it film Body Blitz 18 DIET PLAN

Nadia's

WEEK 1



hake

FORZA



My diet plan

Im am eating from 8am to 8pm five days a week and then with 16-hour fasting periods on the weekend, not eating till 12pm the following day.

I'm doing a minimum of three HIIT gym work-out sessions a week, and two home sessions.

I much prefer to have a main meal in the evening so I am using my meal replacement shakes at lunchtimes every day, but you could alternate if you prefer that.

Nadia xxx

Mango, Lemon & Blueberry Smoothie Parfait Recipe

Ingredients:

- 1/2 cup of chopped frozen mango
- 1/4 cup of water
- 1/3 cup lemon juice
- 1/3 cup of cashews
- Lemon zest
- The juice of 2 lemons
- Blueberries
- 1/2 fresh mango
- Your favourite granola

1. Combine the frozen mango, water, lemon juice, cashews, lemon zest and lemon juice into a blender and blend until smooth. If you have a less powerful blender, I suggest soaking the cashews in water for an hour beforehand to

2. In 2 glasses, add two spoonfuls of granola, pour some smoothie over the top of each, and add some blueberries and some of the chopped fresh mango. Add some more granola and the rest of the smoothie. Serve

If you want to make more for prepping, I suggest making more and placing the smoothie mix into individual containers to freeze. These can then be placed into the blender and re blended before being layered.

FOR

Raspberr

FAT METABOLISER



Day Morning Fitness HIIT Session 1 - 45 minute to be done early before breakfast.

Breakfast - 8am

FORZA

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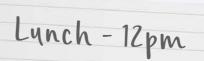
Drink

Scrambled Eggs – two whole eggs and 3 fl oz egg whites, one tablespoon of coconut oil.

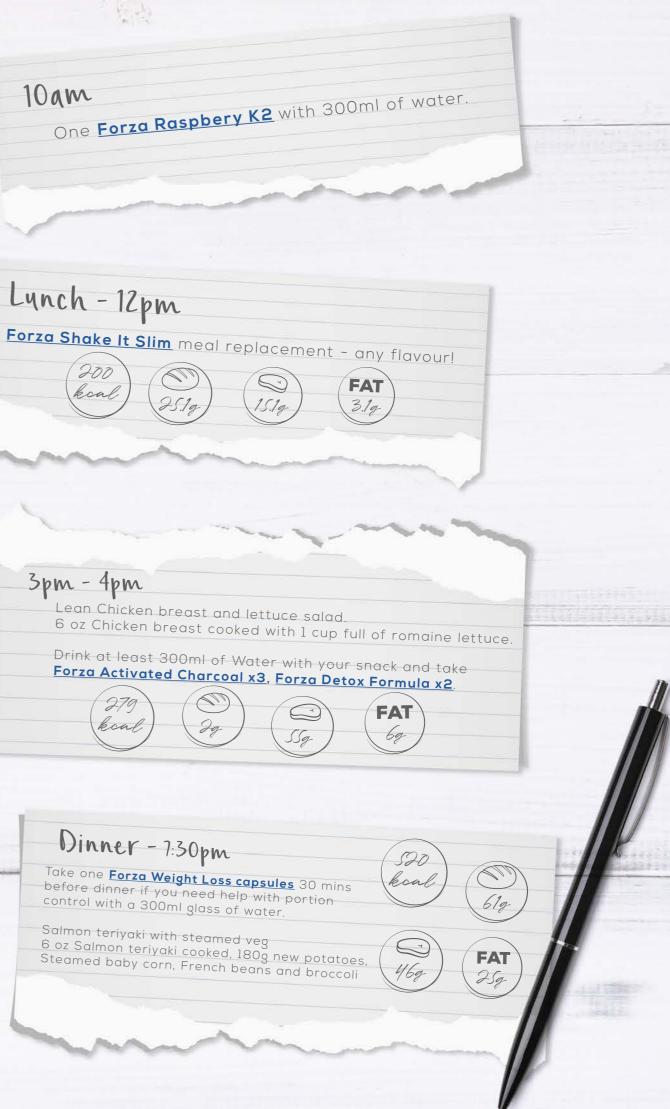


gam

Drink 300ml of water with breakfast and take Forza Omega Fish Oil x1 and Forza Vitamin D3 softgel x1.



3pm - 4pm





control with a 300ml glass of water.



FAT CAP

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CONTAINS

FOOD SUP



Morning Fitness HIIT Session 2 - 45 minute to be done early before breakfast.

Breakfast - 8am

Raspberry

RMACY EXCLUSIVE

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LOW CAFFEINE

SUPPLEMENT

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FORZA

Mango, lemon & blueberry smoothie parfait

Day

Recipe on page 02

gam Take one Forza Raspberry K2 with a 300ml glass of water.







Day 4

FAT

139

Breakfast - 8am

ecal.

l cup of oats/low sugar muesli 1 cup unsweetened almond or coconut milk 1 cup Blueberries 430

3pm - 4pm

Lynch - 12pm

200

boal

Drink at least 300ml of Water after your snack and take Forza Activated Charcoal x3, Forza Detox Formula x2

9am

FORZA

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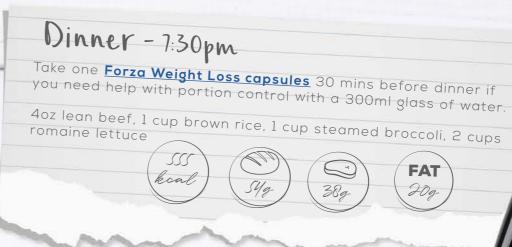
Drink

Drink 300ml of water with breakfast and take **Forza** Omega Fish Oil x1 and Forza Vitamin D3 softgel x1.

