



Transformation Challenge

55 Day Challenge Plan

Second edition: Autumn 2019

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Your Maxx90 Healthy Lifestyle Meal Plan

Now that we have covered the 7 steps of Healthy Living in detail, it's time to move onto your meal plan. The goal of this meal plan, is to provide you with a basic plan of healthy nutritious food, which is balanced with adequate protein, lots of energy from carbs and fats, and crammed full to the brim with health boosting vitamins, minerals, fibre, anti-oxidants, omega-3 oils, and everything else your body needs, to build the most healthiest version of you.

This plan is simple to follow and easy to adhere to. It requires about 30-60 minutes cooking and preparation time per day. With your new found energy from all the healthy food, there shouldn't be a problem *creating* the extra time required.

Morning Routine

Variety is the spice of life, however, nothing sets up your day better than a great morning routine. And making breakfast part of your morning routine is essential. Having the same breakfast 6-7 days per week, really helps build and maintain a great morning routine.

The following meal plan is based on an average woman with a TDEE of 1800-2000 calories per day. Most people should be able to tweak this one plan to suit their own calorie needs. If your TDEE is 2500 calories, simply increase everything by 25%

Breakfast – Morning Oats - 700 Calories	Cals
70g of oats	259
25g Raisins	75
Cinnamon powder	
250ml Unsweetened Almond milk	35
1 medium banana, chopped on top	110
50g Add any berries	29
Total	508 calories

For added protein, you have 3 options here;

1. Boil 2 large organic eggs and have them on the side, in a cup.
 - a. **Total Calories: 678**, Protein: 27g, Carbs 98g, Fats 19g, Fibre 12g
2. 40g Chia seeds added into oats
 - a. **Total Calories 687**, Protein 20g, Carbs 100g, Fats 22g, **Fibre 27g**
3. **Preferred option:** 20g Chia seeds added into oats + 1 large organic egg
 - a. **Total Calories 682**, Protein 23g, Carbs 99g, Fats 20g, **Fibre 19g**

There is probably more fibre in option 2 and 3, than most people would get in a day. Your daily fibre goals are 1.5g for every 100 calories that you need. If you TDEE is 2000 calories, you should aim for 30g of fibre.

Balanced Breakfast – The above breakfast is as healthy a breakfast as you will find. It's got everything, and will set you off for the day. However, if you would like a different breakfast, make sure that it is 700cals, or your own requirements, and that it contains a good balance of all nutrients and plenty of fibre.

People who train early morning, before 7:30am – The difference between training days, and non-training days, is the requirement of energy during training, while consuming breakfast after training. I suggest that you make the exact same breakfast as above, for your training days also, however, split the ingredients, consuming the raisins and banana before training, and the rest immediately after training.

Sundays – If you feel that you would like to mix breakfast up a bit, have an egg based healthy breakfast on a Sunday. An omelette or scrambled eggs with salmon. After the first 4 weeks, you can have a few sausages on a Sunday morning, but they must be the absolute best quality. No Denny shite.

Lunch & Dinner – 600 calorie lunch, 500 calorie dinner

Lunch and dinner are both similar meals, and can often be the same for handiness. Your meals will follow a very basic template of; **Protein + Energy from Carbs & Fats**

Protein – Each meal should contain around 200 calories of quality meat or fish. For 90% of your meals, stick to chicken, turkey, beef, white fish and oily fish. If using oily fish like salmon or mackerel, increase the quantity to 300 calories, as these contain less protein and more healthy fats. One of the easiest and tastiest methods to cook chicken, turkey or salmon, is using Maggi sheets (not bags). A 170g good quality chicken breast is around 200 calories when cooked.

Energy – The best sources of energy available are from vegetables. Your meals should contain the following vegetables;

1. 150 calories of a colourful veg like mashed carrots, turnip, swede, sweet potato
2. 200 calories of potato (sweet potato, mashed potato or baby boils)
3. 50 calories of any greens

Cooking - For the vegetables, these can be boiled, steamed or roasted. If time is an issue, feel free to use Mash Direct vegetables, and simply heat in a microwave. Do not use M&S pre-cooked vegetables. Don't forget to flavour your dinner with a little gravy. You can also purchase pre-made gravy, and M&S is fine for this. Nothing beats home-made though, and it's much cheaper.

Curries, Bolognese and other Saucy Meals – Meals like curries, chili con carne, mince gravy, bolognese and any other one pot dish are fine, but must be served with one big difference... No Pasta, No Rice, No Noodles. Vegetables are where all the healthy nutrients from the ground are stored, and its healthy nutrients that build and maintain a healthy body.

