



BALANCE

lifestyle | fitness | nutrition

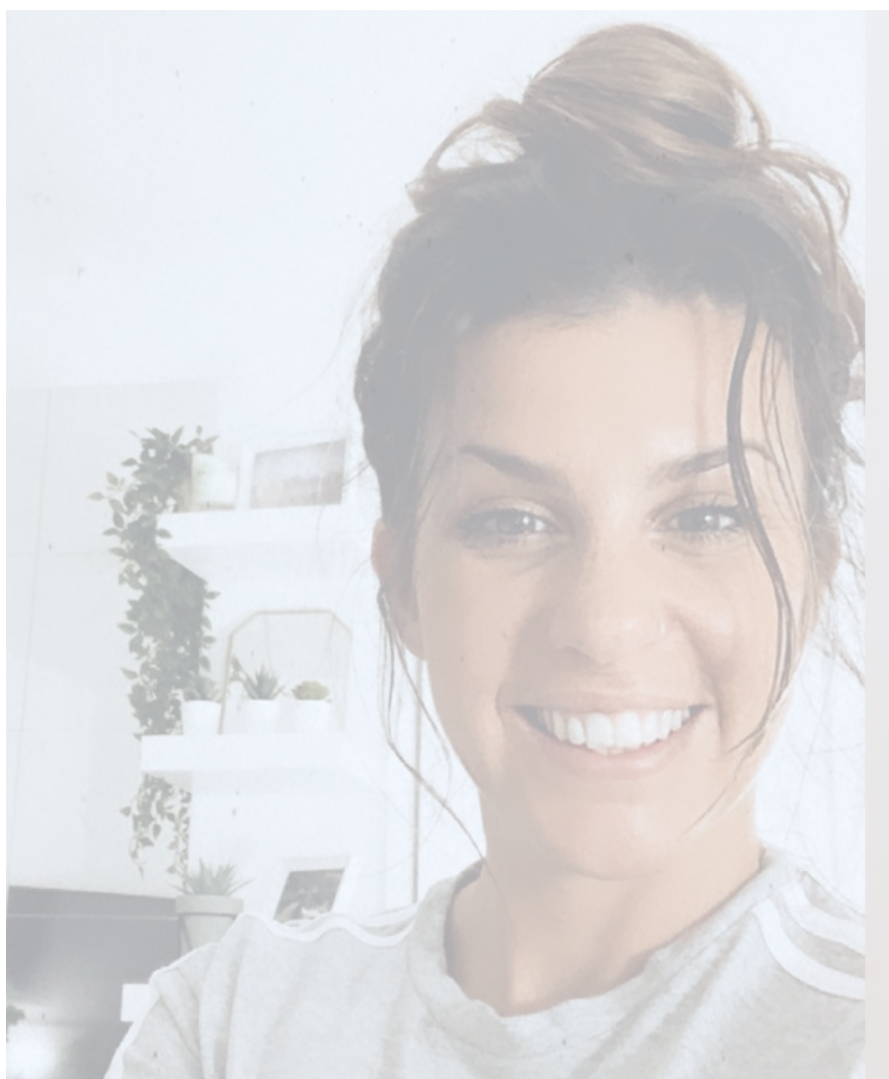


7 DAY

KICKSTART

SHRED

Welcome to the 7 day kickstarter



Welcome to the 7day shred

Food must be weighed and not guessed as this will lead to an over consumption of calories and your weight may not go down.

I WROTE THIS
TO ENSURE
WHILST YOU
ARE IN A
CALORIE
DEFICIT YOU
ARE STILL
GETTING THE
BEST POSSIBLE
VITAMINS AND
MINERALS
PROTEIN
CARBS AND
FATS. NOTHING
HAS BEEN
ELIMINATED.
WE CAN EVEN
STILL HAVE
PIZZA. I KNOW.
WHAT KIND OF
SHRED IS THAT
LOL!!

There will be lower carb days (carb cycling) throughout the week and it is REALLY important that you do not snack or pick of people's plates.



These are all extra mouthfuls will add extra calories and you may-be disappointed in the weight loss results. This is a great 'balanced' kick start or extra push with weight loss. You MUST stick to the amounts and measurements given. You can alternate between turkey/chicken/fish or filet/ lean red meat. The same with vegetables. You can also have white pasta instead of wholemeal if you wish. You can use any veg you wish but the ones I have implemented are calculated at the end of the page with the amounts of macros and micronutrients. So, changing the ingredients will change this count.