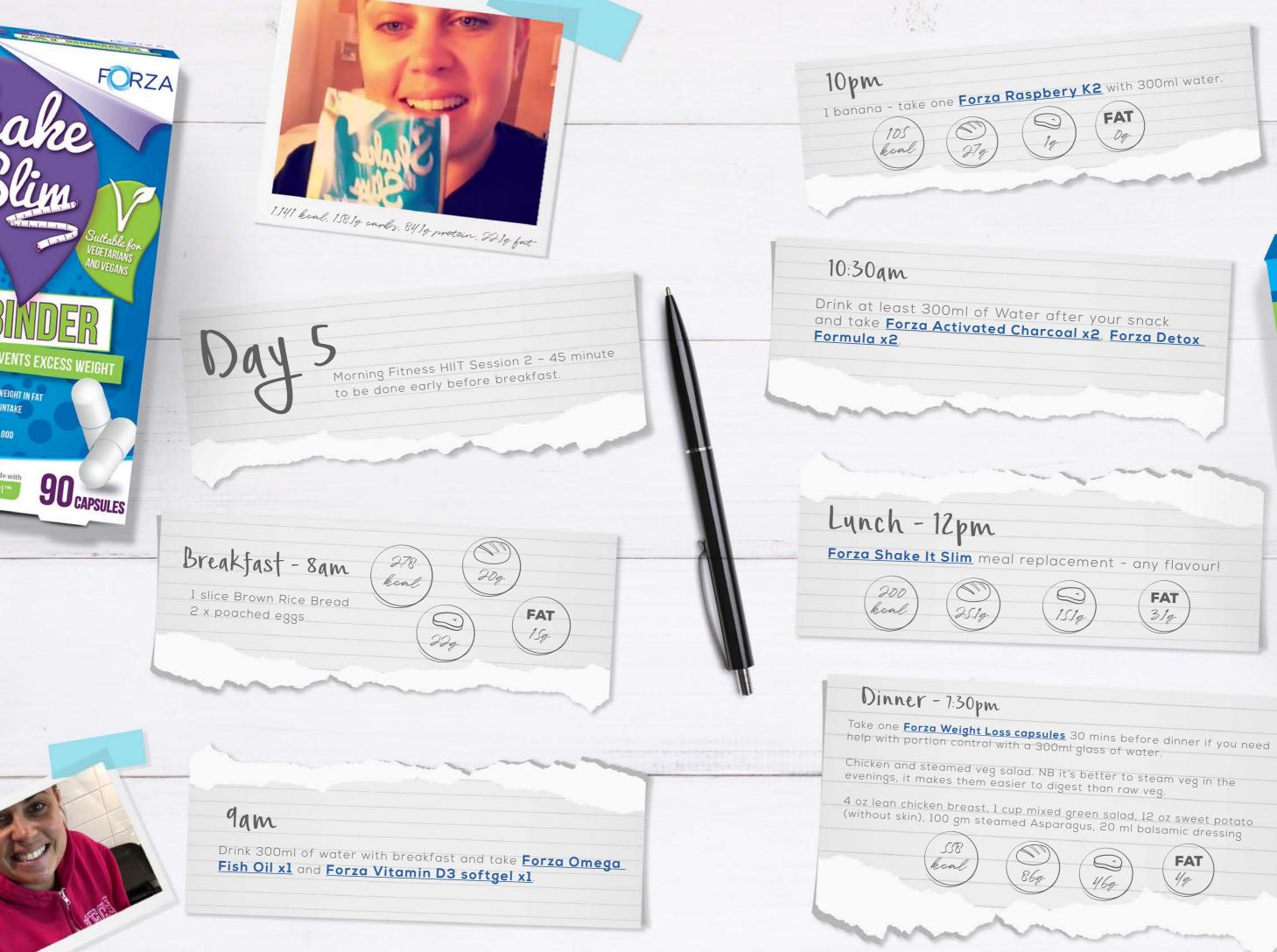


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230



Forza Shake It Slim meal replacement - any flavour! FAT 3.19 Home work out session 1 do this as soon as you get in from work before your energy levels start to drop. FAT 200



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> FAT CAP

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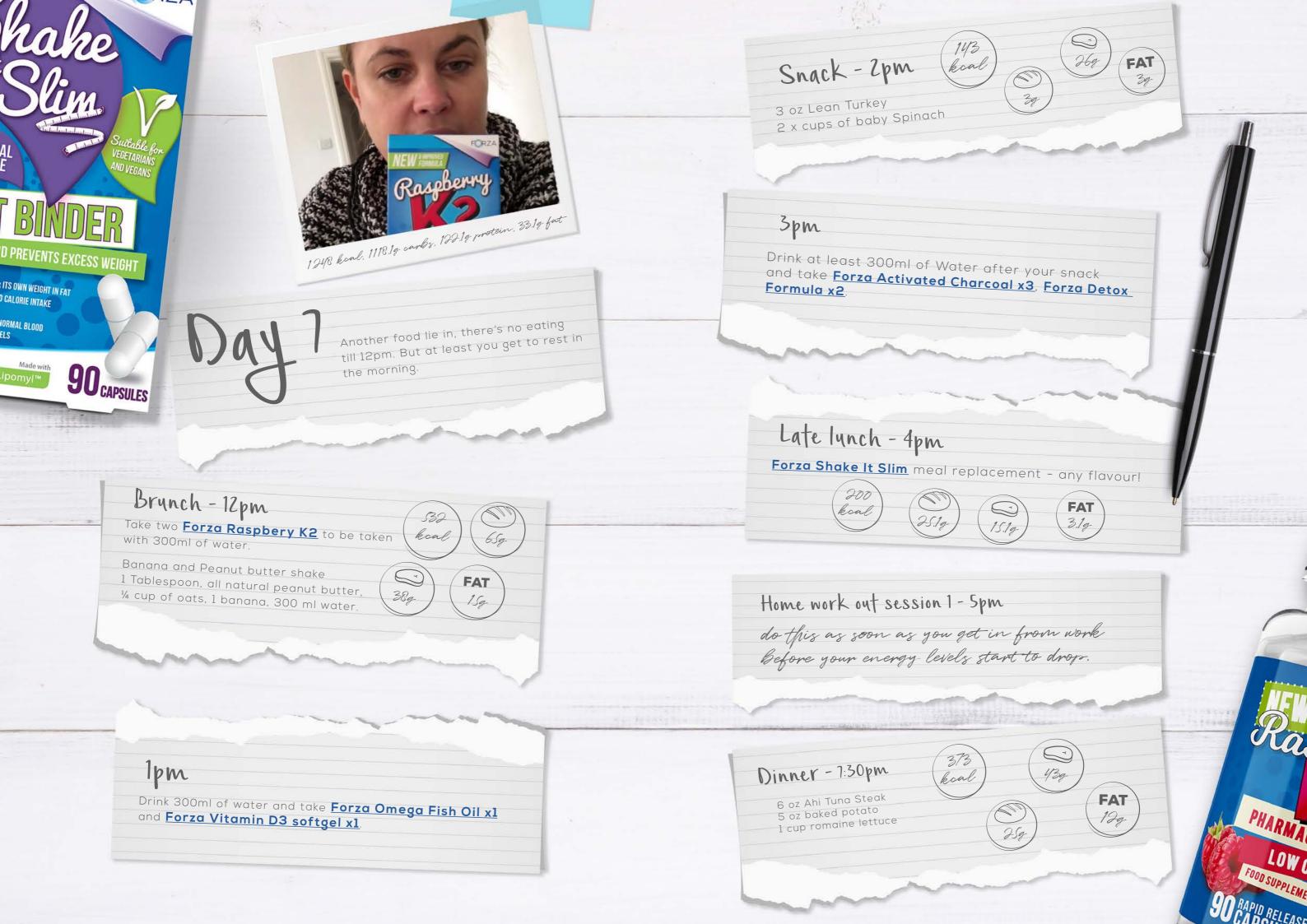
CONTAINS

