

## 10 DAY MEAL PLAN

Follow the nutrition plan 100%, however where you see the option brackets '( )' use the big food option list at the end and simply substitute the Protein (P), Energy Carbs (EC) & Colour Carbs (CC) for another from the list provided at the end. Also where you see (O) this means its optional and can be left off your meal planner.

Vegetarians replace meats & fish & dairy with other vegetarian options

If breast feeding only use Go Nutrition 100% natural protein range (30% discount – see 'Buy Protein')

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### DAY 1:

#### BREAKFAST

- Green tea (plain, vanilla, lemon or mint) or black coffee or hot water and fresh lemon
- 1 slice of wholemeal bread/toast or x2 slices if wheat/gluten free
- 1 large or 2 small eggs poached/scrambled/fried (only in coconut oil)/boiled/French toast
- At least ¼ litre of filtered/bottled water

#### MID MORNING

- At least ½ litre of filtered/bottled water

#### LUNCH

- Green tea
- 120g tuna or salmon or mackerel or cod
- 100g Mexican style mixed beans or any beans (except baked)
- Small handful of raw spinach or rocket leaves
- At least ¼ litre of filtered/bottled water

#### MID AFTERNOON

- At least ¼ litre of filtered/bottled water
- Small golden delicious apple & 2 large tbs 0% Greek yogurt/Grahams Protein 22/Nestles Lindahls Kvarg

#### DINNER

- 120g cold turkey or chicken
- 100g broccoli
- 5-6 cherry tomatoes
- 40g low fat hummus or ½ tsp pesto
- At least ¼ litre of filtered/bottled water

- **MID EVENING** ½ litre of water



## DAY 2:

### BREAKFAST

- Green tea or black coffee or hot lemon
- Half a large banana (peel, slice and wrap the other half in tin foil – leave in freezer)
- 1 slice of wholemeal bread/toast or x2 slices if wheat/gluten free
- 1 large or 2 small eggs poached/scrambled/fried (only in coconut oil)/boiled/French toast
- At least ¼ litre of filtered/bottled water

### MID MORNING

- At least ½ litre of filtered/bottled water

### LUNCH

- Green tea
- 120g full fat cottage cheese/quark/Grahams Protein 22/Nestles Lindahls Kvarg/0% Greek Yogurt
- 5 squares of saltine crackers – dorianos or delse (last resort use low fat cream crackers)
- At least ¼ litre of filtered/bottled water

### MID AFTERNOON

- At least ¼ litre of filtered/bottled water

### DINNER

- 120g cold turkey or chicken
- 100g broccoli
- 50g any other vegetable (except white potatoes)
- 40g low fat hummus or ½ tsp pesto
- At least ¼ litre of filtered/bottled water
- Dessert - Half frozen sliced banana (look in your freezer) & 2 large tbs 'Fage Total 0%' Greek yogurt

### MID EVENING

- At least ½ litre of filtered/bottled water



## DAY 3:

### BREAKFAST

- Green tea or hot lemon
- 1 slice of wholemeal bread/toast / x2 slices if wheat/gluten free
- 1 large or 2 small eggs poached/scrambled/fried (only in coconut oil)/boiled/French toast
- At least ¼ litre of filtered/bottled water

### MID MORNING

- At least ½ litre of filtered/bottled water

### LUNCH

- Green tea
- 120g full fat cottage cheese/quark/Grahams Protein 22/Nestles Lindahls Kvarg
- Small golden delicious apple
- 5 squares saltine crackers
- At least ¼ litre of filtered/bottled water

### MID AFTERNOON

- At least ¼ litre of filtered/bottled water plus green tea or hot lemon
- ¼ small honeydew melon & 2 large tbs 'Fage Total 0%' Greek yogurt/Grahams Protein 22/Nestles Lindahls Kvarg

### DINNER

- 120g tuna or salmon or mackerel
- 100g broccoli
- 100g cauliflower
- 40g low fat hummus or ½ tsp pesto
- At least ¼ litre of filtered/bottled water

### MID EVENING

- At least ½ litre of filtered/bottled water

## DAY 4: Detox Day

### BREAKFAST

- 30-40g Rolled oats (porridge - gluten free is the best and will not bloat you - see Go Nutrition) mixed with: Water.

Plus, any or all of the following...

