weight. Therefore, everything must be weighed before cooking. Also make sure to only weigh the part of the food that you're actually going to eat. This means that you should weigh the banana without the peel, and the avocado without the stone and peel etc. If you want to precook rice or pasta (and similar grains) in larger quantities you can estimate that on average pasta weighs about 2.5 times as much, and rice weighs about 3 times as much after cooking compared to when it is raw.

#### Unit size and grams

If you want to follow your meal plan rigidly, you should weigh your food and use the grams next to the ingredients. But to make things easier for you, we have also put in unit sizes for some ingredients, so that you for example can use two eggs instead of weighing 110 grams. The unit sizes are of course not as accurate as the grams but more convenient. We are confident that you could still reach your goal when using the unit size instead of weighing every ingredient.

#### When should I eat my meals? And can I change the order?

As much as possible, try to eat your meals so that they are evenly spread throughout the day . This usually means you should eat roughly every 3 hours. HOWEVER, the most important thing is that you allow yourself time to eat all of your meals in one day (and no more). If this means you have to change when you eat or the order of meals, then do what fits your day best. The most important thing (as a general rule) is that you get what you need on a daily basis.

#### Water intake

For optimal health and to support your goal it is important that you drink enough water throughout the day. You should aim to drink around 2.5L/day, though different factors affect the amount you should drink each day. If you are physically active and/or sweat a lot due to exercise or hot climate, it is recommended that you drink an additional 1-2L/day. You can drink coffee and tea, without sugar or milk added, however they do not count as part of your water intake. Try to avoid any other beverages as they can add additional calories to your daily intake.

# PROGRAM

### SUGGESTED DAILY MEAL PLAN

PRE BREAKFAST

**Lifestyle & Fat Metabolising Support Drink**

Drink first thing in the morning. 10 mins before or during workout. Consume before 2pm.



BREAKFAST

Select one breakfast option.

MID MORNING SNACK/ BREAKFAST

**Slim Shake Meal Replacement**  
With or as breakfast or enjoy as a Mid-Morning or Afternoon Snack.



LUNCH

Select one lunch option.

DINNER

Select one dinner option.

ANYTIME

**Apple Cider Vinegar Gummies**  
Consume any time during the day.



## BREAKFAST

347-352KCAL

Pick one option from this section!

### LIVSMART BANANA PANCAKES WITH PEANUT BUTTER

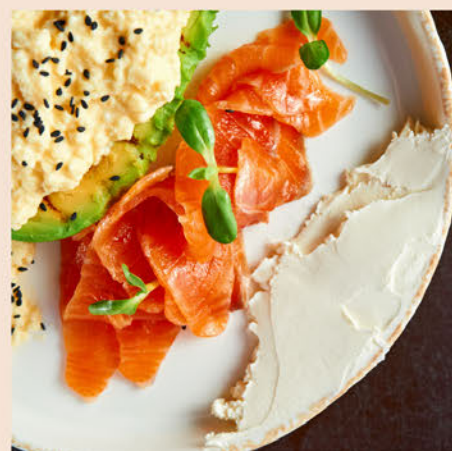


#### YOU WILL NEED

Banana: 50g  
Egg white: 2 egg whites  
Liv Smart slim shake: 40g  
Peanut butter: 10g  
A pinch of baking powder

1. Blend the eggs, protein powder, banana and oats using a blender or food processor, or manually mash the banana and hand mix.
2. Bring a non-stick pan to a medium heat. Pour about 1-2 tbsp of batter into the frying pan for each pancake. Fry the batter on a medium heat for about 1.5 minutes until bubbles appear on the surface. Flip the pancake and cook on the other side for a few minutes until it begins to turn golden. Repeat this process for the rest of the batter. Serve the pancakes with the Peanut butter.

### SCRAMBLED EGGS WITH SMOKED SALMON AND AVOCADO



#### YOU WILL NEED

Smoked Salmon: 44g  
Tomatoes: 50g  
Red Bell pepper: 50g  
Avocado: 75g  
Egg Whole: 79g

1. Cut the avocado in half and remove the stone. Use a spoon to scoop out the flesh and slice it. Rinse and slice the bell pepper and slice the tomatoes into halves.
2. Whisk the eggs with the smoked salmon, some salt and pepper then pour them into a pan and stir regularly at a medium-high heat until they have thickened and no visible liquid egg remains.
3. Serve the scrambled eggs with the avocado, bell pepper and tomatoes and top with the dill.

