

Eat Like This

Healthy Lifestyle Program

“DEVELOPING A HEALTHY
LIFESTYLE IS A PROCESS, TRUST IT,
ENJOY IT AND INVEST YOUR TIME
IN IT. TAKE CARE OF YOUR BODY,
AFTER ALL IT'S THE ONLY ONE
YOU HAVE”

- DAN MURPHY -



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Your Coach

Being in the industry for numerous years I was constantly met by unhappy individuals on a daily basis where limiting beliefs held them back from unleashing their true potential. By incorporating a positive approach into their training, the results were astounding.

I truly believe it is my birth purpose to help people all over the world create and maintain a positive lifestyle that will leave individuals feeling happier, healthier and assist in their weight management goals.

My mission is to help thousands in becoming the best version of themselves both physically and mentally. I want to assist in tackling the obesity crisis taking over Australia through the teachings of healthy habits that will last a lifetime. In turn, this will allow everyone to develop more confidence in their body and improve how they view themselves along with knowledge to help others in need of a lifestyle change.

The key element in this program is to train the mind to take a more positive approach and outlook to life. Practicing positivity to reach fitness goals, career paths and successful relationships that will ensure you're on the right track to leading a life that is truly desirable.

There is no better feeling then the feeling of love, gratitude, happiness and clarity. I want people to not only live their lives this way but be able to pass on these positive vibes to those around them.

When your mind is clear, life becomes clearer.



Why the Program Was Created

Being in the fitness industry for several years, time and time again it has become apparent that the amount of fad diets and quick fixes are not only unsustainable but can cause bad weight to return soon after individuals have completed their plan, leaving them often feeling depressed and feel as if nothing will work.

Education on how to eat is a must and if the majority of those that put their weight back on after their 'challenge' or diet knew the basics on healthy eating they would most likely maintain or continue to lose weight.

This program is for those who haven't begun or had the motivation to start their weight loss journey, those that are sick of what they see in the mirror, for those that are sick of trying fad diets and for those that feel they constantly struggle to lose weight. This program gives individuals the opportunity to transform their lives for good and is something we wanted to make available.

This guide includes a full body detox and healthy lifestyle change. We say good-bye to sugar and processed food. The program focuses on consuming lots of fresh fruits and vegetables, essential fats as well as lean protein sources. The first stage of the program emphasises on a full body cleanse eliminating dairy, starch, grains, alcohol, sugar and processed foods. The objective is to allow our bodies to be nutrient filled with high QUALITY foods. Stage 2 of the program re-introduces starch, grains and dairy allowing individuals to see how their body reacts and whether they should be eliminated. Alcohol and sugar will be eliminated for the entire program.

If you think it's all chicken and broccoli, then you thought wrong, the food is diverse and tasty. With this lifestyle program we develop an understanding on serving sizes and portion control with help from the Australian Guide to Healthy Eating.

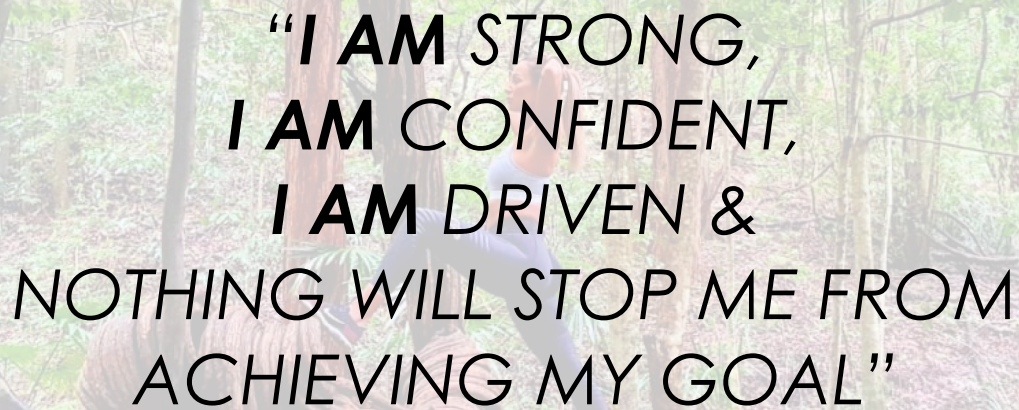
This program is designed to be carried out with a training routine to assist in our transformation that involves both resistance training and cardio.

Over the course of the program, your results will be determined by your ability to stick to the program. By eating in such a healthy way and being active you are going to see a big change in your body leaving you feeling happy, healthy and confident which is such an amazing thing to see occur in our clients and this has been evident in those who have participated.

Remember though, we are after **progress** we aren't looking at dropping weight extremely fast, we want it to gradually come off and stay off. Although challenging, this isn't a 'challenge', it is a lifestyle change.