- Cinnamon
- Pinch of sea salt
- 1/2 teaspoon of coconut oil
- Psyllium and/or wheat germ (small tbsp. of each)
- Shot of protein powder 8-10g (only use vanilla here)
- Drizzle with oat/coconut/rice/almond milk
- At least ¼ litre of filtered/bottled water or a green tea or hot lemon

### MID MORNING

- Protein (max18g protein) smoothie mixed 1 handful fruit (apple, pineapple or melon) & 200ml coconut water
- At least ½ litre of filtered/bottled water

### LUNCH

- Protein (max18g protein) smoothie mixed 1 handful fruit (apple, pineapple or melon) & coconut water or water
- At least ¼ litre of filtered/bottled water and green tea or hot water

### MID AFTERNOON

- Protein shake (min 14-18g protein) mixed with water
- Handful of vegetables (except white potatoes)
- At least ¼ litre of filtered/bottled water

### DINNER

- Protein shake (min 14-18g protein) mixed with water
- Handful of vegetables (except white potatoes)
- At least ¼ litre of filtered/bottled water and green tea or water

### MID EVENING

- Handful of vegetables (except white potatoes) and 30g low fat hummus or guacamole
- At least ½ litre of filtered/bottled water

## THE EXCLUSION LIST

For the next 5 days you must eliminate ALL the following food:

- My advice, chuck them out, give them away, feed them to the dog...if you have them in your home the temptation can become too much!

- BREAD
- COWS MILK
- PASTA
- RICE
- COUS COUS
- WHITE POTATOES
- CEREALS
- SUGAR
- COFFEE
- ALCOHOL

And of course that includes anything with the above ingredients:

- SWEET
- CAKES
- CRISPS
- RICE CAKES
- ETC...

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### Okay, now it's time to move to Days 5 through 10.

You will now be eating one protein portion and one carb portion at each meal. A portion of protein is equal to the thickness of a deck of playing cards and the size of the palm of your hand. A portion of (cooked) carbs is just smaller than the size of your clenched fist – this can be 2-3 different carbs measuring altogether the size of your fist – a handful. I have split your carbs into 2 categories Colour Carbs (CC) and Energy Carbs (EC) - see lists for food options. Always have at least one or two Colour Carbs as vegetables rather than fruits.

**Important Points:** You may substitute a protein shake for any meal if you prefer. Each shake is one protein portion. You can also have a protein shake after a workout – max x2 shakes per day with at least 3 hours between shakes. Use water for your shakes. Likewise you do not have to have a shake, except on your detox day – Day 4. **You can also reintroduce green teas/hot lemon and/or solstic slim and chlorophyll. Max x4 green tea per day. Fasting mornings are great to have solstice slim or if you struggle on evening.**

NB. Cook your lunch (and evening meats) altogether at the start of the week so they are ready to prep if you are taking them to work with you.

## DAY 5:

### BREAKFAST

- 2-3 eggs scrambled, boiled, poached, omelette (P)
- 1 banana (EC)
- At least ¼ litre of filtered/bottled water

### MID MORNING

- 90g (half a small tub) Greek or natural yogurt (P)
- Portion of sliced strawberries (CC)
- At least ½ litre of filtered/bottled water

### LUNCH

- Portion of chicken (P) seasoned with chilli, lemon juice, sea salt and cooked in coconut oil
- a handful of Cherry tomatoes (CC) & Corn Tortilla (EC)
- At least ¼ litre of filtered/bottled water

### MID AFTERNOON

- Protein shake (min 18g protein) mixed with water (O)
- Portion of mixed berries (CC)
- At least ¼ litre of filtered/bottled water

### DINNER

- Grilled salmon, with cracked pepper, sea salt and lemon juice (P)
- Handful of courgette and mango (CC)
- At least ¼ litre of filtered/bottled water

### MID EVENING

- At least ½ litre of filtered/bottled water

### FASTING...

Try and eat your dinner as late as possible (6-7.30pm) and then you will begin your first fast... Look at the clock once you have finished your meal and set your phone alarm for at least 15 hours time – 18 hours if possible

If you finish at 7pm then your alarm will be set for between 10am & 1pm the next day

## DAY 6:

### BREAKFAST

- At least ½ litre of filtered/bottled water and green tea or hot lemon
- Fasting...

