

21 Days *to* Healthy Eating



By Jamie Stedman



About The Author

Hi there,

Jamie Stedman here, personal trainer and nutrition expert from Llanelli, South Wales.

Firstly I would like to give you a bit of information about myself before we dive into this book, which if followed correctly could change your whole appearance and more importantly your health!

I am 23 years of age and have been involved in sport and exercise for the majority of my life.

I began with gymnastics, where I reached several national finals before injury forced me to switch sports. I then went into athletics and have gone on to win several national medals in 400m hurdles and triple jump.

I studied towards my Sport and Exercise Science in Degree at UWIC and once completed I went straight into the personal training industry.

I have achieved some great results with my clients and would like to share my nutritional knowledge with you in this eBook so you can achieve similar great results.

Hope you enjoy,

Jamie





21 Days to Healthy Eating



Introduction



The westernized world is fat!

On average more people are obese in the UK and America than ever before.

Why?

Because of us!

We cried out for quick, simple, convenience foods because we are so busy and we got it. We live in a world jam packed with processed foods, harmful toxins and a takeaway on every corner.

Our supermarkets are full of junk food with very little nutritional value, because this is what people are buying. People are choosing convenience over health, which is very worrying. There is such a high demand for crisps, chocolates, sweets, ready meals and fizzy drinks that the food producers are making millions of pounds at the expense of our health.

In your local supermarket the good food section will normally be no more than half an aisle in size and will contain some of the most expensive foods in the shop. It is true that it costs more to eat healthy, but it can be done smartly without spending crazy money.

Isn't it worth the extra cost though?

This is our body and our health that we are talking about. People will happily pay money for expensive clothes and jewellery, 'yet people won't pay money to join a gym or to eat well which makes the body we are putting these expensive products on look great.



Obesity & Our Health



As I mentioned earlier, obesity levels are at an all time high. Obviously this doesn't go for everyone but at this present moment in time there are more obese people on the planet than ever before!

What does this mean?

Being overweight means more than just not looking your best or not being able to fit into the clothes you want, being overweight means you are at real risk of serious health problems.

I'm not trying to scare people into losing weight. I just want people to realise that we are playing with our own health if we don't change.

Being overweight can lead to health problems such as:

- Heart disease & strokes
- Diabetes
- High cholesterol
- Osteoporosis
- High blood pressure
- Arthritis

And sadly many more!

I admit we are up against it when it comes to being fit and healthy but with some will power and hard work you can change things for the better for GOOD.

I believe food can be like medicine cleansing your body from the inside. If you eat well you will be healthy, if you eat badly you will be unhealthy.

Let's tackle obesity, tackle takeaway food, tackle cheap processed foods and regain control of our health and be able to live life to the full.

The Greatest Wealth is Health.



This Book

The first thing I am going to say about this book is **IT IS NOT A DIET!**

This is not the 'Jamie Stedman diet' or the 'lose 2 stone in 21 Day Weight Loss Diet.'

This book is going to be the starting point and introduction to eating healthy for good, and that is the most important thing.

I hate diets! As far as I'm concerned diets are unhealthy, short term quick fixes. No one is going to be 'on a diet' forever, but it IS possible to eat well forever.



Magazines, the internet and books lead innocent people, who are trying to lose weight, astray by promoting the latest diet crazes.

Who honestly will, or wants to eat just cabbage soup and nothing more for the rest of their life?

Yes of course you will lose weight, (I am not disputing the fact that people lose weight on a diet) but that is because you are effectively starving yourself, as with most diets people lose weight initially then they start to feel starved, they then crack, give up and pile the weight back on, and more often than not a bit more weight as well!

You may have noticed that I have mentioned losing weight as opposed to losing fat. In this book I will help you to **Lose Fat not just Weight.**



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Is there a difference between losing fat and losing weight?