FOOD SUP

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IORZA	165
kake Contraction of the second	Snack - 2pm loz Sea Salted Cashews
Market Ma	
Banana Milkshake Blavour	Jpm Drink at least 300ml of Water a and take <u>Forza Activated Charc</u> Formula x2.
Placement Drink	
Brunch - 12pm Take two Forza Raspbery K2 to be (343) taken with 300ml of	Late lynch - 4pm Forza Shake It Slim meal replace Real 200 Real 251g
 Hoke two <u>Forza Raspbery K2</u> to be taken with 300ml of water. 82g of Turkey Bacon Rashers, 2 x eggs poached, One slice (34g) Ezekiel Bread FAT 33.5g. 	Home work out session 1- do this as soon as you get a before your energy levels st
1pm. Drink 300ml of water and take <u>Forza Omega Fish Oil x1</u> and <u>Forza Vitamin D3 softgel x1</u> .	Dinner - 7:30pm Baked Salmon and Avocado 6 oz baked Salmon Half avocado 100g steamed asparagus
an a start a st	





Recipes...



NEW FORMULA Rosphere

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Body Blitz 18 DIET PLAN

Nadia's

WEEK 2



hake

FORZA



My diet plan

My plan is to be eating from 8am to 8pm five days a week and then with 16-hour fasting periods on the weekend, not eating till 12pm the following day.

I am trying to do a minimum of three HIIT gym work-out sessions a week, and two home sessions.

I went to Coachella festival near Los Angeles, California this week. Everyone needs a break, but here's how to fit your diet around a busy life, even whilst you're away.

Nadia xxx

Ingredients:

- 120g cubed chicken breast
- 150g sweet potato no skin
- 1 onion
- 100g baby corn

For the paste:

- 6 gloves of garlic
- Teaspoon of cumin
- Small handful of coriander
- 10g ginger
- Combine all items to a food processor for the paste and mix until - Massage the paste onto the cubes of chicken and leave to marinate

- babycorn and green beans.
- Simmer for 20 minutes and serve

See how to cook it here.



Red Thai chicken Curry without sugar

- 100g green beans
- 100ml coconut milk
- 300ml water
- Teaspoon agave syrup
- Lemongrass
- 100ml coconut milk
- ½ lime
- l teaspoon paprika
- 1 teaspoon of chilli powder

- Place chicken cubes into a pan and cook for 4 minutes - Pour the coconut milk and water over the chicken and add chopped

FOR

Raspberr

FAT METABOLISER

FAT

3.69



Day 8 This was the week of Coachella! It did set my diet into a difficult space, but if you are going on a work trip or festival remember to keep Shake it Slim sachets handy as well as a bottle of water. It will help you avoid really fattening fast food.

Breakfast - 8am

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FORZA

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55g (

Drink

Poached Egg and Avocado (without toast is better) and fresh fruit







Day 10 Morning Fitness HIIT Session 2 - 45 minute to be done early before breakfast.

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Breakfast - 8am

278

Raspberry

RMACY EXCLUSIVE LOW CAFFEINE

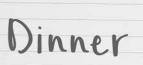
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1 slice Brown Rice Bread, 2 x poached eggs

Drink 300ml of water with breakfast gam and take Forza Omega Fish Oil x 1 and Forza Vitamin D3 softgel x 1





10:30am

Lynch - 12pm

200

bca

and Tabbouleh

Keep an eye on portion size as hummus and tabbouleh both have high calorie content.





Day 11 Morning Tabata Session 1 – 30 minute to be done early before breakfast.

Breakfast - 8am

FORZA

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N wown

Drink

Mango, Lemon & Blueberry Smoothie Parfait

Recipe from week 1 diet plan

gam Forza Raspberry K2 x 1 to be taken with 300ml of water.

10:30gm Drink at least 300ml of Water with your snack and take Forza Activated Charcoal x3, Forza Detox Formula x2. Lynch - 12pm 200 kcal

Snack - 10am

30g Almonds raw

3pm - 4pm

Drink at least 300ml of Water with your snack and take Forza Omega Fish Oil x1, Forza Vitamin D3 softgel x1.

Dinner 7.30pm

Take two Forza Weight Loss capsule 30 mins before dinner if you need help with portion control with a 300ml glass of water.

4 oz Lean Turkey without skin, 12 oz baked sweet potato, 1 cup baby spinach.





