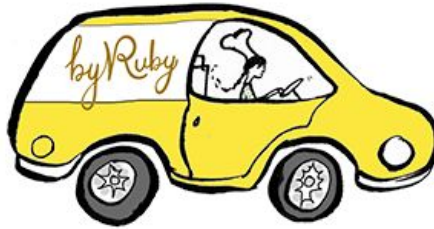




Let byRuby help you through the 8 week challenge with our calorie controlled, nutritionally sound FLEXITARIAN meal plan

## How it works....



1

We cook your meals with best quality ingredients & freeze immediately after cooking, locking in all goodness & nutrients

2

We deliver your week's meals to an address of your choosing. We can leave the box in a safe place if you are out

3

You cook our meals direct from frozen, safe in the knowledge that they are portion & calorie controlled so you can make the most of the challenge

## What you can expect each week

3 interesting & delicious meals per day for 5 days of the week throughout the challenge

Our meals are calorie controlled & are nutritionally designed to fit each stage of the challenge

We provide calorie counted snack recipes to run alongside the menu plan



**PHASE 1 - DETOX - SPRING TRAINING**

WEEKS 1-2

The aim with phase 1 is to stimulate the metabolism & remove toxins. Following the below plan alongside F45's workouts will reduce fluid retention and increase calcium & magnesium stores within the body in preparation for phases 2 & 3 of the challenge

	BREAKFAST	LUNCH	DINNER	SNACKS
DAY 1 1373.41 kcal	Greens & pineapple smoothie + 230ml Oat milk / Nut milk 348 kcal	Fragrant Asian broth with chicken, noodles & leafy greens 222.57 kcal	Vegetable & chickpea tagine with farro 802.84 kcal	
<i>Men add 2 x Protein drinks - 2 x 23g protein with 2 x 230ml Oat/Nut milk in each drink - total 1883.41 kcal</i>				
DAY 2 1299.17kcal	Mango & avocado smoothie + 230ml Oat /Nut milk +23g protein powder 357 kcal	Roasted tomato & lentil soup 221 kcal	Cod & cannellini beans 284.17 kcal	3 x 25g Almond energy balls (Please use recipe provided) - 348 kcal  1 x banana - 89
<i>Men add 2 Protein drinks - 2 x 23g protein with 230ml Oat/Nut milk in each drink -510 kcal (total 1809.17 kcal)</i>				
DAY 3 1379.46 kcal	Greens & pineapple smoothie with 200ml water 93 kcal	Smokey Spanish farro & wild rice bowl with artichokes 762.48 kcal	Thai red salmon 309.98 kcal	2 x Cashew, coconut & Cranberry protein balls ( please use recipe provided) 214 kcal
<i>Men add 2 Protein drinks - 2 x 23g protein with 230ml Oat/Nut milk in each drink -510 kcal (total 1889.46 kcal)</i>				
DAY 4 1326.31 kcal	Acai & berries smoothie + 230ml Oat milk / Nut milk 344 kcal	Chicken, quinoa & vegetable broth 95.38 kcal	Warm lentil salad with balsamic cherry toms, fennel & spinach 360.93kcal	3 x 25g Almond energy balls (Please use recipe provided)- 348 kcal  2 x banana 89 kcals
<i>Men add 2 Protein drinks - 2 x 23g protein with 230ml Oat/Nut milk in each drink -510 kcal (total 1836.31 kcal)</i>				
DAY 5 1311.38 kcal	Cacao & Hazelnut smoothie + 203ml Oat milk / Nut milk plus 23g protein Powder 469 kcal	Courgette & mung bean soup 189.38 kcal	Keralan vegetable curry 243 kcal	3 x Cashew, coconut & Cranberry protein balls ( please use recipe provided) 321 1 x banana - 89 kcal
<i>Men add 2 Protein drinks - 2 x 23g protein with 230ml Oat/Nut milk in each drink -510 kcal (total 1821 kcal)</i>				



**PHASE 2 - REGULAR SESSIONS**

WEEKS 3 & 4

The aim with Phase 2 is to support muscle hypertrophy & repair. Following the below plan alongside F45's workouts will assist in healthy fat loss & build the immune system so that you can work and nurture your body to the best of its ability