I would just like to summarise how losing fat compared to losing weight would affect our body:

- Losing fat would help to boost our metabolism and protect our muscles. Losing weight would mean you lose mostly muscle.
- Losing a lot of weight can leave you feeling weak and unwell where as losing fat makes you feel healthier and energised.
- You can lose weight without exercising; you will need to exercise to lose fat.
- Fat takes up a lot more space than muscle, so by losing fat you will take more inches off your body.
- Muscle is firm, fat jiggles. Losing the fat will give you the best body you can hope for. Losing weight will only make good reading on an average set of scales.

This book will guide you through every meal for a period of 21 days and give you advice on snacks, when to exercise, when to eat, how to eat out healthily, how to prepare yourself before starting and much, much more.

The aim is for this 21 day period to be your first step on the ladder to long term healthy living.

I guarantee that if you follow exactly what this book says you will not only lose fat, improve your appearance but you will dramatically boost your health.

Just as a bit of fun I would like you to before following this plan take a photo of yourself and then after the 21 days take another one. Once you have both photos could you please send them to Personaltrainerllanelli@gmail.com along with your views and feedback on how it went for you.

Just think, 21 days isn't a long time, please commit to it 100%. You are by no means starving yourself, you are eating really well. Just stay mentally strong, give it everything and see how much you can really achieve in just a short period of time.



Preparation Time

Prior to starting your 21 day nutrition plan you should take 7-10 days to prepare your body.

If you have received your Fat Loss Made Simple document then most of this information will be on there.

The first step you should take is write a list of **6 types of food or drinks** that you KNOW hinder your progress and holds you back.

What I then want you to do is cut out or at least seriously reduce your consumption of these.

A few popular examples of the types of things people cut out include:

1. Dairy
2. Processed foods
3. Alcohol
4. Takeaways
5. Caffeine
6. Refined carbs (crisps, biscuits etc.)
7. Chocolate
8. Sweets

It is important that in order for this to work that you make the changes gradually rather than all at once.

So you cut out 2 to start off with and then aim to cut out 1 more of the 6 each week. So by the end of the 21 days you will have cut out 5/6, then it is up to you whether you choose to reintroduce them slowly and in moderation back into your diet. Hopefully you may find that after the 21 days you don't really want to eat/drink a lot of them any more as you will have learnt that your body copes better without them.



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Many people fail to stick to the diets I mentioned earlier because they have to cut out everything they're used to and the body simply can't cope. In this programme everything is done in a timely, gradual manner which should maximise your chances of success.

Nutrition Basics

I will just quickly give you some nutrition basics which you can use as a guide during your 21 days.

Your diet can influence between 70-80% of your results so it is vital that if you want to see some results you put as much effort into eating healthy as you do when you exercise.

1. Drink plenty of water – Drink 1 litre of water per day for every 3.5 stone of body weight. Drinking plenty of water will also help to flush out the harmful toxins in your system
2. Eat 3-4 smaller meals rather than 1-2 big meals. Snack on things such as fruit, nuts and veggie crudités between meals
3. Never skip breakfast – Nuts and fruit is a good breakfast to start the day if you don't like eating too much first thing in the morning
4. Reduce your carbohydrate intake especially refined carbs. Stick to carbs such as sweet potato, potatoes, brown rice and basmati rice. Eat more carbs on training days
5. Avoid diet or low fat products – In many cases they are worse than the full fat versions
6. Aim to include quality sources of fat in your diet such as fish, nuts, extra virgin olive oil and avocados.





Shopping Advice

You are nearly ready to go!

Many people give in to things such as chocolate and crisps because they are in the cupboard, tempting them every day. Simple rule is if you don't want to eat them don't buy them. You will be a lot less likely to give in to temptation when the nearest bar of chocolate is sitting on the supermarket shelf rather than sitting in your cupboard!

Before and during your 21 days (and hopefully beyond) it is important that you try and get rid of all of the types of food you are trying to cut out.