200

kcal

FAT

3.1g

Recipe on page 02



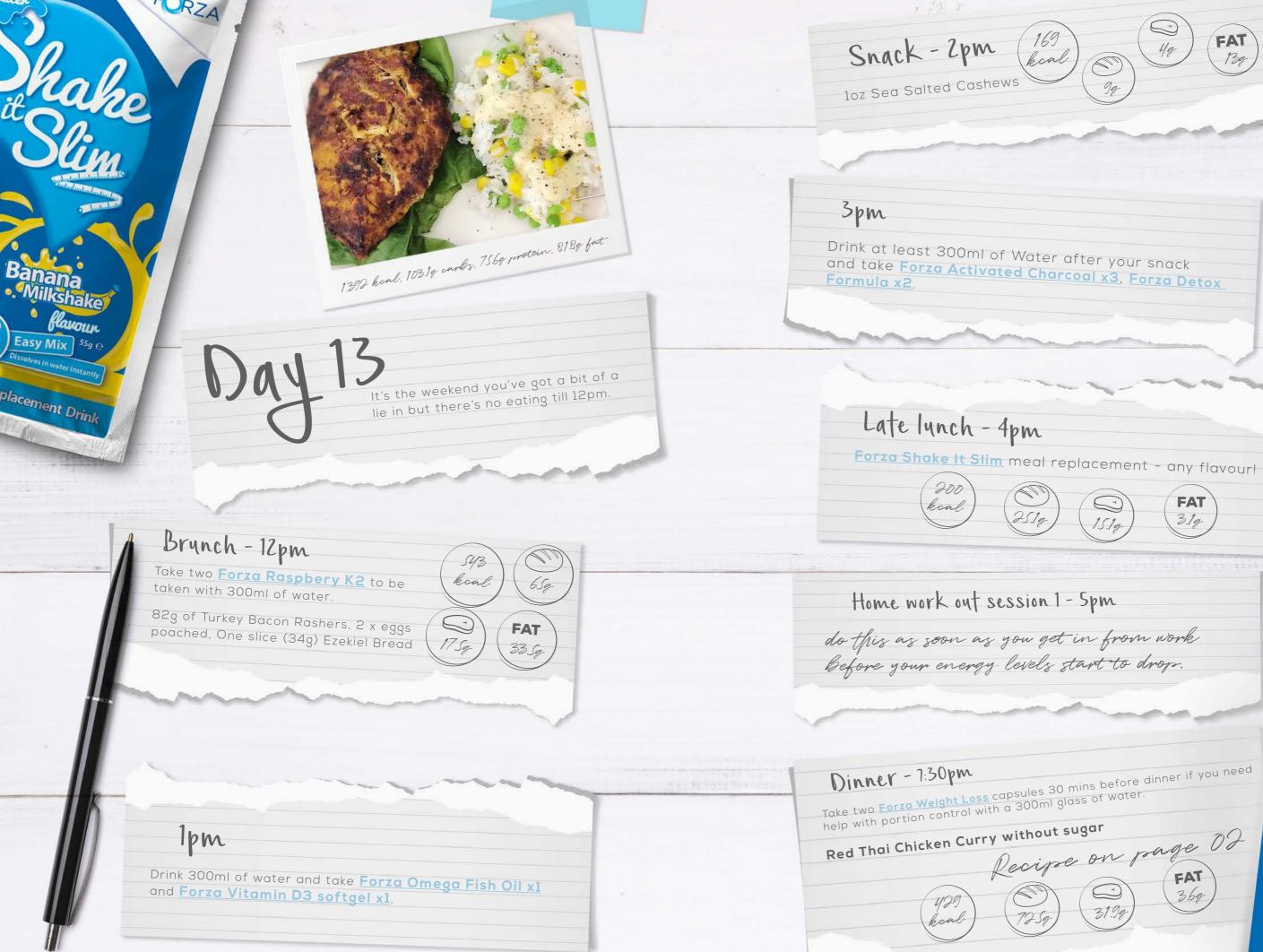
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FOOD SUP



FAT La la FAT 3.19 15.1g head on have MEDICAL Device Recipe on page 02 **FAT** 3.69 TREATS AND PREVENTS 31.99 BINDS UP TO 60x ITS OWN WEIGHT IN I REDUCES FAT AND CALORIE INTAKE FROM THE DIET HELPS MAINTAIN NORMAL BLOOD CHOLESTEROL LEVELS









Recipes...



NEW FORMULA Rosphere

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Body Blitz 18 DIET PLAN

Nadia's

WEEK 3

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hake

FORZA



My diet plan

My plan is to be eating from 8am to 8pm five days a week and then with 16-hour fasting periods on the weekend, not eating till 12pm the following day.

I am trying to do a minimum of three HIIT gym work-out sessions a week, and two home sessions.

I went to Ireland this week so got caught out a few times, but everyone needs a break. Here's how to fit your diet around a busy life, even whilst you're away.

Madia XXX

Bajan Spicy Chicken and Rice

Ingredients: Hot pepper sauce 2 teaspoons Olive Oil 2 tablespoons, ½ Onion, Garlic 2 cloves, Ginger Organic tomato puree - 2 teaspoons 1 chicken breast – diced – serves 2 Himalayan salt and pepper 100g Brown rice (washed to get rid of starch)

- Place cubed chicken breast into a frying pan and cook for
- chopped, two garlic cloves chopped and ginger.
- ingredients and add in the cooked chicken
- Serve chicken on a bed of rice and enjoy!

See how to cook it here.

- Begin to boil brown rice, cook for 20-30 minutes until soft - In a large pan, add the olive oil, organic tomato puree, ½ onion - Fry until the onions are evenly coated in the rest of the - Add hot pepper sauce and salt and pepper to taste

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FAT METABOLISER



Day 15

1,481 total calories

430

kcal.

176

350

kcal.

ecal.

525

kcal

Breakfast - 8am

-

1

1 cup of oats/low sugar muesli 1 cup unsweetened almond or coconut milk l cup Blueberries

Drink 300ml of water with breakfast and take Forza Omega Fish Oil x2 and Forza Vitamin D3 softgel x1

Snack - 10gm

1 x cup (230ml) very low fat Greek Yoghurt Sprinkle of ground cinnamon

Lynch - 12pm

Met with an old friend today!

- Taster sharing menu
- Quinoa with pomegranate and sunflower seeds
- Avocado Gazpacho with salmon tartare
- Beef with Asian pepper noodles

Drink at least 300ml of Water after and take Forza Activated Charcoal x3, Forza Detox Formula x2

Home work out session

Do this as soon as you get in from work before you energy levels start to drop

Dinner - 7:30pm

Bajan Spicy Chicken and Rice

See recipe on page 02

Breakfast

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Forza Shake it Slim meal replacement - any flavour!

HIIT training

on my YouTube diary

Post work out juice

3 carrots, 1 orange, big lump of ginger, one handful of spinach

Take with Forza Omega 3 x2, Activated Charcoal supplements x3 and Regime Collagen x2

Snack - 3pm

40g Raw Almonds

Dinner

Mozarella and five bean salad with mint and lemon dressing

1,120 total calories 200 kcal I cried during training. I got really frustrated and this was really hard and I was feeling a bit emotional afterwards as you'll see 230 bcal 192 kcal 500 kcal UNTAINS VITAMINE

1.770 total kcal

Day 17

200 Breakfast - 8am keal

Forza Shake It Slim meal replacement - any flavour!

FORZA



Luscious prawn salad with light mayo, carrot, lettuce, orange, cucumber and sweetcorn

200 Snack kcal.

Bake It Slim double chocolate mug cake

Vitamin D x 1, Activated Charcoal x3, Regime Deluxe Collagen x2

Dinner

Poached Egg and avocado toast (had a big lunch!)

570

kcal

Lynch

Day 18

1,040 kcal

It's the weekend you've got a bit of a lie in but there's no

eating till 12pm.

HIIT Workout in the park

Watch my video here!

Spinach, ginger and carrot smoothie

- in a wine glass darlings!

Post workout snack

Two boiled eggs and some spinach

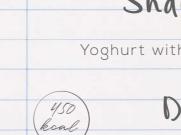
Dinner

Homemade Chicken Korma! Yum!