You will have to serve all one pot dishes with vegetables. I recommend sweet potato with most. Goes great with curries. Mashed potato or baby boils also work great with bolognese, chili con carne or mince gravy. However, Sweet Potato is far superior to White Potato, and should make the basis of most of your one pot meals.

Any 600 calorie one-pot meal should consist of;

1. 250 calories of the main sauce with meat
2. 300 calories of sweet potato, white potato or other root vegetable
3. 50 calories of broccoli or other green vegetable

Health Before Taste & Convenience

There are 3 factors that we consider before we choose any food we are going to eat.

1. Is this food healthy and nutritious – This is the main deciding factor for a person with a conscious effort to live a healthy lifestyle.
2. Does this food taste good – This is the main deciding factors for a person who isn't overly concerned about their health, and more interested in the short term satisfaction of their palette.
3. Is this food convenient – This is the main deciding factor for a person who isn't overly concerned about their health, who feels they are lacking time, or who may be too low on energy to cook.

The majority of people use a combination of factors 2 and 3, to decide what they should eat for breakfast, lunch and dinner. People living a healthy lifestyle, use factor 1 first. That doesn't mean that healthy living people don't like tasty convenient food. It just means that foods which don't pass the "is this food good for me?" test, don't get consumed.

Think about the meals you have ate over the last few days. Why did you choose them? Your answer will give you an indication of your current attitude towards your own health.

Lunch at Work – The above healthy meals are what the human body requires to function correctly.

Unfortunately, due to employment, most people opt to eat a sandwich for convenience, at 250 calories, or a chicken salad wrap at 300 calories, instead of the healthy 600 calorie balanced meal they require. When buying lunch in shops, the temptation is always there to feed your taste buds, with health harming foods like crisps, chocolate, sweets, fizzy drinks, coffee and donut, unhealthy deli-counter food such as sausage rolls, soda's or fries.

To maintain a healthy lifestyle, when lunch at work is 'on the go', lunch must be pre-made at home, the day(s) before. Any of the lunch or dinner meals above can be pre-made, and either stored in a hot food flask for lunch, or heated up in a microwave at work if available. It will take a little extra effort in the evening, but you'll soon realise that your lunch breaks at work become a lot less rushed.

A great time saving tip, is to prepare extra food for dinner, and use that for lunch the following day. So if dinner is chicken curry with sweet potato and broccoli, then make extra, and that is lunch sorted for the next day.

If you find yourself at work without lunch prepared, or you are out and about, and hungry, make sensible choices when buying 'on the go' food. The following foods are best to keep you going, until you get home for dinner;

- Packet of cooked chicken
- Mixed nuts/raisins (preferably not peanuts)
- Tins of fish
- All fruit

Snacks – If each of your 3 main meals are measured out to approximately the quantities listed, then you should feel satiated through-out your day, and not feel the need for any extra snacks. However, if you would like a snack anytime, the following are healthy snacks;

- Any fruit

- Nuts/ Raisins & Nuts (Only a handful or 2 and exclude peanuts)
- Full fat yogurt/Greek yogurt. Feel free to add a handful or 2 of granola (low added sugar) and berries.
- Full fat Greek yogurt mixed with scoop protein powder and berries or flaxseed.
- Sliced apple with nut butter spread on top (almond, hazelnut or cashew butter, not peanut)
- Smoothie
- Vegetable broth, full of vegetables
- Chicken slices (flavoured)

If you eat enough good healthy foods, you won't want any unhealthy sweet foods. The body only craves sweet foods when it's undernourished. Compare the following 2 lunches for example;

Standard Workman Lunch: Chicken salad wholemeal roll from Raffles 400 cals, Bag of Tayto Cheese & Onion 197 cals, Mars bar 229 cals and a tin of Coke 139 cals = **Total 965 cals**

Healthy Workman Lunch: 2 x Chicken salad wholemeal rolls from Raffles = **Total 800 cals**

A lot of people can eat a chicken roll and the sweets, but very few can eat 2 rolls, which has 165 calories less, and double the nutrients. How is it double? There is zero nutrients in crisps, Mars and Coke!

This meal plan is basic and simple. It can be done with minimal cooking and preparation. Healthy nutrition isn't complicated. It's simply consuming lots and lots of the nutrients that your body needs. The purpose of food and eating, isn't to get rid of hunger, but to feed your body, the nutrients it needs. For the next 8 weeks, you're going to make your taste buds a secondary priority, and make your own health, number 1 priority in your life, and for as many other people's lives as you can. Everyone deserves to feel all the

How To Measure Physical Changes In your Body

Ok, so you know now, how not to measure physical appearance changes in your body... with weighing scales. So how do you measure to see if you are achieving the changes you would like to achieve?