Below I have indicated some behaviours that must be avoided in order not to compromise the scientific assumptions of the diet, i.e, decrease or increase the quantities of any food in the meal plan, skipping meals, reverse diet days or adding alcohol.

THROUGHOUT THE DAY

The foods can be eaten at any time of the day. Remember, however, that you **NEED** to eat the foods stated on the day and not mixed and matched from other days. As you may go over in the macros. This has been carefully designed to get you the best possible results and it has been designed in such a way that everything has a sequence.

WHEN OTHERS WEIGH YOUR FOOD

In the event that other people weigh food or cook, it is necessary to make sure that they do not make the following errors: 1) adjust "by eye" for the quantity of food; 2) increase the quantities of the allocated food. This can mean you are overeating and therefore will not get the results you are expecting. Any type of 'guess-timation' can greatly increase the time required to achieve your goal. To properly adhere to the eating plan, it is necessary to adhere precisely to plan and weigh carefully all the food. You should never have the presumption that you know the weight of something without weighing it. i.e 'that looks about right' because this attitude negatively affects the achievement of results.

WEIGHING-FOOD BALANCE

Before starting the diet and then periodically, check the accuracy of the scales with which it weighs food, so, carry out a few tests with products whose weight you know exactly and which you can easily find in the kitchen, like the contents of a pack of pasta, a kg of sugar, etc.).

The weight of foods is always considered "raw" Weight, therefore, the foods weight before cooking and, in the case of frozen foods, after thawing them; keep in mind, that the weight refers exclusively to the edible part (eg: the meat must be weighed without the bones, the fruit without the peel and, when present, the seeds).

Those who live in the family can reduce cooking times by using a two-compartment pan that allows simultaneous cooking of different quantities and types of food

Helpful tips



YOU ARE
IN
CONTROL

COOKING METHODS

MEAT AND FISH: grilled, baked, pan, stewed, in foil, boiled.

VEGETABLES: grilled, baked, pan-fried, boiled, steamed. AVOID frying in oil!

frozen food

It is allowed to use frozen foods for all ingredients in the plan, mainly fish and vegetables, you may find these are cheaper.

CUSTOMIZATIONS OF MEALS

You are allowed to combine two or more courses of a meal in a single dish, taking care not to change the quantities indicated. For example, you can use all or part of the side dish and / or the second assigned to season the first course, or all or part of the fruit to enrich a side dish or a second course.

Salt

The use of salt in the preparation of food is allowed, but the quantity used must be minimal sufficient to satisfy the taste.

Sunday Night Pizza

You can also have a Saturday night pizza for dinner instead of Sunday, I know it says on day 7 but that can be swapped with day 6 :)

Fresh Margherita Pizza at 275/300g- you can have the whole pizza, if you wish you may add some veg. Be careful of meats as these contain higher calories and fat value.



Drink your H2O Daily

Get yourself into the habit of drinking water, as much as you can throughout each day. Aim to drink 1.5 liters or more.

Herbs and Spices

Use as many herbs and spices as you wish in your cooking, most have many benefits and they add amazing flavour to your dishes.

Aim to eat at least 2 portions of fruit per day.



DAY 1

NOTE: NEEDED!! 4 TSP (teaspoons) of extra virgin olive Oil to be used Throughout the day, preferably raw , drizzled over the salad or past etc.

Start to the day	
2 cups of black coffee /tea 1 green tea (note. No sugar or milk to be added to these)	
Mid-morning snack	
0% Greek yogurt (170 g) 1 tub g 20 dark chocolate	
Lunch	
Wholewheat Pasta in a tomato sauce	
80g Pasta 60g Passata sauce 2 eggs 200g mixed salad 300g pears	
Snack	
Almonds 20g	
Dinner	
200g chicken 250g courgettes 150g tomatoes 200g Kiwi	