Recipe on page 08

600

bcal



and cauliflower

Day 19 1.090 kcal Day 20 1.050 kcal 200 Breakfast bcal Breakfast - 8am Forza Shake It Slim meal replacement - any flavour! Poached egg, avocado and tomato on toast Snack Snack 2 x Shake It Slim weight loss capsules and 300ml water Drink at least 300ml of Water after and take Forza Activated Charcoal x3, Forza Detox Formula x2. Lynch Chicken with runner beans Lynch cal Charcoal x3, Forza Detox Tuna and spring onion salad Formula x2. Dinner Left over chicken korma do this as soon as you get in from a few nights before! Yum! levels start to drop. 400 bcal (90) kcal Snack Snack Yoghurt with an apple 50 kcal Two satsumas Dinner Turkey steak with garlic and herbs with roasted asparagus

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1

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kcal

140

kcal

Drink at least 300ml of Water after and take Forza Activated

Home work out session

from work before your energy





Day 2 200

1,400 total kcal

Breakfast kcal

Forza Shake It Slim meal replacement - any flavour!

Snack

Drink at least 300ml of Water after and take Forza Activated Charcoal x3, Forza Detox Formula x2.

Home workout session

do this as soon as you get in from work before your energy levels start to drop.

Lynch

Forza Shake It Slim meal replacement - any flavour!

Dinner

Sheet Pan Eggs, Spinach & Ham

Ingredients:

- 12 large eggs
- 1/4 cup reduced fat milk
- 1 1/2 teaspoons smoked paprika - 1 teaspoon of salt
- 1 cup shredded cheddar cheese - 1/2 cup diced ham

- 1 bag of spinach

- l teaspoon ground onion powder

200

kcal

- l teaspoon ground pepper

Method:

- Preheat oven to 300°F. Generously coat a large rimmed baking sheet with cooking spray such as olive oil, try to avoid using butter.
- Whisk eggs, milk, smoked paprika, salt, pepper and onion powder together in a large bowl.
- Pour onto the prepared baking sheet and sprinkle with spinach, Cheddar and ham.
- Bake until just set, 20 to 25 minutes, rotating the pan from back to front halfway through baking to ensure even cooking. - Cut into 12 squares and serve.

Dinner -	Chicken	k
Onion chopped	1	

- 1 clove of chopped garlic - One tablespoon of chopped ginger - 1 tablespoon of cardoman - 1 tablespoon cumin seeds - 1 tablespoon coriander ground - 1 tablespoon turmeric - ½ teaspoon chilli powder - 1 bay leaf Method: fridge to marinate. - Add chopped onion, garlic and ginger to a large pan and leave to soften for about 5 minutes. ground, turmeric and chilli powder and grind until a powder. - Add the bay leaf into the mix and stir. - Add one clove and stir again sugar - Add saffron minutes - Fish out the bay leaf if you can find it! - Add the mixture to a blender and blend until smooth some olive oil and cook until almost cooked. - Start too cook your rice, take off the heat after 20 minutes - Add the double cream to the chicken and pour in the sauce mix - Leave to cook for 15 minutes and serve!

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forma

- 1 clove
 - 1 tablespoon plain flour
 - Salt and pepper to taste

PHARMA

10

FOOD S

- Tablespoon of sugar
- Saffron
- Glass of water
- Cubed Chicken
- Natural Yoghurt
- Brown Rice
- 3 tablespoons double cream

- An hour before, place the chicken into the yoghurt and leave in the

- In a pestle and mortar, add cardoman seeds, cumin seeds, coriander

- Mix in 1 tablespoon of plain flour, salt and pepper and tablespoon of

- Add in a glass of water and stir, cover on a low heat and cook for 7-10

- In the same pan you cooked the sauce in, place the chicken in with

600 kcal

Recipes...



NEW FORMULA Rosphere

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Body Blitz 18 DIET PLAN

Nadia's

WEEK 4



hake

FORZA

My diet plan

My plan is to be eating from 8am to 8pm five days a week and then with 1 6-hour fasting periods on the weekend, not eating till 12pm the following day. I am trying to do a minimum of three HIIT gym work-out sessions a week, and two home sessions.

Darlings! In an effort to ramp up my progress, I've switched my diet to the popular 5:2 and I have to say how much I am loving the Weight Loss Capsules from Forza as they really stop the hungry periods in the day. They are literally this week's lifesaver! So here you are, week four. Wooo! Go you!

Madia xxx

Thai Fish Stew

Ingredients:

- 1 fillet of fish, sweetcorn, peas. Chopped tomatoes, 3 sprouts of broccoli, 4 baby corn, chopped ½ White onion, 2 teaspoons of ginger
- the ginger, garlic and chilli and heat for 4 minutes.

- along with a handful of peas and sweetcorn.

- Add in some black pepper and serve.

See how to cook it here.

2 cloves of garlic 1 teaspoon of chilli. Olive oil, 2 tablespoons gluten free soy sauce Tablespoon of vegetable stock. Litre of water Black pepper

- Chop up the onion and add to a large saucepan, along with Add a tablespoon of vegetable stock (or two stock cubes) and add in the litre of water and simmer for 4 minutes. Place into a blender to combine all ingredients together. Place back into the pan and add the fish fillet to the pan Add in a handful of chopped tomatoes and some broccoli Place a lid onto the pan and leave to simmer for 15 minutes.

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FAT METABOLISER

Day 22 1,113 total calories

Breakfast - 8am

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Smashed Avocado 1 poached egg - small slice of sour dough bread

Drink 300ml of water with breakfast and take Forza Omega Fish Oil x2 and Forza Vitamin D3 softgel x1

Lynch - 12pm

Forza Shake It Slim meal replacement - any flavour!

200 kcal.

kcal.

kcal.

Drink at least 300ml of Water after and take Forza Activated Charcoal x3, Forza Detox Formula x2

Dinner - 7:30pm

Thai Fish Stew

See recipe on page 02

Breakfast - 8am

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Omelette with onion and tomato l egg omelette, 1/3 onion, 3 cherry tomatoes pinch of chilli, basil, black pepper

Carrot, Orange and ginger juice. 3 carrots, large piece of ginger, one whole orange

Supplements after breakfast Drink at least 300ml of water and take Forza Vitamin D3 x 1, Forza Activated Charcoal x 3, Regime Deluxe Collagen x 2, Forza Omega 3 Fish Oil capsules x 2

Lynch - 12pm

Forza Shake It Slim meal replacement - any flavour!