Well, let's look at your goals. The main goal should be to improve your overall health, however, almost everyone has the goal of 'fat loss' (not weight loss), so they look slimmer and feel more attractive.

Weighing scales will never ever ever tell you if you are burning fat and therefore looking slimmer, but photographs will. Photographs allow you to compare a snapshot of the shape of your body at a point in the past, and at present. If there is sufficient fat loss, you will be able to clearly see a difference. It would be difficult to notice 1lb fat loss, but you would most certainly begin to notice 5-7 lbs of fat loss.

Tip: If one of your goals is to change the shape of your physique, take photographs of yourself on the first day of each new month, and compare.

The second way to track physical changes in your physique, is to pay attention to how your clothes fit. If clothes are beginning to feel looser after a period of time, then you're either burning fat, less bloated or retaining less water, or most likely, a combination of all 3. And the opposite also applies, if your clothes are beginning to feel tighter, you are either gaining fat, more bloated or retaining more water, and again, most likely a combination of all 3.

Breakfasts

	Calories: 250 per bar
300g	Porridge Oats
75g	Ready to eat apricots
100g	Chopped, stoned dates
50g	Raisins
4 tbsp	Mixed seeds e.g. chia, flax, sunflower, pumpkin, linseed
150g	Butter
4 tbsp	Runny honey
	A few drops of vanilla extract

	Calories: 500
45g	Porridge Oats
20g	Raisins
	Cinnamon powder (sprinkle)
250ml	Unsweetened Almond Milk
15g	Chia seeds
50g	Blueberries or Raspberries
Half	Banana, chopped
1	Large organic egg

	Calories: 600
60g	Porridge Oats
20g	Raisins
	Cinnamon powder (sprinkle)
250ml	Unsweetened Almond Milk
15g	Chia seeds
50g	Blueberries or Raspberries
1	Banana, chopped
1	Large organic egg

	Calories: 700
60g	Porridge Oats
20g	Raisins
	Cinnamon powder (sprinkle)
250ml	Unsweetened Almond Milk
15g	Chia seeds
50g	Blueberries or Raspberries
1	Banana, chopped
2	Large organic egg

Oaty Bars

1. Preheat oven to 170/150 fan. Lightly butter and 30 x20 Baking tin and line with Parchment Paper.
2. Put the Oats, Nuts, Dried Fruits and Seeds in a large bowl.
3. Heat the butter and Honey in a small saucepan, set over a low heat, stirring until the butter melts. Stir into the oat mixture with the Vanilla extract and mix well. If it's too dry, add some more melted butter. If it's not firm enough, add more oats.
4. Transfer to prepared tin and smooth the top, pressing down firmly with the back of a metal spoon, to level the surface. Bake in the oven for 30 -35 minutes until crisp and golden brown.
5. Leave to cool slightly before cutting into 12 bars.

Oats & Eggs



Overnight oats are a great way to have breakfast ready, if you're in a rush in the morning. You simply add all the ingredients to a bowl, stir and leave in the fridge over-night.

You can off course cook the ingredients fresh instead, simply making porridge instead.

1. Weigh in your oats, raisins, almond milk and cinnamon into a saucepan, and heat over a medium heat for about 5 mins, stirring often.
2. Once cooked, transfer to a bowl and weigh in the chia seeds.
3. Slice in the banana and top with berries
4. Cook the eggs your preferred way. I usually boil the eggs while I'm eating the porridge.

	Calories: 500
180g	Full fat Greek yogurt (Milbona)
45g	Granola (Lidl almond & raisin, Jordans)
10g	Chia seeds
50g	Strawberries, chopped
50g	Blueberries or raspberries

	Calories: 600
200g	Full fat Greek yogurt
60g	Granola, (Jordans or Lidl brand)
20g	Chia seeds
50g	Mixed fruit
1	Banana, chopped

	Calories: 700
	For 700 calories, simply cook the 600 calorie version and have a large egg on the side

	Calories: 500
Tsp	Easy garlic
1/2	Small red onion
1	Tomato, chopped
Tbsp	Jalapeno peppers (optional)
	Good handful spinach
3	Organic eggs
2	BFree Sweet potato wraps
15g	Mature cheddar cheese, grated

	Calories: 600
Tsp	Easy garlic
1/2	Small red onion
1	Tomato, chopped
Tbsp	Jalapeno peppers (optional)
	Good handful spinach
4	Organic eggs
2	BFree Sweet potato wraps
20g	Mature cheddar cheese, grated

	Calories: 700
	For 700 calories, simply cook the 600 calorie version and have a banana or large apple also.