MY DAILY RITUAL

Say it with Purpose



**“I AM STRONG,
I AM CONFIDENT,
I AM DRIVEN &
NOTHING WILL STOP ME FROM
ACHIEVING MY GOAL”**

Your daily ritual will be to embrace and carry out positive affirmations; it's time we started to also work on your mindset. These affirmations can be said in the morning, throughout the day and whenever you feel like giving up. Say it with passion, with heart and with a true belief. Say it during one of your favourite songs or take 5 close your eyes and repeat it over and over again, hell even scream it at the top of your lungs

It is important to remember your WHY. Your why is your reason behind this lifestyle change, only you truly know what this is and only you can be held accountable for carrying out the change by dedicated and committing 100% to the program and your new way of life.

This ritual will motivate you to trigger your memory to 'WHY' when you say it, think of all the things that have brought you to this point and the reasons you want change.

It's time to put in some work and to successfully achieve all your goals. You have the support, you have the tools and now it's time for you to BELIEVE in YOU!

What to Expect

While the results will vary from person to person, you can expect a positive result within the first few weeks of your new lifestyle. The results you achieve will be the outcome of how much you commit to the program as well as your healthy lifestyle plan and training. Remember Healthy Eating + Exercise = Positive Result.

Results Within 6 Weeks

The next 6 weeks you are going to notice some amazing changes. You will begin to feel happier and healthier, have more energy and begin to see your physique start to transform. Your results will be dependent on the amount of effort you put in to the program. I have had a 100% success rate with those committed to change. I have seen both physical and mental transformations and have had weight loss results from 5kgs right up to 14kgs in this short time not to mention the amazing changes that have been shown through weekly measurements. But PLEASE this is just to explain how positive these changes can be I don't want you to be fixated on a kg loss or focus on the scale, this can play mental games and I am not about that, I want you to trust the process and embrace positive changes over time.

The beauty about these results is that there has been no extreme crash dieting or extreme calorie reduction; these results have been achieved through consistent exercise and healthy eating. As a trainer I absolutely love when individuals are committed to changing their lifestyle and are determined to make fitness a big part of their lives.



Results Beyond the 6 Weeks

During their lifestyle change Dani and Carmel committed to changing their lives and gave it everything they had to become happier and healthier.

During the journey, they pushed their bodies and minds to the limits sometimes at breaking points but used this to grow and become stronger individuals.

These below results were achieved in 12 weeks and beyond.



The biggest key factor when starting your life style change is to TRUST THE PROCESS. These results were all achieved through introducing all the elements of the program, accepting that it wont happen overnight and putting in the necessary work to improve their physical appearance and mental strength.



The Only Challenge

This lifestyle program is NOT a challenge the only challenges you will face are those that are due to your personal drive, environment and willpower.

The program may seem as though it isn't the easiest transition to make mainly due to the things that need to be eliminated such as sugar or alcohol as well as the introduction of a completely new training routine that you will begin. Over time these changes you have introduced will become your new way of life that will leave you feeling happy and healthy.

At times, you will face moments of temptation, moments of peer pressure from family and friends as well as times in training where you may think that you just can't do it.

The reality is YOU have accepted and welcomed this change due to your current lifestyle; you are willing and determined to do what it takes to create a new healthy version of yourself. It will be important to communicate this with those around you so they are able to support your change.

If you slip up or go against the program by either missing a training session or eating something that you shouldn't have stress less it isn't the end of the world and is important that you don't beat yourself up about it. Simply pick up where you left off accept the fact that it happened fail forward by learning from it and then move on, slipping up DOES NOT mean you have failed and that you should give up.

Your mind is your strongest influence and is responsible for all your actions and now needs to be conditioned to this new way of life. If you feel lazy or tempted remember your WHY and ask yourself if it is worth it to eat the things you shouldn't or benefiting you to slacken off with your training.



Stage 1

Transformation Stage

Week 1 to 6

We don't need to beat around the bush here during stage 1 you will be eliminating a few things from what you may be used to which will include:

1. Sugar
2. Breads, Pasta, Rice and Potato – basically all starch and grain products will be eliminated
3. No Dairy Including Cheese, Chocolate or Milk Products – Except for Whey Protein Powder
4. Zero Alcohol
5. Processed Foods – Fast Foods etc.

Why do I have to eliminate all this?

During this stage, the goal is to implement a complete lifestyle change by eating only raw and healthy foods with the addition of exercise. To ensure the best results it is crucial to begin a clean healthy lifestyle routine eliminating all things that can have a negative effect on your body. Call it, creating a blank canvas.

Is there a method to the madness?

What we are aiming to do is fill your body with highly nutritious food. Foods with a high-water content, like certain fruits and vegetables to keep you feeling fuller for a longer period therefore leaving you satisfied and therefore unlikely to binge eat or snack constantly.