### MID MORNING

- At least ½ litre of filtered/bottled water
- Fasting...

### LUNCH/LATE LUNCH DEPENDING ON END OF FASTING

- Portion of salmon (P)
- Portion of mushrooms & tomatoes (CC) & Handful Pearly Barley (EC)
- At least ¼ litre of filtered/bottled water

### MID AFTERNOON

- 85g cottage cheese (P)
- Portion of grapes (CC)
- At least ¼ litre of filtered/bottled water

### DINNER

- Cooked chopped chicken (P)
- Half a tub of Glorious SkinnyLicious Thai carrot soup (CC)
- At least ¼ litre of filtered/bottled water

### MID EVENING

- Option of 14-18g of protein shake
- At least ½ litre of filtered/bottled water

## DAY 7:

### BREAKFAST

- 30-40g Porridge, ½ scoop of protein and small tsp. peanut butter (P)
- 1 banana (EC)
- At least ¼ litre of filtered/bottled water

### MID MORNING

- 90g (half a small tub) Greek or natural yogurt (P)
- Portion of sliced strawberries (CC)
- At least n ½ litre of filtered/bottled water

### LUNCH

- Portion of chicken (P) seasoned with chilli, lemon juice, sea salt and cooked in coconut oil
- Half tub of Glorious carrot butternut squash & ginger super soup (EC)
- At least ¼ litre of filtered/bottled water

### MID AFTERNOON

- Protein shake (min 18g protein) mixed with water (O)
- Portion of mixed berries (CC)
- At least ¼ litre of filtered/bottled water

### DINNER

- Grilled salmon, with cracked pepper, sea salt and lemon juice (P)
- Handful of courgette and broccoli (CC)
- At least ¼ litre of filtered/bottled water

### MID EVENING

- At least ½ litre of filtered/bottled water

### FASTING...



## DAY 8:

### BREAKFAST

- At least ½ litre of filtered/bottled water and green tea or hot lemon
- Fasting...

### MID MORNING

- At least ½ litre of filtered/bottled water and green tea or hot lemon
- Fasting...

### LUNCH/LATE LUNCH DEPENDING ON END OF FASTING

- Portion of smoked mackerel (P)
- Handful of mushrooms & tomatoes (CC) & Handful Tilda Quinoa wholegrain rice (EC)
- At least ¼ litre of filtered/bottled water

### MID AFTERNOON

- 8 Almonds (or other raw nuts)
- Portion of grapes (CC)
- At least ½ litre of filtered/bottled water

### DINNER

- Spicy beef, seasoned with chilli, cumin, sea salt, black pepper (P)
- Handful of spinach & broccoli (CC)
- At least ¼ litre of filtered/bottled water

### MID EVENING

- Option of 14-18g of protein shake
- At least ½ litre of filtered/bottled water

## DAY 9:

### BREAKFAST

- 2-3 eggs scrambled, boiled, poached, omelette (P)
- 1 banana (EC)
- At least ¼ litre of filtered/bottled water

### MID MORNING

- 90g (half a small tub) Greek or natural yogurt (P)
- Portion of sliced strawberries (CC)
- At least ½ litre of filtered/bottled water

### LUNCH

- Portion of chicken (P) seasoned with chilli, lemon juice, sea salt and cooked in coconut oil
- Handful of beans and/or lentils (EC)
- At least ¼ litre of filtered/bottled water

### MID AFTERNOON

- Protein shake (min 18g protein) mixed with water (O)
- Portion of mixed berries (CC)
- At least ¼ litre of filtered/bottled water

### DINNER

- Cod with cracked pepper, chilli flakes, sea salt and lemon juice (P)
- Handful of courgette and mango (CC)
- At least ¼ litre of filtered/bottled water

### MID EVENING

- At least ½ litre of filtered/bottled water

### FASTING...

## DAY 10: Well done you've made it to the final day!!!

### BREAKFAST

- At least ½ litre of filtered/bottled water and green tea or hot lemon
- Fasting...

### MID MORNING

- At least ½ litre of filtered/bottled water and green tea or hot lemon
- Fasting...