	BREAKFAST	LUNCH	DINNER	SNACKS
DAY 1 1296.53 kcal	Cacao & Hazelnut smoothie + 203ml Oat milk / Nut milk 376 kcal	Miso veggie ramen 276.95 kcal	Salmon with salsa verde, super greens & quinoa 526.58 kcal	1 x 25g Almond energy balls (Please use recipe provided)- 116 kcal
<i>Men add 2 Protein drinks - 2 x 23g protein with 230ml Oat/Nut milk in each drink -510 kcal (total 1807 kcal)</i>				
DAY 2 1340.47 kcal	Acai & berries smoothie + 230ml Oat/Nut milk + 23g protein 344 kcal	Butternut squash & okra dhal 307.27 kcal	Beetroot, kale & quinoa bowl with pesto chicken & seeds 368.20 kcal	3 x Cashew, coconut & Cranberry protein balls ( please use recipe provided) 321 kcal
<i>Men add 2 Protein drinks - 2 x 23g protein with 230ml Oat/Nut milk in each drink -510 kcal (total 1850.47kcal)</i>				
DAY 3 1294.82 kcal	Greens & pineapple smoothie + 200ml water 93 kcal	Vegetable & chickpea tagine with farro 802.84 kcal	Thai red salmon 309.98 kcal	1 x banana - 89 kcal
<i>Men add 2 Protein drinks - 2 x 23g protein with 230ml Oat/Nut milk in each drink 510 kcal (total 1804.82 kcal)</i>				
DAY 4 1384.89 kcal	Mango & avocado smoothie + 230ml Oat/Nut milk 232 kcal	5 a day veggie teriyaki noodles 445.06 kcal	Lentil moussaka 359.83 kcal	3 x 25g Almond energy balls (Please use recipe provided)- 348 kcal
<i>Men add 2 Protein drinks - 2 x 23g protein with 230ml Oat/Nut milk in each drink -510 kcal (total 1813 kcal)</i>				
DAY 5 1373.1 kcal	Cacao & hazelnut smoothie + 230ml Oat milk/Plant milk + 23g protein Powder 469 kcal	Thai sweet potato soup 214.13 kcal	Lime & chilli chicken wholefood bowl with edamame 573.67 kcal	1 x 25g Almond energy balls (Please use recipe provided)- 116 kcal
<i>Men add 2 Protein drinks - 2 x 23g protein with 230ml Oat/Nut milk in each drink -510 kcal (total 1883kcal)</i>				



**PHASE 2 - REGULAR SESSIONS**

WEEKS 5 & 6

The aim with Phase 2 is to support muscle hypertrophy & repair. Following the below plan alongside F45's workouts will assist in healthy fat loss & build the immune system so that you can work and nurture your body to the best of its ability

	BREAKFAST	LUNCH	DINNER	SNACKS
DAY 1 1373.54 kcal	Cacao & hazelnut smoothie + 230ml Oat milk/Plant milk + 23g protein Powder 469 kcal	Courgette & mung bean soup  189.38 kcal	Coconut chicken curry  278.16 kcal	3 x 25g Almond energy balls (Please use recipe provided)- 348 kcal  1 x banana 89 kcal
<i>Men add 2 Protein drinks - 2 x 23g protein with 230ml Oat/Nut milk in each drink -510 kcal (total 1883.54 kcal)</i>				
DAY 2 1367.81 kcal	Acai & berries smoothie + 230ml Oat/Nut milk + 23g protein 344 kcal	Thai rainbow curry  329.64 kcal	Cod & cannellini beans  284.17 kcal	3 x Cashew, coconut & Cranberry protein balls ( please use recipe provided) 321 kcal + 1 x banana 89 kcal
<i>Men add 2 Protein drinks - 2 x 23g protein with 230ml Oat/Nut milk in each drink -510 kcal .(total 1823kcal)</i>				
DAY 3 1399kcal	Greens & pineapple smoothie + 230ml Oat milk/ Nut milk 348 kcal	Keralan vegetable curry  243 kcal	Roasted salmon with puy lentils  594.29 kcal	2 x Cashew, coconut & Cranberry protein balls ( please use recipe provided) 214 kcal
<i>Men add 2 Protein drinks - 2 x 23g protein with 230ml Oat/Nut milk in each drink -510 kcal (total 1909 kcal)</i>				
DAY 4 1359 kcal	Mango & avocado smoothie + 230ml Oat/Nut milk  232 kcal	Thai sweet potato soup  214.13 kcal	Vegan risotto  351.13 kcal	3 x 25g Almond energy balls (Please use recipe provided)- 348 kcal  2 x Cashew, coconut & Cranberry protein balls ( please use recipe provided) 214 kcal
<i>Men add 2 Protein drinks - 2 x 23g protein with 230ml Oat/Nut milk in each drink -510 kcal (Total 1869 kcal)</i>				
DAY 5 1290 kcal	Cacao & hazelnut smoothie + 230ml Oat milk/Plant milk + 23g protein Powder 469 kcal	Tomato & lentil soup  221 kcal	Vegan bean polpette with ratatouille & Farro  386.91 kcal	2 x Cashew, coconut & Cranberry protein balls ( please use recipe provided) 214 kcal