You will be eating high quality fats, protein sources, fruit and vegetables which is ultimately the greatest lifestyle change one can make to ensure you are healthy on the inside and the outside ultimately leaving you feeling great mentally and looking great.

Eliminating Sugar

There are big benefits to come from eliminating this from your diet. Sugar is poisonous for your health, for your weight and for your mind. Some of the problems we are now familiar with include tooth decay, brain productivity, mood, depression and anxiety problems as well as heart disease.

Through eliminating sugar, you will have more energy, improved sleep, less cravings, a healthier complexion and will assist in losing weight.

Understanding Servings

How Many Vegetables?

Veggie List and Serving Size

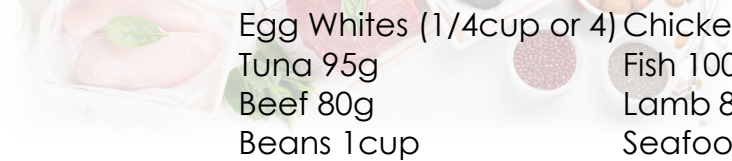
1 cup or 1 serving



Asparagus	Capsicum	Mushroom
Broccoli	Onion	Cucumber
Spinach	Zucchini	Green Beans
Leafy Salads (All Types)	Celery	Olives
Tomato	Garlic	Peas
Pumpkin	Mung Beans	Bok Choy
Eggplant	Carrot	Cauliflower

How Much Protein?

Protein List and Serving Size – (Females 70 -100g /Males 120-150g)



Egg (1-2)	Egg Whites (1/4cup or 4)	Chicken 90g
Turkey 90g	Tuna 95g	Fish 100g
Salmon 85g	Beef 80g	Lamb 80g
Tofu 100g	Beans 1cup	Seafood

What Sort of Fats?

Essential Fat List and Serving Size



Avocado ½ Medium	Coconut Oil 1tbs	Olive oil 1tbs
Peanut Butter 20g	Whole Eggs (Yolk)	Nuts 25g

How Much Fruit?

Fruit List and Serving Size

1 cup or 1 serving – If different will be altered below



Apple	Grapefruit	Blueberry
Strawberry	Raspberry	Pineapple ½ Cup
Grape	Peach	Watermelon
Kiwifruit	Orange	Mandarin
Pear	Plum	Lemon
Lime	Rockmelon	Blackberry

*Note: If unsure use portion size as directed by label.

*<https://www.eatforhealth.gov.au/food-essentials/how-much-do-we-need-each-day/serve-sizes>

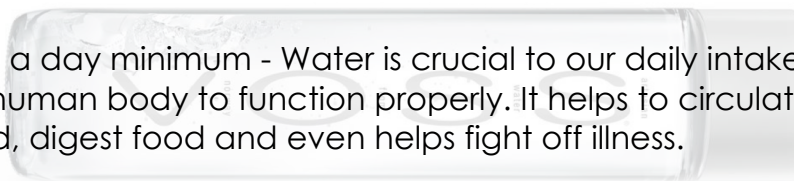
Nutrition Planning

Without the introduction of foods here is what your daily intake should look like.

- Protein 4 Servings
- Vegetables 9 Servings
- Fats 2 Servings
- Fruit 1-2 Servings (Always try keep 1 serving as Mixed Berries)

Water is a Must

Water 2 Litres a day minimum - Water is crucial to our daily intake and is a must for the human body to function properly. It helps to circulate our blood, stay hydrated, digest food and even helps fight off illness.



Meal Layout with Servings

Breakfast

1 Serving of Protein
3 Servings of Vegetables

Snack

1 Serving of Protein
1 Serving of Fruit

Lunch

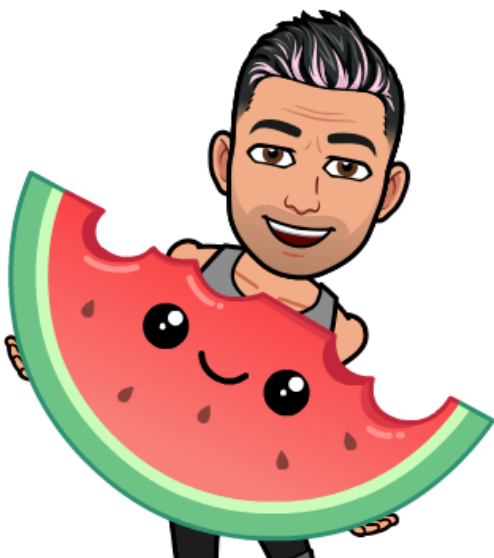
1 Serving of Protein
3 Servings of Vegetables
1 Serving of Fat

Snack

1 Serving of Fruit

Dinner

1 Serving of Protein
3 Servings of Vegetables
1 Serving of Fat



Healthy Lifestyle Transformation

Sample Nutrition Plan

Breakfast

3 Egg Whites
1 Cup Chopped Mushroom
1 Cup Spinach
1 Cup Chopped Capsicum

All mixed in a bowl, scrambled in frying pan with a light olive oil spray.