I understand that you probably won't be the only person living in the house and you don't want to go throwing out everyone's food but do the best you can.

You will be given 3 shopping lists later on for each week of the 21 day program, outlining what foods you need.

During this period when you do your weekly shop you will have a list of the foods you need which will make it easier to stick to. Without a list you will be a lot more likely to throw anything into the trolley.

The list for each week will contain estimate quantities of all of the foods you need for each week. In your second shopping list it is likely that you will still have ingredients left from the previous week but they will still be on the list. So you can decide with your shopping lists if you have enough of certain products so you don't need to buy again.

So don't be put off by the fact that there are three big shopping lists as you will probably have a lot of these foods in the house already.

A quick tip is to never go food shopping hungry! If you are hungry all of the bad foods will seem a lot harder to avoid!



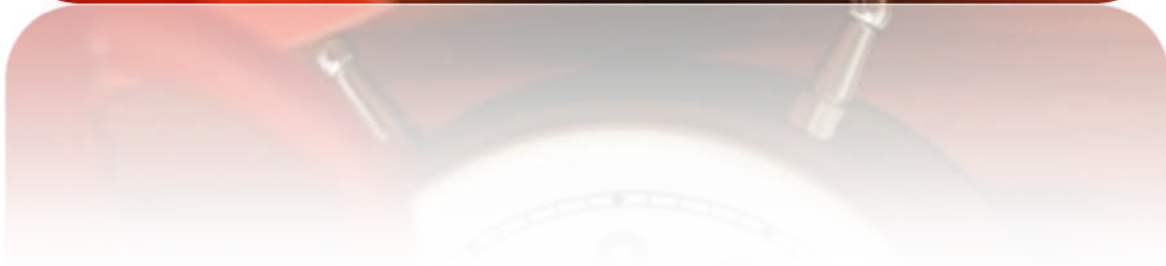


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Just remember that the meals planned in this program don't have to be 100% followed, this is a guide. Obviously not all of you will like all of the foods used or may be allergic to some of the foods used, so you can swap foods.

You must be sensible when swapping foods and swap like for like e.g. meat for meat, fruit for fruit rather than swapping salmon for chips!





21 Days to Healthy Eating Tips

I promise you are nearly there!

Here are some helpful tips which will make your progress through the 21 days easier and more beneficial, it should also hopefully answer some of the question you may have had:

Supplements

If you are doing this just to lose fat and improve your health then you don't really need to worry about too much. So many people who exercise feel that they need to buy supplements straight away, often before purchasing the gym membership! The supplements I would recommend for those of you looking to boost their health would be a high quality Vitamin C supplement and a high quality Fish Oil supplement, these two really help to improve how our body functions.

If you are playing sport/training towards a goal and would like supplement advice then please email me.

Avoid Skipping Meals

Remember when your parents always used to say 'Breakfast is the most important meal of the day'? Well it is.

Break-fast – Break the fast

During the night your body is fasting and needs food when you wake. Breakfast is probably the most neglected meal for many people. Either they miss it all together or have the wrong type of breakfast, like sugary cereals, this may give you energy to begin with but come mid morning you will inevitably crash.





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A cup of coffee doesn't count as breakfast!

If you aren't used to eating breakfast and don't have much of an appetite in the morning then just try a piece of fruit with some nuts or a homemade fruit smoothie. It'll get you off to a good start to the day.

People who skip breakfast are more likely to have a big lunch to make up for it and crave sugary foods due to their lack of energy.

Just get into a routine of getting up a bit earlier and having breakfast.

Aim for a good breakfast, lunch and dinner and then snack when needed in between.

Snacks

One of the things that people struggle with when eating healthily is snacking. At first it can seem hard to find healthy snacks, but they are out there and here are a few examples:

Homemade Soup

Nuts

The Food Doctor pots

Houmous

Fruit

Nakd bar

Vegetable crudité's (carrot, celery, cucumber)

Sweet potato crisps

Homemade smoothies

Small salad

Oatcakes (occasionally)

2-3 pieces of dark organic chocolate (occasionally)





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There is definitely enough there to keep you going until your next meal. Plus they taste great!

