

my week in food & exercise

	breakfast	lunch	dinner	snack	exercise
Monday	overnight oats with chia seeds, nuts and berries 1 x banana	pulled chicken salad with grilled peppers and pineapple	salmon courgetti with spinach and homemade pesto	2 x boiled eggs with pepper 5 cal jelly pot	6am: 45min SAS class - lower (squats and deadlifts) 7am: 20min treadmill sprint (35 sec on, 25 sec off) 100 partner medball sit-ups
Tuesday	3 x rice cakes with peanut butter, sliced banana, cinnamon and a trickle of maple syrup	tuna mixed with Alpro coconut yoghurt, small sweet potato and salad	“homemade chicken kiev” - chicken covered in crushed hazelnuts and almonds, with plenty of veg	2 x boiled eggs with pepper FODY foods snack bar or homemade protein bar	6am: 45 min SAS class - upper (bench-press, push press, incline press) 5.30pm: 5mile run home
Wednesday	overnight oats with chia seeds, nuts and berries 1 x banana	grilled chicken breast, avocado, spinach and 2 x boiled eggs	low FODMAP prawn curry with 1/3 bag of lime and coriander rice	homemade pesto and pepper and cucumber sticks 5 cal jelly pot	6am:45 min SAS class - lower (reverse lunges, front squat, split squats) 7am: 30min incline power walk on treadmill
Thursday	overnight oats with chia seeds, nuts and berries 1 x banana	pulled chicken salad with grilled peppers and pineapple	peppers stuffed with turkey mince and a little lactose free cheddar, with salad	2 x boiled eggs with pepper FODY foods snack bar	6am: 45 min SAS class - upper (bent-over rows, strict press, pull ups and hanging knee raises)
Friday	3 x rice cakes with peanut butter, 1/2 sliced banana, cinnamon and a trickle of maple syrup	turkey burger with salad and 2 x boiled eggs	chicken fajitas using lettuce wraps, plus nachos	alpro coconut yoghurt with other 1/2 banana, blueberries and cinnamon	6am: 45 min SAS class - lower (hip thrusts, sumo deadlift) 7am: 20min treadmill sprint (35 sec on, 25 sec off) 100 partner medball sit-ups
Saturday	2 x slices Warbutons gf tiger bread, 1/2 avocado, smoked salmon, 2 x poached eggs	baked aubergine with lactose free mozzarella and salad	seafood spaghetti	petty much anything I fancy, usually involving chocolate and/ or crisps and dip a lot of gin and tonic!!	morning: 5-7 mile road run or 45 min HIFM class
Sunday	2 x warbutons crumpets, 2 x Heck gf sausages or bacon, 2 x fried eggs	Prawn, chicken and grilled pepper salad	steak, veg and homemade chips with lactose free cream and spinach sauce	whatever I can get my hands on	rest day (will try and get out of the house for a little walk)