### RAISIN AND CINNAMON OVERNIGHT OATS WITH PEANUT BUTTER



#### YOU WILL NEED

Oats: 36g  
Raisins: 19g  
Peanut butter: 16g  
2% Greek yoghurt: 95g

Note: Keep in mind this recipe must be prepared the night before and stored in the fridge for at least 4 hours.

1. Add the oats and raisins with Greek yoghurt to a bowl and stir well. Add additional water if necessary. Cover and place in the fridge overnight, or for at least 4 hours, to allow the oats to soak.
2. Top with cinnamon and peanut butter prior to serving. Enjoy!

### EASY BREAKFAST STRAWBERRY AND BANANA LIVSMART SMOOTHIE



#### YOU WILL NEED

Strawberries: 100g  
Banana: 1 medium  
Almond milk: 200ml  
Liv Smart Slim shake: 50g

1. Add all ingredients to a blender. Blend for about 30 seconds, or until you have an even and creamy consistency. Add some water or ice cubes to get the desired texture, if needed, and blend again.
2. Serve the smoothie in a glass. Enjoy!

### CHOCOLATE ORANGE PORRIDGE WITH SKYR TOPPING



#### YOU WILL NEED

Oats: 45g  
Skyr: 100g  
Almond milk: 135g  
Terrys Chocolate Orange™: 3 segments  
Cocoa powder 3 tbsp

1. Add the oats, cocoa powder and milk to a pot. Bring everything to a boil, then reduce to a low heat and let the contents simmer for about 3 minutes while stirring continuously. Add a little more water for a thinner consistency if needed.
2. Pour the porridge into a bowl. Grate over the chocolate orange and top with the skyr before serving.

## LUNCH

465-470KCAL

Pick one option from this section!

### LENTIL CURRY WITH POTATOES



#### YOU WILL NEED

Olive oil: 12g  
Red lentils: 35g  
Red onion: 46g  
Quark: 70g  
Red bell pepper: 90g  
Potato: 100g  
Tinned tomatoes: 100g  
Broth: 300ml  
Curry powder paprika & garlic to taste

1. Peel and finely dice the onions, then rinse and dice the pepper and potatoes.
2. Heat a pot over medium heat with the olive oil. Add the onions and garlic and sauté for about 2 minutes. Season with salt.
3. Add all of the dry spices to the pot and sauté with the rest of the ingredients for 1 minute.
4. Add the peppers, potatoes and lentils to the pot and mix everything well together. Then add the vegetable stock and chopped tomatoes and simmer, stirring occasionally, for 12-15 minutes, or until the potatoes are cooked. Season to taste with salt.
5. Plate the stew in a deep dish and garnish with the quark and parsley before serving. Enjoy!

### CHICKEN WITH MIXED VEGETABLE SALAD



#### YOU WILL NEED

Lettuce: 50g  
Avocado: 100g  
Tomato: 90g  
Red pepper: 150g  
Chicken 200g

1. Cut the avocado in half and remove the stone. Use a spoon to scoop out the flesh and dice it. Rinse and dice the tomatoes. Rinse and cut the bell pepper in half and remove the seeds in the middle. Dice the bell pepper. Rinse and cut the lettuce. Add all the vegetables to a bowl and mix it together.
2. Season the chicken with salt and pepper. Fry the chicken on both sides in a pan with a splash of water over medium-high heat for approximately 10 minutes, until the middle is no longer pink.
3. Once the chicken is cooked, slice it into strips and lay it on top of the salad.

### EASY STIR FRIED CHICKEN WITH RICE



#### YOU WILL NEED

Olive oil: 10g  
Brown rice: 40g  
Chicken breast: 150g  
Peas: 100g

1. Rinse the rice prior to cooking. Add to a pot of lightly salted water and cook according to the instructions on the packet.
2. Season the chicken with salt and pepper and slice into smaller pieces. Fry the chicken in a pan with the oil over medium-high heat for approximately 5-7 minutes, until the middle is no longer pink. add the peas once cooked through and season to taste with spices of your choice.
3. Serve the rice with the chicken and enjoy.