The nutrition plan contains your breakfast, lunch and dinner meals, so you can choose from these snacks or any other ones you know are good in between meals.

Don't bother with your favourite brands diet version chocolate bar, biscuit or breakfast bar. At the end of the day they are still chocolate bars and biscuits. The producers just make a lot of money out of people trying to eat better!

Cheat Meals



Our body is a clever thing!

When you eat less than you usually do your body responds by slowing down your metabolism because it thinks it is being starved!

A slower metabolism means that you will burn fewer calories and will therefore lose less fat.

Cheat meals have been proven to be an effective tool in keeping your metabolism high. By eating a cheat meal 1-3 times a week it will prove to your body that it is not being starved and it will crank up your metabolism again.

Although you are by no means what so ever being starved during this 21 day nutrition programme cheat meals can prove a good way of keeping your metabolism going and the fat burning.

In your 21 Day program you will be allowed cheat meals normally on a Friday or Saturday night (depending on what day you start, aim to start on a Sunday or Monday). This is the most likely time of the week that people will crack and eat something bad so I'm giving you a free pass to do so!



It is important that you don't use it as a full day off; this applies to just one meal. You could decide to have alcohol with your meal but please avoid over consumption as alcohol won't help your fat loss attempts.

If you are used to eating whatever you want, when you want then, yes it can be tough to follow this type of nutritional programme. So a cheat meal is also a great way of keeping you strong mentally and helps you stay focused and committed.

Food & Drinks to Avoid

Here is a list of foods that you want to be avoiding. During your cheat meals you do have a free pass to eat what you want but I would advise you to think twice about having these types of food or at least have them in small quantities:

- Microwave ready meals
- Processed food
- Pastries
- Fried food
- White bread
- Beer/lager



Exercise



This nutrition manual gives you a rough guide on when you should exercise and what basic exercise to do. This is only really suitable for beginners or people who don't exercise a lot, starting with 3 exercise sessions a week.

It is important to be as active as possible. Just make small changes like walking to work rather than driving, taking the stairs instead of the lift and playing in the garden with the children rather than sitting on the sofa, it all adds up.



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Try and exercise in the morning when possible, the longer you put it off the more chance you have of skipping it.

Always remember to warm up properly and stretch before and after every exercise session. If you find some of the recommended exercise sessions too easy/too difficult then you can alter them as required.

Regular exercisers should stick to their normal routine.

If you would like exercise advice then please email Personaltrainerllanelli@gmail.com or check out www.personaltrainerllanelli.co.uk

The exercises are fairly low intensity and basic to begin with. As you get fitter and more familiar with exercising you should then include more challenging movements and exercise at a higher intensity.

Planning & Preparation



Many people fail to stick to programmes such as this one because they don't use their time well. By dedicating about 20 minutes each night or early in the morning to preparing food for the day, this will help you to ease through this programme.

Planning and preparation is the key to success. Make sure you have several large and small plastic Tupperware containers to keep your food in. Take every step that you can to make it easier, chop up fruit and veg and keep it in containers, make extra large salads so you can have several portions, anything that will help.

Just a quick pointer on portion size. You can eat as much as you like!

If you are hungry then eat more, if you aren't hungry eat less but don't skip meals.



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Eating Out & On the Run

Eating on the run becomes a lot easier if you have taken the necessary steps to plan and prepare your food. Many people eat badly at work, so as long as you have prepared your food to bring in or know of somewhere you can get the healthy foods you need you will be fine.

A good idea is to keep a small container with nuts, dried fruit and maybe a nakt bar in and keep it in your desk or in the glove box just in case you need it.