Nutrition profile							
Kcal	1,380	Protein	94g	Carbs	133g	Fats	53g
Fibre (g):	34,49	Cholesterol (mg):	554,45	ACGS (g):	13,73	ACGPI (g):	7,59
ACGS/ACGI:	0,40	ACGMI/ACGPI:	3,49	iron (mg):	13,18	Potassium (mg):	4.365,60
Sodium (mg):	506,31	Calcium (mg):	598,34	phosphorus (mg):	1.660,50	Magnesium (mg):	409,87
Zinc (mg):	12,64	copper(mg):	2,20	Iodine (µg):	361,67	Vit. A (µg RE):	1.217,75
Vit. B1 (mg):	1,50	Vit. B2 (mg):	2,89	Vit. C (mg):	316,80	niacin (b3) (mg):	26,83

DAY 2

NOTE: NEEDED!! 4 TSP (teaspoons) of extra virgin olive Oil to be used Throughout the day, preferably raw , drizzled over the salad or past etc.

Start to the day
<p>2 cups of black coffee /tea 1 green tea</p> <p>(note. No sugar or milk to be added to these)</p>
Mid-morning snack
<p>0% Greek yogurt (170 g) 1 tub g 20 dark chocolate</p>
Lunch
<p style="text-align: center;">Rice with courgettes (or other veg of choice, not potatoes)</p> <p>80g of rice (uncooked) 80g mixed veg</p> <p>200g of cod (chicken/turkey/lean meat) 250g of courgettes (or other veg of choice)</p>
Snack
<p>Almonds 30g</p>
Dinner
<p>120g tuna 250g tomatoes</p> <p>300g pear (apples/ oranges)</p>

Nutrition profile							
Kcal	1,339	Protein	91g	Carbs	132g	Fats	50g
Fibre (g):	25,92	Cholesterol (mg):	228,85	ACGS (g):	12,52	ACGPI (g):	6,16
ACGS/ACGI:	0,36	ACGMI/ACGPI:	4,59	iron (mg):	11,97	Potassium (mg):	3,470,40
Sodium (mg):	1.047,11	Calcium (mg):	740,36	phosphorus (mg):	1.450,90	Magnesium (mg):	376,33
Zinc (mg):	18.19	copper(mg):	3,43	Iodine (µg):	361,67	Vit. A (µg RE):	979,15
Vit. B1 (mg):	1,81	Vit. B2 (mg):	1,45	Vit. C (mg):	115,80	niacin (b3) (mg):	23,36

DAY 3

NOTE: NEEDED!! 2 1/2TSP (teaspoons) of extra virgin olive Oil to be used Throughout the day, preferably raw , drizzled over the salad or past etc.

Start to the day
<p>2 cups of black coffee /tea 1 green tea</p> <p>(note. No sugar or milk to be added to these)</p>
Mid-morning snack
<p>0% Greek yogurt (170 g) 1 tub g 20 dark chocolate</p>
Lunch
<p>100g Prawns 250g Tomatoes 80g of ricotta cheese (can use Philadelphia light)</p>
Snack
<p>Almonds/ walnuts 20g</p>
Dinner
<p>2 eggs 200g of salad leaves 30gs of cheese (parmesan cheese) can also use cheddar.</p>

Nutrition profile							
Kcal	1,045	Protein	80g	Carbs	39g	Fats	63g
Fibre (g):	10,23	Cholesterol (mg):	655,75	ACGS (g):	21,73	ACGPI (g):	12,15
ACGS/ACGI:	0,69	ACGMI/ACGPI:	1,61	iron (mg):	7,78	Potassium (mg):	1.967,00
Sodium (mg):	1.059,33	Calcium (mg):	1.268,26	phosphorus (mg):	1.411,60	Magnesium (mg):	203,23
Zinc (mg):	7,77	copper(mg):	1,49	Iodine (µg):	201,60	Vit. A (µg RE):	1.475,49
Vit. B1 (mg):	0,49	Vit. B2 (mg):	1,39	Vit. C (mg):	119,70	niacin (b3) (mg):	3,60

DAY 4

NOTE: NEEDED!! 4 TSP (teaspoons) of extra virgin olive Oil to be used Throughout the day, preferably raw , drizzled over the salad or past etc.