Yogurt, Granola and Fruit

1. Place all in a large breakfast bowl and mix well.

Note: It's important to use full fat yogurt, and not low or reduced fat. Milbona is Lidl's range, however Fage or other similar is fine.



Egg Burrito with Sweet Potato Wrap

1. Put a pan on high heat and spray on some oil.
2. Add the garlic and red onion and fry for a minute.
3. Lower the heat a little and add the tomato and jalapeno peppers to the pan and continue to fry for 2 more minutes
4. Break the eggs into a bowl, add a little cracked black pepper, and beat with a fork. Then tip into the pan and add the spinach. Keep the eggs moving until they're cooked and the spinach has wilted in.
5. Split the contents of the pan between the sweet potato wraps, top with the cheese and roll them up nice and tight



	Calories: 500
5g	Butter
3	Large organic eggs
	Cracked black pepper
50g	Smoked salmon ribbons
	Handful of spinach leaves
Half	Avocado

	Calories: 600
5g	Butter
4	Large organic eggs
	Cracked black pepper
60g	Smoked salmon ribbons
	Handful of spinach leaves
Half	Avocado

	Calories: 700
5g	Butter
4	Large organic eggs
	Cracked black pepper
60g	Smoked salmon ribbons
	Handful of spinach leaves
Full	Avocado

	Calories: 500
3	Large organic eggs
50g	Roasted red peppers, chopped
7	Sundried tomatoes, chopped
2-3	Mushrooms, chopped
15g	Mature Cheddar cheese
	Cracked black pepper
100cal	Fruit

	Calories: 600
4	Large organic eggs
50g	Roasted red peppers, chopped
7	Sundried tomatoes, chopped
2-3	Mushrooms, chopped
15g	Mature Cheddar cheese
	Cracked black pepper
100cal	Fruit

	Calories: 700
4	Large organic eggs
50g	Roasted red peppers, chopped
7	Sundried tomatoes, chopped
2-3	Mushrooms, chopped
20g	Mature Cheddar cheese
	Cracked black pepper
	Large apple and banana

Scrambled Eggs Benedict

1. Melt the butter in a small saucepan over a moderate heat until it's foaming.
2. Cut up the smoked salmon ribbons and fry in the butter for a minute.
3. Crack the eggs into a bowl, add the pepper and whisk.
4. Add the eggs to the saucepan and stir continuously.
5. Add the spinach and wilt fully.
6. Slice the avocado, and serve on the side.



Omelette

1. Put a large frying pan onto high heat and cover with some spray oil.
2. Crack the eggs into a bowl and whisk.
3. Add in the chopped roasted peppers, sundried tomatoes, mushrooms, grated cheddar cheese and pepper, then mix all together.
4. Empty bowl into the pan, and let cook for a minute.
5. Use a slotted turner to release the edges of the omelette from the pan. Then carefully flip one half on top of the other. Then slide the omelette to the middle of the pan, and cook for a further minute.
6. Flip the omelette over and cook for a further minute, then remove to a plate and enjoy.



	Calories: 500
1	Banana
100g	Full fat Greek yogurt (Milbona)
50g	Porridge Oats
½ Tsp	Baking powder
½ Tsp	Cinnamon powder
1	Organic egg
Dash	Almond milk
	Toppings: berries & nuts

	Calories: 600
1	Banana
120g	Full fat Greek yogurt (Milbona)
70g	Porridge Oats
½ Tsp	Baking powder
½ Tsp	Cinnamon powder
1	Organic egg
50ml	Almond milk
	Toppings: berries & nuts

	Calories: 700
	For 700 calories, simply cook the 600 calorie version and have an extra 15g-20g of nuts on the side

	Calories: 500
	Handful of spinach (optional)
100g	Frozen berries
50g	Pineapple or mango
50g	Porridge oats
1	Banana
300ml	Coconut water, flavoured

	Calories: 600
	Handful of spinach (optional)
100g	Frozen berries
50g	Pineapple or mango
50g	Porridge oats
1	Banana
300ml	Coconut water, flavoured
1	Large organic egg

	Calories: 700
	For 700 calories, simply cook the 600 calorie version and have an extra egg or 15g-20g of nuts on the side

Oat & Banana Pancakes

1. Add all the ingredients to a blender and blitz well.
2. Put a frying pan on med-high heat, and cover with spray oil
3. Pour in the pancake mix, and cook for 2 minutes on both sides.
4. Remove to a plate, top with a dollop of Greek yogurt, mixed berries and chopped mixed nuts or flaked almonds.