Dinner - 7:30pm

Edamame spaghetti and homemade pesto sauce, tomato and onion, sweet corn, peas and basil. Garlic

456

kcal,

35g spaghetti

Day 23 1,128 total calories Fasted Home Work Out 220 kcal 250 kcal 200 kcal NTAINS VITAMINE

Day 24

1,392 total kcal

SUB Brynch 12pm kcal

82g of Turkey Bacon Rashers 2 x eggs poached One slice (34g) Ezekiel Bread Carbs 65g, Protein 17.5g, Fat 33.5g

lpm

and the second s

FORZA

Drink 300ml of water with breakfast and take Forza Omega Fish Oil x2 and Forza Vitamin D3 softgel x1



loz Sea Salted Cashews Carbs 9g, Protein 4g, Fat 13g

3pm

Drink at least 300ml of Water after and take Forza Activated Charcoal x3, Forza Detox Formula x2.

Late Lynch

Forza Shake It Slim meal replacement - any flavour!

Home Workout Session

do this as soon before you start to prepare your evening meal before you energy levels start to drop.

Dinner

Red Thai chicken Curry without sugar Recipe on page 08

200

kcal.

429

kcal

DAY 1 OF MY 5:2 FASTING DAYS



gym Workout

Brunch Forza Shake It Slim kcal meal replacement any flavour!

Take Forza Weight Loss Capsule to help with hunger pangs

Dinner

200

Chicken with Rice and Steamed Vegetables

1 Chicken Breast without skin, 100g rice (wash rice thoroughly beforehand) Steamed broccoli, carrot and baby corn

Day 26 560 kcal

DAY 2 OF MY 5:2 FASTING DAYS

Brynch Forza Shake It Slim

200

bcal

meal replacement any flavour!

(m)

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1

Take Forza Weight Loss Capsule to help with hunger pangs

346 Dinner bcal. **Baked Cod with Rice and Steamed Vegetables**

4oz cod fillet, 100g rice (wash rice thoroughly beforehand) Steamed broccoli, carrot and baby corn



Day 27 1,199 total kcal Breakfast 200 kcal Forza Shake It Slim meal replacement - any flavour! Work Out 30 minutes after shake - Home Tabata session 1 - 30 minytes 120 kcal Lynch Spicy Tomato gazpacho with shrimp Dinner - 7:30pm "Off plan – I had chicken on the bone with chips, spinach and green beans as I was out with friends" On plan dinner: Asian Chicken salad with coleslaw SSB bcal

Day 28 200

Breakfast

Forza Shake It Slim meal replacement - any flavour!

kcal.

gam

Drink 300ml of water with breakfast and take Forza Omega Fish Oil x2 and Forza Vitamin D3 softgel x1

1,233 total kcal

1/6

kcal.

429

kcal

Snack 10am

1 x cup (230ml) very low fat Greek Yoghurt 1 x teaspoons ground cinnamon Carbs 10g, Proteing 23g, Fat 5g

Lynch 12pm

Off plan: Spicy bean fish cake with fries and salad On plan meal should have been: Just the salad! Any salad of your choice

3pm - 4pm

Drink at least 300ml of Water after and take Forza Activated Charcoal x3, Forza Detox Formula x2.

Home Work out Session 1 - do this as soon as you get in from work before you energy levels start to drop.

Dinner - 7:30pm

Take two Forza Weight Loss capsules 30 mins before dinner if you need help with portion control with a 300ml glass of water.

Red Thai chicken Curry without sugar

Red Thai chicken Cyrry

120g Chicken breast without skin, protein 24g, Fat 2g

150g Sweet potato without skin. Carbs 19g, Protein 2g, Fat 1g

One onion

-

0

1

-

100g Baby Corn

100g Green beans

6 cloves garlic, Teaspoon of Cumin, small handful coriander, 10g ginger, 6 cloves of garlic, one onion, one piece of lemon grass, 1/2 lime, paprika, teaspoon of chilli powder for the paste. Take the skin off the chicken, massage the paste into the chicken. Tumeric, 100 ml of coconut milk 300ml water, and a teaspoon of agarve syrup. Himalayan rose salt



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Recipes...



NEW FORMULA Rosphere

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Body Blitz 18 DIET PLAN

Nadia's

WEEK 5



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FORZA



My diet plan

My plan is to be eating from 8am to 8pm five days a week and then with 16-hour fasting periods on the weekend, not eating till 12pm the following day. I am trying to do a minimum of three HIIT gym work-out sessions a week, and two home sessions.

Darlings! It's been a tough week! Not that that's going to get me down! I've done my second live workout, oh yes, and you know what? I was soooo much fitter than my first! I feel a-maz-ing. For all of you commenting, asking why my skin looks so good, it's Forza's Vitamin D3 capsules, honestly people, they are one of my favourites, my skin looks and feels great! Anyway, have I got a meal plan for you? Absolutely! Enjoy!

Madia xxx

Soyabean Pasta in Tomato Sauce and Salad

Ingredients:

- 1/2 onion,
- 2 cloves of garlic,
- 4 cherry tomatoes,
- chilli,
- turmeric, Orwell Black bean soyabean Pasta
- 56g = 180 calories
- Tablespoon tomato puree One packet of salad vegetables
- Lightly grease a pan with some oil.
- Chop the onion and add to the pan

- Add a touch of salt and pepper and a touch of sugar
- Add some salad into the bowl and chop up the celery, apples and carrot. Add

- Take the corn out of the grill and slice off the kernels and add to the salad.
- Blend your sauce until smooth
- Drain your pasta and add to the sauce

See how to cook it here.

1 stick of Celery 1/2 carrot 1 apple Bunch of coriander Salt Pepper Tablespoon of Olive Oil 2 tablespoons balsamic vinegar l corn on the cob

- Chop up the 4 cherry tomatoes and add in some chilli and turmeric to the pan. - Add your corn on the corn to the grill and leave to cook for 8 minutes - Add in a tablespoon of tomato puree and a small amount of water and stir.