### SANDWICH WITH FRIED EGG AND CHICKEN COLD CUTS



#### YOU WILL NEED

Whole egg: 1  
2 slices of bread  
Chicken slices: 60g  
Tomatoes: 60g

1. Rinse and slice the tomatoes.
2. Heat a nonstick pan over medium heat. Crack the egg into the pan, season with salt and pepper, and cook for 3 minutes or until the egg white has set. Alternatively, you could fry the eggs on either side for 1-2 minutes.
3. Toast the bread if desired.
4. Make a sandwich with the toasted bread, chicken slices, eggs and tomatoes.

Important Notice: Please consult your physician first (especially if you have a medical condition / taking medication). Do not use if you are pregnant, lactating or under the age of 18. Remember that an adequate state of hydration must be maintained when using this product. LivSmart products have been designed to be used with other foods in a balanced diet they are not designed to replace all your food. Used as a meal replacement once or twice a day alongside a balanced diet and healthy lifestyle the LivSmart SlimShake contributes to weight loss.

## **DINNER** 546-553 KCAL

Pick one option from this section!

### **BAKED VEGETABLES AND SALMON WITH LEMON**



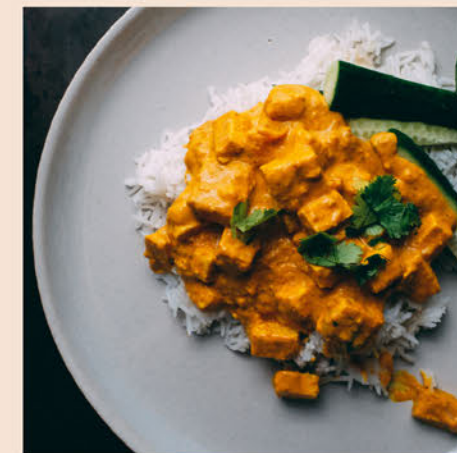
#### **YOU WILL NEED**

Olive oil: 7g  
Salmon fillet: 1 Whole  
Courgette: 200g  
Sweet potato: 300g

Fresh lemon slices and garlic

1. Preheat the oven to 200°C (gas) or 180°C (fan).
2. Rinse and scrub the sweet potatoes under cold water (or peel them if you prefer), then dice into cubes. Rinse and dice the courgette.
3. Place two big pieces of foil on top of each other. Add the vegetables in the middle of the foil and place the salmon on top. Season with salt and pepper.
4. Place the sliced lemon on top of the salmon and finish with the oil. Close the foil and bake it in the oven for about 30 minutes or until the centre of the fish is opaque and flakes apart easily and the vegetables are soft.
5. Serve the salmon with the vegetables on a plate.

### **EASY AND QUICK CHICKEN TIKKA MASALA**



#### **YOU WILL NEED**

Olive oil: 6g  
Brown onion: 62g  
Uncooked rice: 65g  
9% Creme fraiche: 65g  
Chicken breast: 150g  
Tikka spice mix: 2-3 tbsp

1. Rinse the rice prior to cooking. Add to a pot of lightly salted water and cook according to the instructions on the packet.
2. Peel and finely chop the onion. Season the chicken with salt and pepper and slice into smaller pieces.
3. Bring a frying pan to medium heat and add oil. Add the onion and chicken to the frying pan and fry the chicken on all sides until it no longer pink in the middle.
4. Add the tikka spice mix, creme fraiche, and some water, if needed.
5. Serve the chicken tikka masala with rice.

### **EGG NOODLES WITH CHICKEN AND STIR-FRIED VEGETABLES**



#### **YOU WILL NEED**

Olive oil: 10g  
Spring onion: 30g  
Egg noodles: 50g  
Bell pepper: 90g  
Chicken: 150g  
Hoisin Sauce 1-2 tbsp

1. Cook the noodles according to the instructions on the packet in a pot of lightly salted water.
2. Season the chicken with salt and pepper and slice into smaller pieces. Fry the chicken in a pan with the oil over medium-high heat for approximately 5-7 minutes, until the middle is no longer pink.
3. Rinse and finely slice the spring onion.
4. Fry the vegetables in the hoisin sauce for 4-5 minutes on high heat.
5. Mix everything together and serve.