Just because you are eating out it doesn't mean that your plan is out of the window! Many restaurants offer healthy meals just order wisely and try to avoid alcohol and unhealthy sauces and dressings.

If you are eating out for example on a Wednesday evening then you could make that your cheat meal and then have Wednesday's evening meal on Friday instead of your cheat meal.

So there are all of your hints and tips to help guide you through the 21 Days to Healthy Eating Nutrition Plan.

You are now ready to go. Give it 100% and I can guarantee that you will feel a lot better and healthier in 21 days and you will be well on the way to eating well for life.

Good Luck,

Jamie Stedman



21 Days to Healthy Eating



Shopping List Week 1

Product	Quantity
Steak	1 steak
Chicken	5 chicken breast fillets
Turkey	2 turkey breast fillets
Beef	1 small joint
Lamb	Small joint
Salmon	1 salmon fillet
Haddock	2 fillets
Prawns	1 small bag
Eggs	Box of 12
Pineapple	1 small
Orange	2 oranges
Grapes	200g
Banana	1
Blueberries	125g
Plum	1
Green beans	1 bag
Broccoli	1 large broccoli
Spinach	1 bag
Sweet potato	3 large sweet potatoes
Potato	3 large baking potatoes
Leeks	1 leek
Cauliflower	1
Carrot	200g
Swede	1
Peas	1 bag
Frozen stir fry veg	1 bag
Lettuce	1
Tomatoes	200g
Cucumber	1 cucumber portion
Red onion	300g
Celery	1 small bag
Red pepper	1
Sultanas & raisins	100g
Pumpkin seeds	100g
Almonds	200g
Brazil nuts	200g
Walnuts	100g
Cashew nuts	100g
Organic porridge	1 box
Granola	1 box
Organic couscous	1 pack
Basmati rice	500g
Rice noodles	300g
Extra virgin olive oil	500ml
Coconut oil	260ml



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Day 1

Breakfast

Pineapple chunks with almonds & brazil nuts

Lunch

Grilled Chicken with lettuce, cucumber, celery, red onion & tomatoes

Dinner

Turkey, green beans, broccoli & basmati rice. Drizzled with extra virgin olive oil & your choice of herbs



Day 2

Breakfast

Organic porridge, sultanas, raisins & pumpkin seeds

Orange

Lunch

Spinach, onion & tomato omelette. Cooked in extra virgin olive oil.
Served with small salad

Dinner

Baked salmon steak with herbs, sweet potato & green beans.
Cooked in butter

Exercise

30 minute brisk walk



Day 3

Breakfast

Tropical fruit smoothie (your choice of fruit)

Walnuts & cashew nuts

Lunch

Vegetable soup – potato, onion, leeks & cauliflower

Dinner

Lamb with red onion, broccoli, red peppers & carrots



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Day 4

Breakfast

Bowl of Granola

Grapes

Lunch

Grilled Chicken with couscous & extra virgin olive oil

Dinner

Prawns, stir fry vegetables, rice noodles – Sweet & sour lime dressing
(1 tsp lime juice, 1 tbsp water, 2tbsp extra virgin olive oil, salt and pepper and choice of sweetener)

Exercise

Mini circuit:

Bodyweight squats 15 x 3

Bodyweight lunges 12 x 3

High knees 15s x 3

Calf raise 10 x 3

Tricep dips 10 x 3

Press ups 10 x 3

Allow 30-60s recovery between each exercise



Day 5

Breakfast

Homemade fruit smoothie

Carrot sticks

Lunch

Chicken & onion omelette with a side of lettuce & cucumber in extra virgin olive oil