- Add salt and pepper and some chilli flakes and add the olive oil and balsamic

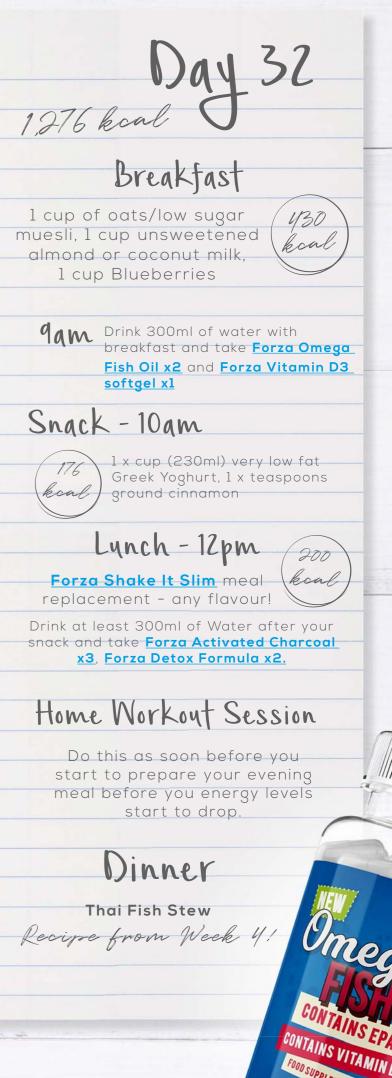
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Raspberr

FAT METABOLISER

cal

DAY 1 OF MY 5:2 FASTING DAYS DAY 2 OF MY 5:2 FASTING DAYS --07 Day 31 940 kcal SEI kcal 749 kcal -Breakfast 2 x Forza Weightloss Smoking Salmon and 2 poached eggs -small slice of sour (303 scrambled eggs 299 koal Capsyles dough bread bcal -Forza Shake it Slim 200 Carrot, Orange any flavour 250 -_ 200 kcar Lynch kcal and ginger juice. _ kcal Forza Shake It Slim meal 3 carrots, large piece of replaceament - any flavour! ginger, one whole orange Dinner Dinner Prawn Curry Salad Boxing workout! kcal, -Recipe on Soyabean Pasta in Tomato Sauce and Salad page 06! Forza Shake it Slim -Recipe on page 02! any flavour 204 350 kcal kcal ---



Day 35 1,251 kcal Day 34 Day 33 Intended! 1.168 kcal 1,218 kcal Breakfast Breakfast Breakfast (303 kcal 2 x poached eggs, 1 slice l cup of oats/low sugar l cup of oats/low sugar muesli, 1 cup unsweetened sour dough bread muesli, 1 cup unsweetened almond or coconut milk almond or coconut milk, 1 cup Drink 300ml of water with Blueberries breakfast and take Forza bm Omega Fish Oil x1 and Snack - 10am 200 Take one Forza Forza Vitamin D3 softgel x1 gam Raspberry K2 with kcal Forza Shake It Slim 300ml water meal replacement --Snack - 2pm 169 any flavour! kcal Snack - 10am -188 loz Sea Salted Cashews kcal -30g raw almonds Home workout session -3pm 30m after shake 10:30am Drink at least 300ml of Water after your snack and take Forza Drink at least 300ml of Water Activated Charcoal x3, Forza with your snack and take Forza Detox Formula x2. Activated Charcoal x3, Forza Detox Formula x2. 120 Lynch - 12pm kcal 4pm 200 Lynch - 12pm boal Forza Shake It Slim Spice tomato meal replacement gazpacho with shrimp Forza Shake It Slim meal any flavour! replacement - any flavour! Home workout session Dinner - 7:30pm Dinner 558 kcal **Bajan Spicy Chicken and Rice** Asian chick salad with coleslaw Take two Forza Weight Loss Dinner - 7:30pm 469 capsules 30 mins before dinner if FORZA kcal you need help with portion control Red Thai Chicken Curry with a 300ml glass of water. without Sugar 350 Recipe from Week 4! bcal Take two Forza Weight Loss capsules 30 mins before dinner if you need help with portion control with a 300ml glass of water.

1

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Prawn Cyrry Salad

Ingredients:

6 prawns, fry light,

½ onion.

ginger,

2 cloves of garlic,

tin of chopped tomatoes,

tablespoon curry powder,

Chilli.

Turmeric,

l teaspoon of Garam Masala,

100g sweet corn,

100g peas,

100g cauliflower.

- Chop the onion, ginger and garlic and add to the pain with some fry light.
- Add the prawns and cook for 4 minutes
- Pour in the tin of tomatoes. sweet corn, peas and cauliflower and add all of your spices

- Simmer for 15 minutes

- Serve

350 kcal

Recipes...



NEW FORMULA Rosphere

FO

Body Blitz 18 DIET PLAN

Nadia's

WEEK 6



hake

FORZA



My diet plan

Lovelies, and so we're here - the bitter end. Well, I say the bitter end, but I have some tasty dinners for you once more. Delicious! Yes, it's week six and my Shake it Slim diet is back on track for the final furlong! If you've been following me and my progress since week one, thank you and darlings, it's been emotional. Don't worry if you haven't reached your goals, just keep believing, stick to the method and you will get there. It's hard but if I can do it, I genuinely believe anyone can!

Good luck babes!

nadia xxx

Spanish Chicken

Ingredients:

1 medium red onion, cut into 8 wedges

4 whole garlic cloves, unpeeled 8 medium tomatoes, quartered

75g chorizo 4 boneless, skinless chicken thighs

- the paprika and oregano together and set aside.
- chorizo and sprinkle with the paprika and oregano. Season with a little salt and
- drizzle the juices back over the chicken. Tuck the pepper strips loosely around
- another 20 minutes or until the peppers are just softened and the chicken is golden and crisp.

600 bcar



- ½tsp dried oregano
- l green pepper, deseeded and cut
- into strips
- Flaked sea salt
- Freshly ground black pepper

- Preheat the oven to 200°C/400°F/Gas Mark 6. Put the onions, garlic and tomatoes in a large roasting tin and season with sea salt and lots of freshly ground black pepper. Toss everything together lightly and roast for 20 minutes. - While the vegetables are roasting, skin the chorizo and cut the meat into thin slices – 5mm is about right. Put the chicken thighs on a board and carefully slash each one 2 or 3 times with a knife. Season all over with black pepper. Mix

- Take the roasting tin out of the oven, scatter the chorizo over the veg and turn everything a couple of times. Place the chicken on top of the vegetables and

- Take the tin out of the oven. Holding one corner carefully with an oven cloth, lift the tin a little so all the juices run to the opposite end, then spoon and

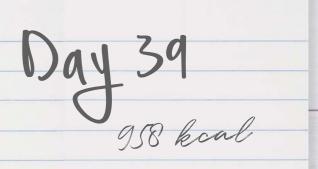
- Turn the oven up to 220°C/425°F/Gas Mark 7. Put the tin back in the oven for