Note: Flavoured full fat yogurt can be used. Add a dash more milk if batter is very stiff. For topping nuts, use almonds, pecans, walnuts.



Breakfast Smoothie

1. In a Nutri-bullet or blender, add the spinach leaves first. These are optional, however, highly recommended as they provide so much great nutrients
2. Add in the rest of the ingredients, followed by the coconut water last.
3. Blitz until smoothie texture. If required, add some water until desired texture.
4. For 600 and 700 calorie versions, cook the egg on the side to you liking.

Note: For pineapple or mango, can be frozen, mixed, or use other sweet fruit.



Lunches

	Calories: 500
150g	Chicken breast, cooked
180g	Tinned tuna (in brine, drained)
2	BFree sweet potato wrap
	Mixed salad leafs
	Side salad
200g	Pineapple chunks

	Calories: 600
150g	Chicken breast, cooked
180g	Tinned tuna (in brine, drained)
2	BFree sweet potato wrap
	Mixed salad leafs
	Side salad
200g	Pineapple chunks
15g	Mixed nuts

	Calories: 700
	For 700 calories, simply cook the 600 calorie version and add an extra 50g of chicken or tuna, and have 20g of mixed nuts

	Calories: 500
	Handful spinach or salad leafs
100g	Mixed salad
150g	Chicken or turkey breast
200g	Baby boiled potatoes
Half	Avocado
50g	Beetroot
	Salad dressing

	Calories: 600
	Handful spinach or salad leafs
100g	Mixed salad
200g	Chicken or turkey breast
250g	Baby boiled potatoes
Half	Avocado
50g	Beetroot
	Salad dressing

	Calories: 700
	For 700 calories, simply cook the 600 calorie version and add an extra hard-boiled egg and some pitted olives or feta cheese.

Chicken or Tuna Wrap

1. Chop up the chicken or tuna and split evenly between the 2 wraps.
2. Add in the salad leafs, and any extra salad items you would like, and fold wraps tightly. Cut in half if desired.
3. Serve with a good side salad of plenty of spinach or salad leafs, cucumber, peppers, tomato, onion etc.
4. Finish off with the fruit.



Chicken or Turkey Salad

1. Add a good handful of salad leafs to a plate. Then top with a good serving of salad, like cucumber, tomato, peppers and onion.
2. Slice the meat (pre-cooked) and add to the salad.
3. Half or quarter the baby potatoes and add.
4. Chop the avocado and beetroot, and add in.
5. For the dressing, drizzle over a little olive oil

Note: Feel free to add some berries. If you don't like either avocado or beetroot, replace with olives, or a hard-boiled egg.



	Calories: 500
	Handful spinach or salad leaves
100g	Mixed salad
160g	Tinned tuna (in brine, drained)
200g	Sweet potatoes, pre cooked
Half	Avocado
50g	Beetroot
	Squeeze of lemon

	Calories: 600
	Handful spinach or salad leaves
100g	Mixed salad
160g	Tinned tuna (in brine, drained)
200g	Sweet potatoes, pre cooked
Half	Avocado
50g	Beetroot
1	Large organic egg, hard boiled
	Squeeze of lemon

	Calories: 700
	For 700 calories, simply cook the 600 calorie version and use a full avocado

	Calories: 500
300ml	Butternut squash soup
150g	Trout fillets
150g	Potato, white, baby or sweet
1	Large orange or other serving of fruit

	Calories: 600
300ml	Butternut squash soup
180g	Trout fillets
250g	Potato, white, baby or sweet
1	Large orange or other serving of fruit

	Calories: 700
300ml	Butternut squash soup
180g	Trout fillets
250g	Potato, white, baby or sweet
1	Large orange or other serving of fruit
20g	Mixed nuts

Tuna or Prawn Salad

1. Add a good handful of salad leaves to a plate. Then top with a good serving of salad, like cucumber, tomato, peppers and onion.
2. Flake the tinned tuna over the top of the salad.
3. Pre-cook the sweet potato, either boiling, steaming or roasting. Cut into bite sized chunks and add to salad
4. Chop the avocado and beetroot, quarter the egg and add in
5. Squeeze the lemon all over the salad

Note: Feel free to add some berries. If you don't like either avocado or beetroot, replace with olives, or a hard-boiled egg.