### **RISOTTO WITH TURKEY BACON AND CHICKEN**



#### **YOU WILL NEED**

Arborio risotto rice: 50g  
50% reduced fat cheese: 40g  
Brown onion: 50g  
Turkey bacon 75g  
Red bell pepper: 80g  
Chicken breast: 100g  
1 Stock cube

1. Peel and chop the onion. Rinse and slice the bell pepper.
2. Season the chicken with salt and pepper and slice into smaller pieces. Fry the chicken in a pan with cooking spray over medium-high heat for approximately 10 minutes, until the middle is no longer pink.
3. Add the onion, garlic and turkey bacon and fry for another 3-5 minutes.
4. Add the risotto rice, stock cube and bell pepper and cover the ingredients with water. Bring to a boil then turn down the heat and let it simmer under the lid for about 15 minutes, stirring occasionally.
5. Add the cheese and stir for another 1-2 minutes and serve on a plate. Enjoy!

## DISCOVER SMART LIVING WITH LIVSMART



### SHAPE UP

Slim Shake Meal Replacement

With or as breakfast or enjoy as a Mid-Morning or Afternoon Snack.



### STONE

Lifestyle & Fat Metabolising Support Drink

Drink first thing in the morning. 10 mins before or during workout. Consume before 2pm.



### GLOW

Apple Cider Vinegar Gummies

Consume any time during the day.

## SUMMARY

Follow the plan.

### LOWERBODY DAY 1

|                         | SETS        | REPS |
|-------------------------|-------------|------|
| HIP THRUST, SINGLE LEG  | 3           | 12   |
| REVERSE LUNGE, DUMBBELL | 3 (per leg) | 12   |
| GOBLET SQUAT            | 3           | 12   |
| HIP ABDUCTION, BANDED   | 3           | 15   |

### UPPERBODY & CORE DAY 2

|                       | SETS                    | REPS                   |
|-----------------------|-------------------------|------------------------|
| SHOULDER PRESS        | 3                       | 12                     |
| PUSH UP, KNEELING     | 3                       | 12                     |
| PLANK POSITION (CORE) | Hold for 45-80 seconds! |                        |
| RUSSIAN TWISTS        | 1                       | 3 rounds of 30 seconds |
| CRUNCHES              | 1                       | 3 rounds of 30 seconds |

### LOWERBODY DAY 3

|                                   | SETS | REPS    |
|-----------------------------------|------|---------|
| BULGARIAN SPLIT SQUAT, BODYWEIGHT | 3    | 12      |
| GLUTE BRIDGE, BANDED, ELEVATED    | 3    | 12 - 15 |
| PLIE SQUAT                        | 3    | 12      |
| CLAMSHELL ABDUCTION WITH BAND     | 3    | 15      |

## 3 DAY HOME BASED WORKOUT PLAN

The order in which you follow through the workout schedule is completely up to you- All three workouts should be completed over the course of a entire week, take rest days when you need them or when they best fit your schedule!

### EXERCISE EXPLAINED: LOWERBODY DAY 1



#### HIP THRUST, SINGLE LEG

3 Sets 12 Reps

3 sets per leg, starting on the side you struggle with more, or feel more imbalanced with. Keep your vision in front of you, and push with the base of your heel to drive up your glutes. You should be able to wiggle your toes whilst doing this (you don't need too, but in case you need to check your foot placement is correct you would be able too). Complete 3 sets one side and then 3 on the other.



#### REVERSE LUNGE, DUMBBELL

3 Sets (per leg) 12 Reps

Start on your weaker leg. Drop your back leg down and keep your front foot stable on the floor. Complete 3 sets on one side then move onto the other!



#### GOBLET SQUAT

3 Sets 12 Reps

Hold something heavy if you find these too easy! For example fill up a backpack with books or water bottles if you do not have access to a dumbbell at home!



#### HIP ABDUCTION, BANDED

3 Sets 15 Reps

Leaning slightly forward, place your resistance band around your lower thighs, keeping your feet securely placed onto the floor, I want you to pulse your knees outwards creating a stretch in your abductors (side glutes). Complete 3 sets of 15, with no more than 40 seconds between sets.

# HOME BASED PLAN

## EXERCISE EXPLAINED: UPPERBODY & CORE DAY 2



### SHOULDER PRESS

3 Sets 12 Reps

If you have dumbbells, use these! If not, replace with heavy water bottles. I do suggest investing in a 6-10kg set of dumbbells! Press the weight over your head not allowing your elbows to drop below your shoulders!