Dinner

Beef with boiled potatoes, broccoli & swede





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Day 6

Breakfast

Banana, blueberries & brazil nuts

Lunch

Boiled eggs & large salad with extra virgin olive oil

Dinner

Cheat Meal

Exercise

15min power walk

Star jumps 20s x 3

Wall press ups 10 x 3

Spotted dogs 20s x 3

Tricep dips 10 x 3

Allow 30-60s recovery between each exercise

Day 7

Breakfast

Stir fry vegetables cooked in coconut oil

Plum

Lunch

Haddock fillet with basmati rice & peas

Dinner

Steak with broccoli & sweet potato





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Shopping List Week 2

Product	Quantity
Chicken	2 chicken breast fillets
Turkey	2 turkey breast fillets
Lamb	Small joint
Gammon	Small joint
Pork	Small joint
Liver	150g
Cod	1 fillet
Sea bass	1 fillet
Sardines	1 tin
Tuna	1 tin
Eggs	Box of 6
Pineapple	1 small
Mango	1
Kiwi fruit	2
Pear	1
Lemon	1
Watermelon	1
Grapefruit	1
Green beans	1 bag
Asparagus	200g
Sweet corn	2 cobs/1tin
Spinach	1 bag
Potato	2 large baking potatoes
Mushroom	100g loose mushrooms
Carrot	200g
Peas	1 bag
Frozen stir fry veg	1 bag
Lettuce	1
Tomatoes	200g
Cucumber	1 cucumber portion
Red onion	300g
Red pepper	2
Almonds & Brazil Nuts	200g
Walnuts	100g
Cashew nuts	100g
Pistachio nuts	100g
Organic porridge	1 box
Granola	1 box
Organic couscous	1 pack
Basmati rice	1 bag
Brown rice	100g
Rice noodles	300g
Quinoa	300g
Buckwheat	500g
Wild rice	500g
Spelt rye bread	Small ½ loaf



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Day 8

Breakfast

Organic porridge, walnuts & almonds

Lunch

Vegetable soup – Asparagus, carrots, peas & sweet corn

Dinner

Pork with quinoa & roasted vegetables with butter



Day 9

Breakfast

Boiled egg

Grapefruit & pistachio nuts

Lunch

Turkey breast with buckwheat & spinach

Dinner

Baked cod with lemon, butter & freshly ground black pepper
with wild rice, mushrooms & green beans

Exercise

10 mile bike ride



Day 10

Breakfast

Sardines with stir fry vegetables cooked in coconut oil

Kiwi fruit

Lunch

Large salad with extra virgin olive oil

Dinner

Gammon steak with boiled/poached egg, pineapple, peas & boiled potatoes



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Day 11

Breakfast

Pineapple, cashew nuts & brazil nuts

Lunch

Pork & salad sandwich – 2 pieces of spelt rye bread

Pear

Dinner

Liver with basmati rice, red onion & choice of sauce/herbs

Exercise

Equipment needed – two dumbbells or use two bottles of milk/water

Shoulder press 12 x 3

Bent over row 12 x 3

Chest press 12 x 3

Lateral raise 10 x 3

Squats 15 x 3

Lunges 14 x 3

Allow 30-60s recovery between each exercise

Skipping (jump rope) 5 minutes



Day 12

Breakfast

Bowl of granola

Mango

Lunch

Tuna stuffed peppers with roast vegetables & extra virgin olive oil

Dinner

Cheat Meal





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Day 13

Breakfast

Mushroom & tomato omelette

Lunch

Couscous with butter & roasted vegetables

Dinner

Lamb with mash potato, asparagus & peas



Day 14

Breakfast

Fruit smoothie (suggestion: strawberries, pineapple, kiwi fruit)

Lunch

Chicken with stir fry vegetables cooked in coconut oil, rice noodles & sweet & sour lime dressing