Protein Soup

1. Place the trout onto tin foil on a tray, and grill for about 5-8 minutes.
2. Pre-boil the potato until cooked
3. Heat the soup in either a saucepan or the microwave.
4. Add soup to a bowl, then potatoes and the grilled fish.

Note: Use any quality fresh soup (not tinned or packet) or your own home-made soup. Trout is a great choice of protein, but you can use other fish like cod, chicken or turkey. This can all be made in advance, and heated up in work for a healthy, nutritious and complete lunch.



	Calories: 500
200g	1 large baking potato/ sweet potato
150g	Prawns, pre-cooked or frozen
1 Tbsp	Real mayo
1 Tbsp	Ketchup
10g	Mature Cheddar cheese, grated
150g	Broccoli or other veg mix

	Calories: 600
300g	1 ½ large baking potato/ sweet potato
150g	Prawns, pre-cooked or frozen
1 Tbsp	Real mayo
1 Tbsp	Ketchup
15g	Mature Cheddar cheese, grated
150g	Broccoli or other veg mix

	Calories: 700
400g	2 large baking potato/ sweet potato
150g	Prawns, pre-cooked or frozen
1 Tbsp	Real mayo
1 Tbsp	Ketchup
15g	Mature Cheddar cheese, grated
200g	Broccoli or other veg mix

	Calories: 500
	Handful spinach or salad leaves
100g	Mixed salad
100g	Cous cous, pre-made
2	Large organic eggs, hard-boiled
80g	Chicken, pre cooked
60g	Baby beetroot
50g	Pineapple chunks
15	Grapes, sliced

	Calories: 600
	Handful spinach or salad leaves
100g	Mixed salad
100g	Cous cous, pre-made
3	Large organic eggs, hard-boiled
80g	Chicken, pre cooked
60g	Baby beetroot
50g	Pineapple chunks
15	Grapes, sliced
1	Medium apple, chopped

	Calories: 700
	For 700 calories, cook the 600 calorie version and add 30g each of olives and feta cheese

Baked Potato & Prawns

1. Heat the oven to 200. Prick the potato with a fork, spray on a little oil, some salt and cover in tin foil. Bake for 45 minutes for white potato or 35-40 for sweet potato.
 2. Cook the prawns per packet instructions
 3. Mix the mayo and ketchup to make Marie Rose sauce. Mix with the prawns.
 4. Remove potato from foil. Score a deep cross in the top, then push in to release the potato and steam. Top with cheese and prawn mix and serve with boiled or steamed veg.
- Note: Use a jar of fish sauce instead of mayo and ketchup



Egg, Chicken & Fruit Salad

1. Add a good handful of salad leaves to a plate. Then top with a good serving of salad, like cucumber, tomato, peppers and onion.
2. Cook the cous cous per packet instructions, and add to the salad.
3. Half the eggs and slice the chicken (pre-cooked) and add to the salad.
4. Add the beetroot, pineapple chunks, sliced grapes and chopped apple.

Note: Feel free to add some extra berries. If you don't like beetroot, replace with chopped apple or a handful of raisins.



Dinners

	Calories: 500
5g	Coconut or olive oil
150g	Fillet steak (raw weight)
180g	Sirloin steak (raw weight)
	Onions, chopped
	Mushrooms, chopped
200g	Sweet potatoes
100g	Asparagus
50g	Frozen peas

	Calories: 600
5g	Coconut or olive oil
170g	Fillet steak (raw weight)
200g	Sirloin steak (raw weight)
	Onions, chopped
	Mushrooms, chopped
300g	Sweet potatoes
100g	Asparagus
50g	Frozen peas

	Calories: 700
	For 700 calories, cook the 600 calorie version and add half an avocado or 100 calories of any other vegetable

	Calories: 500
150g	Chicken breast
1	Maggi sheet
200g	Mash Direct mash potatoes
200g	Mash Direct carrot & parsnip
	Onion gravy

	Calories: 600
180g	Chicken breast
1	Maggi sheet
200g	Mash Direct mash potatoes
200g	Mash Direct carrot & parsnip
100g	Mash Direct red cabbage and beetroot
	Onion gravy

	Calories: 700
190g	Chicken breast
1	Maggi sheet
200g	Mash Direct mash potatoes
300g	Mash Direct carrot & parsnip
150g	Mash Direct red cabbage and beetroot
	Onion gravy

Sirloin or Fillet Steak with Sweet Potatoes

1. Heat the oil on a high heat until smoking
2. Season the steak with salt and pepper, then sear on the pan for 30 seconds. Flip over and turn the heat down to medium, and cook for a further few mins on each side, to your liking. Fry the onions and mushrooms alongside the steak.
3. Either roast, bake, steam or boil the sweet potatoes, and boil the asparagus. Mash up the sweet potato if desired.
5. When steak is cooked, remove to a plate and let it rest.
6. Boil the peas for a min, then add everything to your plate.