### PUSH UP, KNEELING

3 Sets 12 Reps

Progress to push ups on your toes when you find this too easy!



### PLANK POSITION (CORE)

Hold for 45-80 seconds!

Hold for 45-80 seconds!



### RUSSIAN TWISTS

3 rounds of 30 seconds on,  
30 seconds off!

Twist your body around making sure you turn your head. To begin with keep your feet on the floor, as you progress you can lift up your feet for extra intensity! Keep these slow and controlled.



### CRUNCHES

3 rounds of 30 seconds on,  
30 seconds off!

Keep your back flat on the floor, tucking in your chin as you crunch up, engaging your abdominal muscles.

## EXERCISE EXPLAINED: LOWERBODY DAY 3



### BULGARIAN SPLIT SQUAT, BODYWEIGHT

3 Sets 12 Reps

Quad focused Bulgarian split squat, rest your back leg on the bench behind you (for an at home alternative, use a low chair or a bed that is approximately 30-45cm off the floor). Push up from the ground from the base of your heel with your foot on the floor. Keep all the tension in your quads! Add dumbbells once you find your balance!



### GLUTE BRIDGE, BANDED, ELEVATED

3 Sets 12-15 Reps

Place a band around your knees and thrust your hips up. If you feel lower back pressure, pain or discomfort reduce the elevation.



### PLIE SQUAT

3 Sets 12 Reps

Take a wider stance than shoulder width, turn out your toes, hold either a dumbbell or a heavy object between your legs. Squat down, keeping your back straight, allowing the dumbbell to add extra resistance to each repetition.



### CLAMSHELL ABDUCTION WITH BAND

3 Sets 15 Reps

Laying on your side, lift your upper leg in a parallel motion over the other leg. If you want to add intensity, lift your foot off the ground too. You need to be controlling this movement, so 2 seconds up and 2 seconds down. You should feel the burn by the end of set 3. Start on your weaker side, complete one full side before moving onto the other.

# REPEAT!

## 4 DAY GYM HYPERTROPHY FAT LOSS PLAN - SUMMARY

The order in which you follow through the workout schedule is completely up to you- All four workouts should be completed over the course of a entire week, take rest days when you need them or when they best fit your schedule!

### LOWER BODY WORKOUT A

#### SETS

#### REPS

|                                                    |   |    |
|----------------------------------------------------|---|----|
| HIP THRUST, BARBELL                                | 3 | 12 |
| BULGARIAN SPLIT SQUAT, DUMBBELL                    | 3 | 10 |
| BULGARIAN SPLIT SQUAT, BODYWEIGHT                  | 3 | 10 |
| GLUTE KICKBACK STANDING, CABLE OR RESISTANCE BANDS | 3 | 10 |
| LEG EXTENSION                                      | 3 | 12 |

### UPPER BODY WORKOUT A

#### SETS

#### REPS

|                                  |   |         |
|----------------------------------|---|---------|
| PULL DOWN, WIDE GRIP             | 3 | 12 - 15 |
| ROW, CABLE, SEATED               | 3 | 12      |
| SHOULDER PRESS, DUMBBELL, SEATED | 3 | 12      |
| STRAIGHT ARM PULL DOWN           | 3 | 15      |

### LOWER BODY WORKOUT B AND CARDIO

#### SETS

#### REPS

|                        |                                                                         |    |
|------------------------|-------------------------------------------------------------------------|----|
| LEG PRESS              | 3                                                                       | 12 |
| HIP ADDUCTION, MACHINE | 2                                                                       | 10 |
| LEG CURL, SEATED       | 3                                                                       | 12 |
| CARDIO                 | 200m runs, run at your own pace for 200m, walk for 2 minutes and repeat |    |

### UPPER BODY WORKOUT B AND CARDIO

#### SETS

#### REPS

|                               |                        |    |
|-------------------------------|------------------------|----|
| OVERHEAD PRESS                | 3                      | 10 |
| LATERAL RAISE, DUMBBELL       | 3                      | 20 |
| FACE PULL, CABLE              | 3                      | 12 |
| TRICEP EXTENSION, CABLE, ROPE | 3                      | 12 |
| STAIRMASTER                   | 1 Round for 10 minutes |    |



## 4 DAY GYM HYPERTROPHY FAT LOSS PLAN

### EXERCISES EXPLAINED: LOWER BODY WORKOUT A



#### HIP THRUST, BARBELL

3 Sets 12 Reps

Warm up with the bar. Stretch out your hamstrings squatting down without a weight prior to squatting to open up your hip flexors. If you cannot reach depth then place a plate under each heel. The bar should sit nicely below your traps. Slow and controlled - 2 seconds on each phase!