Men add 2 Protein drinks - 2 x 23g protein with 230ml Oat/Nut milk in each drink -510 kcal .(total 1800kcal)

<b>PHASE 3 - WORLD SERIES</b> WEEKS 7-8 The aim with Phase 3 is to strip remaining body fat. Following the below high protein plan alongside F45's workouts will assist muscle recovery & suppress appetite				
	BREAKFAST	LUNCH	DINNER	SNACKS
DAY 1 1290.86 kcal	Acai & berries smoothie + 230ml Oat/Nut milk + 23g protein 344 kcal	Chicken, quinoa & vegetable broth 95.38 kcal	Smokey Spanish farro & wild rice bowl with artichokes 762.48 kcal	1 x banana 89 kcal
<i>Men add 2 Protein drinks - 2 x 23g protein with 230ml Oat/Nut milk in each drink -510 kcal (1800.86 kcal)</i>				
DAY 2 1362.74 kcal	Mango & avocado smoothie + 230ml Oat/Nut milk + 23g protein. 357 kcal	Cod & cannellini beans 284.17 kcal	Fragrant Asian broth with chicken, noodles & leafy greens 222.57 kcals	3 x Cashew, coconut & Cranberry protein balls ( please use recipe provided) 321 kcal + 2 x banana 178 kcal
<i>Men add 2 Protein drinks - 2 x 23g protein with 230ml Oat/Nut milk in each drink - 510 kcal (1872 kcal)</i>				
DAY 3 1370 kcal	Acai & berries smoothie + 230ml Oat/Nut milk + 23g protein 344 kcal	Thai red salmon 309.98 kcal	Beetroot, kale & quinoa bowl with pesto chicken & seeds 368.20 kcal	3 x 25g Almond energy balls (Please use recipe provided)- 348 kcal
<i>Men add 2 Protein drinks - 2 x 23g protein with 230ml Oat/Nut milk in each drink - 510 kcal (1832kcal)</i>				
DAY 4 1334 kcal	Greens & pineapple smoothie + 200ml water 93 kcal	Miso veggie ramen 276.95 kcal	Salmon with salsa verde, super greens & quinoa 526.58 kcal	3 x 25g Almond energy balls (Please use recipe provided)- 348 kcal 1 x banana - 89 kcal
<i>Men add 2 Protein drinks - 2 x 23g protein with 230ml Oat/Nut milk in each drink - 510 kcal (1844 kcal)</i>				
DAY 5 1369 kcal	Mango & avocado smoothie + 230ml Oat/Nut milk 232 kcal	Keralan vegetable curry 243 kcal	Lime & chilli chicken wholefood bowl with edamame 573.67 kcal	3 x Cashew, coconut & Cranberry protein balls ( please use recipe provided) 321 kcal
<i>Men add 2 Protein drinks - 2 x 23g protein with 230ml Oat/Nut milk in each drink - 510 kcal (1879kcal)</i>				

*by Ruby*