Note: Can use white potato instead of sweet potato.



Maggi Chicken, Mashed Veg & Gravy

This is the most simple, quick and nutritious meal to cook. It is a real staple for me, for lunchtime and dinner.

1. Cook the chicken breast with the Maggi sheet as per packet instructions
2. Heat the Mash Direct veg as per packet instructions
3. Heat the onion gravy as per packet instructions.
4. Place the veg on a plate, topped with chicken and covered with gravy.



	Calories: 500
7g	Coconut or olive oil
1 Tsp	Lazy garlic
1	Medium onion, chopped
1 Tsp	Lazy ginger
150g	Chicken breast, diced
2 Tbsp	Light soy sauce
1 Tbsp	Sweet chili sauce
100g	Roasted red pepper, chopped
100g	Tender stem broccoli
10g	Cashew nuts
150g	Butternut squash noodles

	Calories: 600
	Same as 500 calorie ingredients with the following increased quantities
170g	Chicken breast, diced
15g	Cashew nuts
300g	Butternut squash noodles

	Calories: 700
	Same as the 600 calorie recipe, with the addition of half an avocado

	Full Recipe Ingredients
2 Tsp	Lazy garlic
2 Tsp	Lazy ginger
1	Red chilli, deseeded and finely chopped
1.5 tsp	Turmeric powder
1 stick	Lemongrass, bashed
400ml	Coconut milk, full fat
400g	Fish, cubed (can mix cod, monkfish, seabass, haddock)
100g	Mange tout
150g	Broccoli florets
	Fresh coriander and red chili

	Calories: 500
250g	Mash potato
1/4	A quarter Serving

	Calories: 600
250g	Mash Potato
1/3	A third serving

	Calories: 700
400g	Mash potato
1/3	A third serving

Chicken Stir Fry

1. Heat the oil in a hot wok, then add the garlic, onion and ginger and let it sizzle for a bit.
2. Add in the chicken, soy sauce and sweet chili sauce, and stir the chicken so it seals on the outside. Then turn the heat down and cook for a further 3-4 minutes.
3. Add the red peppers, broccoli and weight in the cashew nuts, then cook for a further 7-10 minutes on medium heat.
4. Microwave the butternut squash noodles per packet, then mix in with the stir fry and serve.

Note: You can of course use fresh garlic and ginger. I use jarred roasted red peppers and packet butternut squash noodles, but you can make fresh.



Slow Cooker Coconut Seafood Curry

1. Place everything into the slow cooker in the same order as the ingredients.
2. Cook on low for 3-4 hours or until the fish is cooked through. It should flake easily.
3. Place the hot mash potato onto a plate, top with curry and finish off with some chopped fresh coriander and slices of red chilli.

Note: You can use Mash Direct mash potato or homemade. Try dividing the curry into the number of servings for your calories, using microwave tubs, and store the extra for the following days lunch or freezing.



	Calories: 500
5g	Coconut or olive oil
1 Tsp	Easy garlic
1	Small onion
150g	Chicken breast, diced
1	Red pepper or mixed colours
	Fajita mix
200g	Tin chopped tomatoes (1/2 tin)
2	BFree Sweet Potato Wraps or
250g	Mash potatoes

	Calories: 600
	Same as the 500 calorie recipe, with 190g of chicken breast

	Calories: 700
	Same as the 500 calorie recipe, with 190g of chicken breast and either 3 wraps or 400g of mash potatoes

	Recipe Ingredients : 1536 cals
500g	Chicken breast, diced
1	Large onion, chopped
450g	Sweet potato, cut large chunks
350g	Lloyd Grossman Balti, jar
400g	Chopped tomatoes, tin

	Calories: 500
1/3	Serving

	Calories: 600
	More than 1/3 and less than 1/2

	Calories: 700
1/2	Serving

Chicken Fajitas

1. Heat the oil in a pan on a high heat. Once smoking, add the garlic, onions and chicken, and turn the heat down.
2. Stir the chicken to seal all sides, then cook on medium heat for 3-4 minutes.
3. Add the peppers and fajita mix as directions on the packet and cook for a further 1 minute.
4. Add the chopped tomato and cook until Chicken is fully cooked.
5. Serve with either mash potatoes or sweet potato wraps.