#### SUPERSET (COMPLETE ONE EXERCISE AFTER THE OTHER IN A SEQUENCE OF 3 ROUNDS)



#### BULGARIAN SPLIT SQUAT, DUMBBELL 10 Reps

#### BULGARIAN SPLIT SQUAT, BODYWEIGHT 10 Reps

Pick a weight you can manage without losing balance. Lean your body slightly forward. Control every rep - do not rush through!

Drop the weight and take to failure.



#### GLUTE KICKBACK STANDING, CABLE OR RESISTANCE BANDS

3 Sets 10 Reps

Push your back leg diagonally backwards away from your body, keep your back straight - bend over to 90 degrees - hold onto the cable machine for your stability and keep your stable foot planted on the floor.



#### LEG EXTENSION

3 Sets 12 Reps

3 sets of 12 - drop the last set and take to failure!

### EXERCISES EXPLAINED: UPPER BODY WORKOUT A



#### PULL DOWN, WIDE GRIP

3 Sets 12-15 Reps

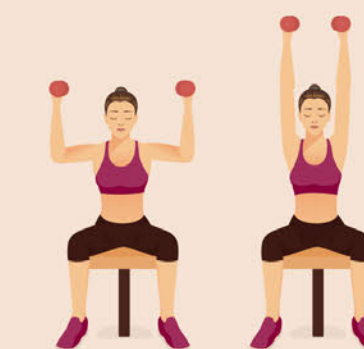
Pick a weight that challenges you - pull the bar down into your chest as you retract your scapula.



#### ROW, CABLE, SEATED

3 Sets 12 Reps

Lean your body forward slightly, pulling the cable into your stomach, do not sway or use momentum, your back should be doing all the work!



#### SHOULDER PRESS, DUMBBELL, SEATED

3 Sets 12 Reps

Slow and controlled - do not let your elbows dip below your shoulders!



#### STRAIGHT ARM PULL DOWN

3 Sets 15 Reps

High reps to finish! Bend your knees pulling the long bar attachment down into your thighs!

## 4 DAY GYM HYPERTROPHY FAT LOSS PLAN

### EXERCISES EXPLAINED: LOWER BODY WORKOUT B AND CARDIO



#### LEG PRESS

3 Sets 12 Reps

Neutral stance - focusing on the quads, shoulder width apart with your feet on the push board, neutral, press with your heels.



#### HIP ADDUCTION, MACHINE

2 Sets 10 Reps

Drive your knees outwards, leaning your body forward to engage your glutes.



#### LEG CURL, SEATED

3 Sets 12 Reps

Your third and final set - drop weight and take to failure.



#### CARDIO

5 Sets

200m runs, run at your own pace for 200m, walk for 2 minutes and repeat 5 times on the treadmill or outdoors.

### EXERCISES EXPLAINED: UPPER BODY WORKOUT B AND CARDIO



#### OVERHEAD PRESS

3 Sets 10 Reps

Tuck in your tailbone and try not to use any momentum throughout the entire movement. As you push the barbell over your head.



#### LATERAL RAISE, DUMBBELL

3 Sets 20 Reps

Take 2 sets of dumbbells. One should be much lighter. Complete 10 reps with the heavier set and then complete a further 10 reps with the lighter set. Ensure you are not using any momentum and controlling the movement to your best ability.



#### FACE PULL, CABLE

3 Sets 12 Reps

Pull the cable into your upper chest, adjusting the attachment to ensure it is inline with your body.



#### TRICEP EXTENSION, CABLE, ROPE

3 Sets 12 Reps

Stand relatively close to the cable machine slight bend in your knees pulling down the cable to reach full tricep extension.



#### CARDIO, STAIRMASTER

1 Set 10 Minutes

Optional - But don't hold on. Put on a youtube video, scroll through TikTok, the time will fly and you'll be feeling great after! If you don't have a stairmaster in your gym then ROW for 1000m afterwards.



## **MENTAL HEALTH GUIDE**

Healthy body, healthy mind. Set yourself up for success.

**COMING SOON!**