



Turtle Wax Diet & Lifestyle Plan

Time	Meal
07:00	On waking, drink pint of water with a squeeze of fresh lemon then do 30 minutes walk on empty stomach. This will burn straight into you stored fat and use it as energy instead of using any food you may have eaten.
07:45	A sachet of porridge oats (25g) with water, you can use sweeteners and Cinnamon with it to make it taste good or a couple of Oatabix/ Weetabix with skimmed milk or two slices of wholemeal toast with Olive spread or two egg whites / one yoke scrambled, don't use oil or butter to make it. 1 pint water 1 cup black coffee or Green tea (both drinks will help speed up your metabolism)
10:30	Protein drink/ meal replacement with water and 1 piece of fruit (apple/pear/orange) Water.
13:00	160grams chicken breast steamed/grilled or in stir fry (made with one spray of one cal spray, one pepper, one onion and some garlic) or flame grilled cooked chicken 140 grams with small jacket/sweet potato / Basmati rice and broccoli or other green vegetables. Or small baked potato with tuna and some salad. One pint of water and one green tea/black coffee.
18:00	Do your 30 minute car cleaning workout*. Protein drink/meal replacement. One pint of water.
19:00	160grams chicken breast - steamed/grilled or in stir fry (made with one spray of 'one cal' spray, one pepper, one onion and some garlic). Alternatively try flame grilled cooked chicken 140 grams with small jacket/sweet potato / Basmati rice and broccoli or other green vegetables. Or small baked potato with tuna and some salad. One pint water and one green tea/black coffee.
21:00	This meal has to be purely protein. A suggestion would be egg whites or another meal replacement. One pint of water.
23:00	Don't stay up too late as you need rest to recover.

*in the week. At the weekend, we would recommend doing this at 15:30.

The above will give you around 1600 Calories a day. This diet isn't a quick fix but it's designed to fit in with your training, providing enough energy to train without an excess amount of carbs. Educate yourself on what foods contain i.e. fats, protein and carbs etc.

It may look like a lot of food but the portions are small - it's based on eating little and often to fire up your metabolism. Remember, if you don't eat more of the right things your body will not burn fat efficiently.

Shopping list

Small chicken breasts
Cooked chicken for when you're on the go (3% fat)
Lots of eggs (Free Range organic)
Fruit
Coffee
Green tea
Sweet and jacket potatoes
Green vegetables (broccoli, spinach etc)
Protein/ meal replacements
Basmati rice
Peppers
Onions
New potatoes
Jacket potato
Tuna/ fish
Rump steak

Making it work

- You might not see results straight away but if you stick with it and don't cheat (in other words don't kid yourself!) you will melt fat. No treats on the 'Wax diet' I'm afraid.
- Take some pictures to see your progress
- No Booze
- No Sweets
- No Chocolate
- Try to cut out salt
- Eat as many green fibrous vegetables as possible.
- And plenty of water (a minimum of 2 litres a day)

A good measure for portion size is that 200grams of meat is the size of your fist.

Meal replacements are low calorie drinks mixed with water that contain all the nutrients of a proper meal with half the calories.

Good Luck!