Slow Cooker Chicken Balti

1. Add all the ingredients to your slow cooker in order and give it a good stir.
2. Set to low for 7-9 hours, med for 4-6 hours and high for 2-4 hours.
3. Try and serve even amount of chicken and sweet potato

Note: Use a little water to wash out all the sauce from the Balti jar, and add to slow cooker. Other brands of jar can be used, but Lloyd Grossman has little to no additives.



	Calories: 500
50ml	Coconut milk, tin
45g	Red or Green Thai Paste, 1/4 Sainsbury's jar
1	Small onion, chopped
150g	Chicken breast, diced
50g	Sugar snap peas
150g	Mash potatoes or
2	Bags cauli-rice, (Iceland)

	Calories: 600
	Same as the 500 calorie recipe with the following 2 changes
80ml	Coconut milk, tin
180g	Chicken breast, diced

	Calories: 700
	Same as the 500 calorie recipe with the following 2 changes
100ml	Coconut milk, tin
250g	Mash potatoes or
3	Bags cauli-rice, (Iceland)

	Recipe Ingredients: 1550 Cals
400g	Organic mince beef, 12% fat, Sainsbury's
1	Large onion
1 tsp	Easy garlic
1	Packet chilli con carne seasoning mix, Colemans
400g	New baby potatoes, halved
1	Italian chopped tomatoes, tin
1	Kidneys beans, tin, drained

	Calories: 500
1/3	Serving

	Calories: 600
	More than 1/3 and less than 1/2

	Calories: 700
	Almost half

Note: When portioning out meals, try and distribute the meat and potatoes quite evenly.

Thai Red or Green Chicken Curry

1. Heat the top tablespoon of coconut milk from the can and heat in a saucepan until the oil begins to split.
2. Add in the curry paste, onion and chicken and cook for 4-5 mins.
3. Add the remainder of the coconut milk and sugar snaps and simmer until the chicken is cooked.
4. Serve with mash potato or cauli-rice or broccoli-rice

Note: Garnish with sliced red chilli and coriander. Add a little water when cooking to bulk up the sauce.



Slow Cooker Chilli Con Carne

1. Saute the onion and easy garlic in a little oil in a frying pan, or in the slow cooker on the hob if you prefer.
2. Break in the mince stir, browning for 2 mins
3. Add a packet of Chilli Con Carne Seasoning Mix and mix into the mince.
4. Remove mince to slow cooker, and add the potatoes, chopped tomatoes and kidney beans and stir up.
5. Set to low for 9 hrs, med for 6 hrs and high for 4 hrs.

Note: You can substitute the potatoes for sweet potatoes



Smoothies

	Calories: 370
	Kale, large handful, washed
1	Avocado
100g	Watermelon
50g	Red grapes, seedless
60g	Frozen strawberries
1 Tbsp	Maca powder, optional
250ml	Coconut water, flavoured

Kalacado Blast

1. Add the kale to the Nutri-bullet first, then add the rest of the ingredients and top up with coconut water.

Note: Maca powder is optional. It is highly nutritious, packed with vitamins and minerals, and great for health.



	Calories: 500
60g	Frozen strawberries or mixed
1	Mango, peeled and de-stoned
1	Medium banana
25g	Almond butter
1 Tbsp	Cacao powder
250ml	Coconut water or almond milk

Healthy Liquid Desert

1. Add all the ingredients to the Nutri-bullet in order, then blitz.

Note: Cacao powder is highly nutritious and found to have anti-inflammatory properties along with many other benefits.



	Calories: 500
	Spinach or kale, handful
1	Banana
100g	Pineapple, fresh or tinned
1	Pear or apple, skin on or off
60g	Frozen blueberries or mixed
50g	Goji berries, soaked
250ml	Coconut water, flavoured

Digestive Goji Boost

1. Add the spinach or kale to the Nutri-bullet first, then add the rest of the ingredients and top up with coconut water.

Note: Goji berries are highly nutritious, packed with vitamins and minerals, providing lots of great health benefits.



Thank-you for reading my Maxx90 Health Transformation Challenge plan.

If you found my work interesting or useful, and it has helped you in any way, I'd be truly grateful if you would share your feedback or enthusiasm on with your friends, either by chat or social media, and help me spread this knowledge to as many people as possible.

I thank you kindly in advance, and wish all the very best on your journey to a healthy, balanced and happy lifestyle.

Anto.



Get started with us at
GymArmagh.com

Being healthy and fit isn't a fad or a trend, it's a lifestyle.

Every human being is the author of their own health or disease.

Health is not valued until sickness comes.

The person who earns a million, but destroys their health in the process, is not really a success.

Take care of your body. It's the only place you have to live.