### LUNCH/LATE LUNCH DEPENDING ON END OF FASTING

- Portion of smoked mackerel (P)
- Handful of beans and/or lentils (EC)
- At least ¼ litre of filtered/bottled water

### MID AFTERNOON

- 85g quark (P)
- Portion of grapes (CC)
- At least ½ litre of filtered/bottled water

### DINNER

- Cooked chopped chicken (P)
- Half a tub of Glorious SkinnyLicious Thai carrot soup (CC)
- At least ¼ litre of filtered/bottled water

### MID EVENING

- Option of 14-16g of protein shake
- At least ¼ litre of filtered/bottled water

Weigh yourself tomorrow morning and please send me your results (with before & after photos if you have any) to [david@my-fitnesstrainer.com](mailto:david@my-fitnesstrainer.com) or post them to my IN10SITY Facebook page <https://www.facebook.com/thein10sityworkout/> or tag me on Instagram [@MyFitnessTrainer](#)

Protein (P) Options	Protein (P) Options
Anchovies	Pork (lean)
Bass	Protein Pancakes (max x1 per week)
Beef (extra-lean)	Quorn / Tofu / (Protein Alternatives)
Bluefish	Red snapper
Buffalo	Sablefish
Chicken breast	Salmon
Clams	Sardines
Cod	Scallops
Cornish hen	Scrod
Cottage cheese or Quark	Shrimp or Prawns
Crab	Sirloin (ground)
Egg whites or egg substitutes	Sole
Elk	Springbok
Flounder	Steak (all fat trimmed)
Grouper	Swordfish
Haddock	Tilapia
Halibut	Trout
Herring	Tuna (water-packed)
Kefir	Turkey bacon
Lamb loin	Turkey breast (lean ground or whole)
Liver (beef, calf, or chicken)	Tofu
Lobster	Veal
Mackerel	Venison
Mahi-mahi	Whitefish
Mussels	Wild Alaskan salmon
Orange roughy	Yogurt Greek/Natural*
Oysters	Protein Shake

Watch out for the low fat one as they have MORE sugar!

Colour Carb (CC) Options	Colour Carb (CC) Options
Apples	Kiwi
Apricots	Lemon
Artichoke	Lettuce
Asparagus	Lime
Baby Corn	Mango
Bamboo shoot	Mushrooms
Beans (string)	Nectarines
Bean sprouts	Onions
Beets	Oranges
Berries	Papaya
Broccoli	Peach
Brussels sprouts	Pear
Cabbage	Peas
Cauliflower	Pea pods
Courgette	Peppers (bell or hot)
Celery	Pineapple
Carrots	Plums
Cherries	Prunes
Chestnuts (water)	Pumpkin
Collard or mustard greens	Radish
Cucumber	Rhubarb
Garlic	Spinach
Grapefruit	Squash
Grapes	Tangerine
Green beans	Tomato
Honeydew melon	Turnip
Kale	Watermelon

ENERGY CARB (EC) OPTIONS	GOOD FAT OPTIONS - keep these to a minimum
Bananas	Almonds
Barley/Pearl Barley	Avocados
Beans and lentils (dried) (Merchant Gourmet ready to eat lentils)	Brazil nuts
Buckwheat	Coconut oil
Butternut Squash	Flax oil
Crackers (whole wheat only like Ryvita)	Peanut butter (organic/natural)
Corn tortillas	Pine nuts – great to dry fry
Cream of wheat (not instant)	Pistachios
Goji berries/Wolf berries	Pumpkin seeds and oil
Oat cakes	Walnuts
Oatmeal (whole grain, not instant)	You will also be getting good fats from the fish in your diet
Porridge Oats	
Sweet potatoes	
Quinoa/Wholegrain Rice (packet pre-cooked)	

## HERBS & SPICES

Lastly try these to spice up your meals, add them to meat prior to/while cooking, add them to quinoa and porridge or sprinkle over veg or fruit

Herbs & Spices	
Anise	Ginger
Basil	Lemon balm
Bay leaf	Marjoram
Caraway	Mint
Cardamom	Nutmeg
Cayenne	Oregano
Celery seed	Paprika
Chilli flakes	Parsley
Chives	Peppercorns
Chervil	Rosemary
Cilantro	Sage
Cinnamon	Saffron
Cloves	Tarragon
Coriander	Turmeric
Cumin	Thyme
Dill	Vanilla bean
Fennel	