Watermelon

Dinner

Grilled sea bass with brown rice, peas & green beans

Exercise

Press ups 10 x 2

Tricep dips 10 x 2

Sit ups 10 x 2

Back extensions 10 x 2

Allow 30-60s recovery between each exercise

20 minute jog



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Shopping List Week 3

Product	Quantity
Chicken	6 chicken breast fillets
Turkey	2 turkey breast fillets
Duck	2 duck breast fillets
Salmon	1 salmon fillet
Mackerel	300g
Sole fish/white fish	1 fillet
Eggs	Box of 6
Pineapple	1 small
Orange	1 orange
Banana	1
Satsuma	2
Blueberries	125g
Lemon	1
Mixed berries	200g
100% organic yogurt	1
Green beans	1 bag
Avocado	2
Broccoli	1 broccoli
Sweet corn	1 tin
Sweet potato	3 large sweet potatoes
Parsnips	2
Potato	3 large baking potatoes
Mushroom	100g loose mushrooms
Cauliflower	1
Courgette	2
Carrot	200g
Frozen stir fry veg	1 bag
Lettuce	1
Tomatoes	200g
Cucumber	1 cucumber portion
Celery	1 small bag
Red pepper	1
Sultanas & raisins	200g
Almonds	100g
Brazil nuts	200g
Walnuts	100g
Cashew nuts	200g
Organic porridge	1 box
Organic couscous	1 pack
Basmati rice	1 bag
Quinoa	300g
Wild rice	500g
Wheat & gluten free wrap	1 pack
Houmous	150g
Oat Milk	200ml



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Day 15

Breakfast

100% organic yogurt with mixed berries

Lunch

Sole fillet/white fish with quinoa & sweet potato

Dinner

Steamed chicken with steamed vegetables, avocado & butter



Day 16

Breakfast

Mackerel with stir fry vegetables cooked in coconut oil

Lunch

Large salad with extra virgin olive oil

Dinner

Turkey with wild rice, sweet corn & red pepper

Exercise

20 minutes swimming/cycling/running

Day 17

Breakfast

Banana, Satsuma, brazil nuts & raisins

Lunch

Chicken, potato & vegetable soup

Dinner

Chicken with basmati rice, courgette & choice of sauce/herbs





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Day 18

Breakfast

Scrambled egg & grilled chicken fillet

Lunch

Small salad with extra virgin olive oil

Carrot & celery sticks with houmous dip

Dinner

Cheat Meal

Exercise

Equipment needed – two dumbbells or use two bottles of milk/water

Deadlifts 10 x 3

Squats 12 x 3

Lunges 12 x 3

Step ups (chair/bench) 20 x 3

Press ups 12 x 3

Tricep dips 10 x 3

Shoulder press 10 x 3

Bicep curl 10 x 3

Sit ups 12 x 3

Plank 30s x 3

Allow 30-60s recovery between each exercise



Day 19

Breakfast

Orange, walnuts, cashews & blueberries

Lunch

Couscous with butter, mushrooms & roasted parsnips

Dinner

Grilled salmon fillet with butter, lemon & freshly ground black pepper, boiled potatoes & green beans



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Day 20

Breakfast

Porridge oats, oat milk with brazil nuts & almonds
Satsuma

Lunch

Wheat & gluten free wrap filled with grilled chicken breast,
lettuce & cucumber

Dinner

Duck with green beans, broccoli & choice of herbs

Exercise

10 minute easy jog
5 x hill runs (60-75% effort)
10 minute run



Day 21

Breakfast

Fresh pineapple, dried fruit & cashew nuts

Lunch

Avocado salad

Dinner

Grilled chicken with sweet potato mash & steamed
vegetables





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And so that concludes your 21 Days to Healthy Eating eBook.

If you have closely followed this programme you should be in the perfect position to continue your journey into a new healthy lifestyle.

This programme is sustainable which is the key to continuing. You can take the food structure and meal ideas into your new lifestyle and experiment as you please.

Remember if you ever go slightly off track just use this book again and you'll be back on the right track.

The hard work doesn't stop now; this is a long term process which you need to keep working on. You have made a great start though.

Thanks for reading and please remember to send your before and after photos and results, along with any comments to personaltrainerllanelli@gmail.com

Congratulations and keep it up.

Jamie Stedman