Start to the day

2 cups of black coffee /tea
1 green tea

(note. No sugar or milk to be added to these)

Mid-morning snack

0% Greek yogurt (170 g) 1 tub
g 20 dark chocolate

Lunch

Wholewheat Pasta in a tomato sauce

100g Pasta
70g Passata sauce

100g of ricotta cheese
200gs of spinach

Snack

20g pistachio nuts

Dinner

250g chicken/ turkey
250g veg (courgettes/peppers etc)

200g of kiwi

Nutrition profile

Kcal	1,367	Protein	101g	Carbs	125g	Fats	51g
Fibre (g):	21,79	Cholesterol (mg):	176,25	ACGS (g):	17,50	ACGPI (g):	7,18
ACGS/ACGI:	0,58	ACGMI/ACGPI:	3,18	iron (mg):	16,39	Potassium (mg):	4.195,00
Sodium (mg):	591,76	Calcium (mg):	782,81	phosphorus (mg):	1.697,00	Magnesium (mg):	480,38
Zinc (mg):	15,02	copper(mg):	2,55	Iodine (µg):	402,15	Vit. A (µg RE):	1.561,55
Vit. B1 (mg):	1,80	Vit. B2 (mg):	3,30	Vit. C (mg):	321,72	niacin (b3) (mg):	31,2

DAY 5

NOTE: NEEDED!! 2 1/2 TSP (teaspoons) of extra virgin olive Oil to be used Throughout the day, preferably raw , drizzled over the salad or past etc.

Start to the day

2 cups of black coffee /tea
1 green tea

(note. No sugar or milk to be added to these)

Mid-morning snack

0% Greek yogurt (170 g) 1 tub
g 20 dark chocolate

Lunch

Large rice and veg salad.

100g of rice/couscous/farro/pasta
100g of mixed veg.

30g of parmesan cheese
100g of lettuce

Snack

Almonds 20g

Dinner

300g prawns/chicken/ white fish
200g of broccoli/spinach/ courgettes

200g Apples/pear/oranges/strawberries

Nutrition profile

Kcal	1,350	Protein	101g	Carbs	125g	Fats	50g
Fibre (g):	10,23	Cholesterol (mg):	655,75	ACGS (g):	21,73	ACGPI (g):	12,15
ACGS/ACGI:	0,69	ACGMI/ACGPI:	1,61	iron (mg):	7,78	Potassium (mg):	1.967,00
Sodium (mg):	1.059,33	Calcium (mg):	1.268,26	phosphorus (mg):	1.411,60	Magnesium (mg):	203,23
Zinc (mg):	7,77	copper(mg):	1,49	Iodine (µg):	201,60	Vit. A (µg RE):	1.475,49
Vit. B1 (mg):	0,49	Vit. B2 (mg):	1,39	Vit. C (mg):	119,70	niacin (b3) (mg):	3,60

DAY 6

NOTE: NEEDED!! 3 TSP (teaspoons) of extra virgin olive Oil to be used Throughout the day, preferably raw , drizzled over the salad or pasta etc.

Start to the day
2 cups of black coffee /tea 1 green tea (note. No sugar or milk to be added to these)
Mid-morning snack
0% Greek yogurt (170 g) 1 tub g 20 dark chocolate
Lunch
Tuna salad with eggs 180g Tuna in spring water 2 eggs 200g Mixed salad
Snack
Almonds 20g
Dinner
ricotta/ Philadelphia light 80g 250g Courgettes/ veg of choice (not potatoes) 150g baby tomatoes

Nutrition profile							
Kcal	1,040	Protein	102g	Carbs	36g	Fats	54g
Fibre (g):	13,03	Cholesterol(mg):	591,85	ACGS (g):	16,17	ACGPI (g):	5,97
ACGS/ACGI:	0,54	ACGMI/ACGPI:	4,04	iron (mg):	8,59	Potassium (mg):	2.729,20
Sodium (mg):	1,165,71	Calcium (mg):	890,66	phosphorus (mg):	1.446,10	Magnesium (mg):	270,03
Zinc (mg):	7,99	copper(mg):	1,01	Iodine (µg):	122,43	Vit. A (µg RE):	1.139,91
Vit. B1 (mg):	1,50	Vit. B2 (mg):	1,75	Vit. C (mg):	122,00	niacin (b3) (mg):	22,41

DAY 7

NOTE: NEEDED!! 4 TSP (teaspoons) of extra virgin olive Oil to be used Throughout the day, preferably raw , drizzled over the salad or past etc.