FOR

Raspberr

FAT METABOLISER

Day 37 1.100 kcal DAY 1 OF MY 5:2 FASTING DAYS --DAY 2 OF MY 5:2 FASTING DAYS)ay 38 --Boxing workout 780 kcal 546 kcal Post workout 200 2 x Forza Weightloss 1 kcal Forza Shake It Slim Forza Shake It Slim Capsules meal replaceament -any flavour! meal replacement -200 any flavour! kcal -Lynch Post workout -180 Roasted chicken with kcal Boiled Egg on 200 2 x Forza Weightloss Capsules 1 white boiled rice and Seeded Toast kcal -6 peas and sweetcorn -Helps with hunger pains! leftovers! -Lynch Dinner Dinner Roasted chicken leg Baked Cod with rice and with white boiled rice Went out with friends! steamed vegetables & peas and sweetcorn Weight loss capsules x2 4oz cod fillet, 100g rice 30 minutes before and (wash rice thoroughly -Fat Binder capsules x 2 beforehand) Steamed Dinner 400 15 minutes before broccoli, carrot and kcal baby corn -Crispy duck salad for Thai Green 346 starters and Cottage Chicken Curry with pie with vegetables for kcal sticky rice the main 400 kcal. --



gam

Take one **Forza Raspberry K2** with 300ml of water

Breakfast

l cup of blueberries and wholewheat toast with peanut butter



200

kcal

CONTAINS VITAMIN FOOD SUDDIST

10:30am

Take 3 <u>Forza Activated</u> <u>Charcoal</u> and 2 <u>Forza Detox</u> <u>Formula</u> with 300ml of water

Lynch

Forza Shake it Slim meal replacement - any flavour!

3-4pm

Take 1<u>Forza Omega Fish Oil</u> and 1 <u>Forza Vitamin D3 Softgel</u>

Dinner - 7:30pm

Take 2 Forza Weight Loss capsules 30 mins before dinner with 300ml of water

Lean turkey bacon, baked sweet potato, l cup baby spinach

kcal

Day 42 1369 kcal Day 40 1,170 kcal Breakfast Breakfast 430 400 bral. kcal Eggs Benedict l cup of oats/low sugar 1,093 kcal museli, 1 cup unsweetened almond or coconut milk, l cup of strawberries DM. Take 1 Forza Omega Fish Oil and 1 Forza Vitamin D3 Softgel with 300ml of water 443 Breakfast -Take 1 Forza Omega Fish 9am Oil and 1 Forza Vitamin D3 2pm Snack Softgel with 300ml of water Smashed Avocado 1 169 poached egg - small kcal slice of sour dough loz Sea Salted Cashews 10am Snack bread 90 bcal 45g mixed nuts -Take 3 Forza Activated Charcoal and 2 Forza Detox Formula with 300ml of water Lynch 3pm -Lynch 200 200 Forza Shake it Slim kcal Forza Shake it Slim meal kcal meal replacement -replacement - any flavour! any flavour! 4pm late lynch 200 Take 3 Forza Activated kcal Charcoal and 2 Forza Detox Forza Shake it Slim meal replacement Formula with 300ml of water - any flavour! Dinner - 7:30pm Home workout 450 Jacket potato with Home workout session 1 kcal tuna and cucumber session 1 1000 Dinner - 7:30pm Dinner - 7:30pm Chicken wrapped in parma Spanish Chicken with spinach 600 ham with asparagus and and pasta kcal cauliflower 450 -kcal Recipe on page 02

5:2 diet tips and tricks

The 5:2 diet gets its name because five days of the week are normal eating days, while the other two restrict calories to 500–600 per day. For five days a week, you eat normally and don't have to think about restricting calories. Then, on the other two days, you reduce your calorie intake to a quarter of your daily needs. This is about 500 calories per day for women, and 600 for men. You can choose whichever two days of the week you prefer, as long as there is at least 1 non-fasting day in between.

Tips for the 5:2 diet

1. Stay hydrated – Very important when fasting, the body needs to be hydrated to properly function

- 2. Eat your vitamins! Your body still needs nutrients, even when eating low calorie and the best way to do this is to consume supplements that will nourish your body without the added food
- 3. A common way of planning the week is to fast on Mondays and Thursdays, with 2 or 3 small meals, then eating normally for the rest of the week.
 - Here are a few examples of foods that may be suitable for fast days:
 - A generous portion of vegetables.
 - Natural yogurt with berries.
 - Boiled or baked eggs.
 - Grilled fish or lean meat.
 - Cauliflower rice.
 - Soups (for example miso, tomato, cauliflower or vegetable).
 - Low-calorie cup soups.
 - Black coffee or tea
 - Still or sparkling water.

There is no specific, correct way to eat on fasting days. You must experiment and figure out what works best for you.

Nadia xxx

1. Turn Off the TV and Step Away From the Computer

Multitasking while you eat means you won't be as satisfied, a recent study in the American Journal of Clinical Nutrition found. Some of the study's participants ate while playing computer solitaire, while others ate without distraction. The results? The game-players were worse at remembering what they had eaten-and feltsignificantly hungrier afterward.

2. Drink Wisely

At the end of a hot day, it's easy to down a few frozen margaritas or chilled sangrias just to stay cool. But that's packing on hundreds of calories. If you want a cocktail, instead try tequila and seltzer on the rocks. When a drink doesn't take like a Slurpee (we're looking at you, frozen mango-strawber-rita!) you sip more slowly and take in far fewer calories, says nutritionist Stephen Gullo

3. Get a Good Night's Sleep

In a recent study, ten overweight volunteers went on a diet while sleeping 8.5 hours a night for two weeks and just 5.5 hours per night for another couple of weeks. (During the day, their diet and activity levels were exactly the same.) In both cases, the average weight loss was 6.5 pounds, but when the group slept less, they lost less fat (1.3 pounds versus 3 pounds), and felt hungrier.

4. Eat Spicy

Capsaicin, the compound that gives chili peppers their heat, speeds metabolism, according to a recent study led by David Heber, a professor of medicine and director of the Center for Human Nutrition at UCLA. Participants received either placebo pills or flavorless capsaicin supplements daily for four weeks. The supplement group burned more fat for several hours after a meal, and they burned about 100 to 200 more calories per day, says Heber. Bonus: Spicy foods may trigger a feeling of fullness sooner than bland foods.

5. Plan Your Meals

Thinking through exactly what and when you're going to eat your meals can make you more likely to stick to your diet goals, according to a study in Psychology and Health. In a study designed to encourage healthy eating, all participants ate more fruit for a week, but those who made a concrete plan, wrote it down, and visualized how they were going to carry out the action-when, where, and how they would buy, prepare, and eat fruit-ate twice as much fruit as those who simply tried harder.



FAT METABOLISER CAPSULES

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it Slim Body Blitz 18

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Follow Nadia's body blitz journey today:

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