Start to the day
2 cups of black coffee /tea 1 green tea (note. No sugar or milk to be added to these)
Mid-morning snack
0% Greek yogurt (170 g) 1 tub g 20 dark chocolate
Lunch
250g of chicken/ cod/ white fish/ 200g mixed salad
Snack
Almonds 20g
Dinner
300g of pizza margherita (can add veg but no meats i.e pepperoni as these add a lot more extra calories)

Nutrition profile							
Kcal	1,380	Protein	94g	Carbs	133g	Fats	53g
Fibre (g):	19,18	Cholesterol (mg):	167,25	ACGS (g):	15,55	ACGPI (g):	6,20
ACGS/ACGI:	0,41	ACGMI/ACGPI:	5,05	iron (mg):	6,61	Potassium (mg):	2.680,00
Sodium (mg):	3,252,06	Calcium (mg):	402,51	phosphorus (mg):	1.040,70	Magnesium (mg):	245,73
Zinc (mg):	11,17	copper(mg):	1,50	Iodine (µg):	381,40	Vit. A (µg RE):	407,85
Vit. B1 (mg):	0.87	Vit. B2 (mg):	1,54	Vit. C (mg):	62,50	niacin (b3) (mg):	5,50

SHOPPING LIST

Mains (carbs)

Wholewheat pasta	180g
Rice	180g
Pizza margherita	300g

Second plate (protein)

Ricotta	260g
Prawns	400g
Cod/white fish	200g
Chicken	700g
Tuna	300g
Eggs	6 medium.

Vegetables/ salads

Bags of mixed salad	800g (normally around 5 180g bags)
Lettuce	100g
Baby cherry/ plum Tomatoes	800g
Spinach	200g
Cooked Mixed veg	100g
Courgette	1.080g

Fruit/ nuts

Kiwi	400g
Apple	200g
Pear	600g
Almond	110g
Walnuts	20g
Pistachio	20g

EXTRAS

Coffee	14 cups
Green tea	7 cups
dark chocolate no less than 80%	150g
Extra virgin olive oil	96g (24 teaspoons)
Passata sauce	130g
0% fat Greek Yogurt.	7tubs (1,190g)

. The Mediterranean diet is one of the best/ healthiest diets in the world and with reason. It is Rated as the World's Best Overall Diet. With its emphasis on fruits, vegetables, olive oil, fish and other healthy fare, the Mediterranean diet is eminently sensible. The Mediterranean Diet is ranked #1 in Best Diets Overall for these reasons.

A Mediterranean diet is rich in fiber which digests slowly, prevents huge swings in blood sugar. Helping curb food cravings. Omega 3 optimal for our health especially us women.

Research has shown that following a Mediterranean diet you are reducing your risk of developing heart disease or cancer, you are reducing your risk of death at any age by 20%. Protecting against type 2 diabetes. There are loads of scientific studies and research to back up all the claims.

Whilst this is only a 7 day shred, this type of diet is optimal to follow, continuing with your healthy lifestyle changes.

I created this plan in such a way that energy will still be high even on the lower carb days with the fat intake being higher so you shouldn't feel the mid-day slump. But remember this is only a short term one and if you feel like giving up remind yourself why you want to do this and you will love the feeling of not being bloated and your skin and body will be thankful for all the whole food and non-processed foods you will be consuming, and you shouldn't feel in any way bloated.

Follow it letter for letter and I guarantee you will see the results.

Cost has also been taken into consideration. I kept everything as basic and as cost effective as I could without compromising on nutritional value .

I believe whole-heartedly on this plan and I have spent days ensuring that everything will be perfect for you.

On each meal you can cook the chicken/ meat / fish with the Pasta/rice. Or they can be eaten as a second.

Which is how I do it. Cooking the tomato sauce -using oil from my allowance- I also add two cloves garlic. All condiments like your fish and meat etc all herbs and spices as mentioned before can be used..

- NO SNACKING
- MEASURE EVERYTHING
- DRINK YOUR WATER, BUT NOT TOO MUCH WHILST EATING
- KEEP YOUR STEPS
- IF YOU FEEL REALLY HUNGRY EAT ANOTHER PIECE OF FRUIT



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BALANCE
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