Snack

1 Cup Watermelon
1 Scoop Protein Powder in Almond Milk

Lunch

80g Shredded Turkey
Mixed 4 Leaf Salad
Mung Beans
Bean Sprouts
Red Onion
Cucumber
Serving of Balsamic Vinegar
Serving of Olive Oil

Snack

1 Cup of Mixed Strawberries and Blueberries



Dinner

85g Pulled Beef
1 Cup Broccolini
1 Cup Snow Peas
½ Avocado
Lettuce

Breakfast

2 Whole Eggs with Garlic and Pinch Himalayan Rock Salt
½ Avocado with Pepper and Lemon
Sautéed Spinach and Mushroom

Snack

1 Tablespoon of Natural Peanut Butter
Celery, Cucumber and Carrot Sticks

Lunch

95g Tuna (Flavoured)
4 Leaf Mixed Salad
Red Onion
Tomato



Snack

1 Scoop Protein in Almond Milk
Apple or Watermelon

Dinner

85g Salmon Seasoned with Squeezed Lemon
Mixed Green Vegetables
1 Cup Cubed Pumpkin Roasted with Herbs and Garlic

Can I Spice Up My Meals?

ABSOLUTLEY! A mix of a large variety of herbs and spices are available and an excellent way to make your food tasty and less bland. Be careful with choice of sauces and dressings. A lot of store bought sauces have added sugars. Look for sugar free – or better still, make your own.



Stage 2

Weeks 7 & Beyond

Healthy Lifestyle Stage

After the initial cleanse, you are now able to slowly introduce 2 to 3 servings of carbohydrates and 1 to 2 servings of dairy such as healthy choice breads, rice and potato as well as light milk and cheeses. Carbohydrates are an important element to any diet as this is your energy source. Whilst relying on fruit and vegetables during stage 1 we are now able to implement some new sources of healthy carbohydrates.

The reintroduction of grain, wheat and starch carbohydrates along with dairy will lead you into your healthy lifestyle, which should continue after the program. We have allowed these food groups in to allow more flexibility in your diet. Keep in mind Stage 1 was our transformation stage so we wanted to overhaul your body with freshness and goodness ultimately resulting in a full body detox.

In saying this some of you may wish to continue with the Stage 1 nutrition plan which many do. Your lifestyle choices have altered completely with the introduction of such high-quality food and as a results your seeing weight loss, improved energy and even your enhanced mood may motivate you to keep going with this lifestyle change.

The Stage 2 nutrition guide gives you a 7-day sample for what your day should look like. It is important that we stick to portion control and serving sizes to maintain your physique that we worked so hard to achieve. If you are finding that the implementation of specific foods isn't making you feel good quite simply, don't eat it. Don't bombard your body with these new additions make sure that the implementation is gradual.

The meals provided were created based on the guidelines from the Australian Guide to Healthy Eating as well as our own research and experiences when assisting those wishing to create a positive and healthy lifestyle change. Further information on serving sizes and general health can be found below.

<https://www.eatforhealth.gov.au>

eatforhealth.gov.au

Healthy Lifestyle Sample Nutrition Plan

Breakfast

Protein 'n' Oats

2 Whole Fried Eggs with Salt and Pepper
30g Oats
Almond Milk
1 Cup Berries
1 Teaspoon Chia Seeds

Snack

1 Tablespoon of Mayvers Super Spread
Celery, Cucumber and Carrot Sticks

Lunch

½ Cup Brown Rice
95g Tuna (Flavoured – if Oil Drained)
4 Leaf Mixed Salad with Balsamic Vinegar



Snack

1 Scoop Protein
Almond Milk (Unsweetened)
Apple or Watermelon

Dinner

85g Lean Meat Seasoned
Mixed Green Vegetables
1 Cup Cubed Pumpkin Roasted with Herbs and Garlic



Breakfast

Breakfast Smoothie
Blend all ingredients together

30g Oats
Glass of Almond Milk (unsweetened)
Handful Spinach & Kale Leaves
1/2 Banana
1 Scoop Protein Powder
1 Tablespoon Raw Cacao Powder

Snack

1 Tablespoon of Natural Peanut Butter
Celery, Cucumber and Carrot Sticks



Lunch

1 Organic Wrap
50g Shaved Turkey
Lettuce
Red Onion
Tomato
1/2 Avocado



Snack

1 Cup Strawberries and Blueberries

Dinner

Fish Salad

100g Fish Seasoned to Taste with Squeeze of Lemon
Mixed 4 Leaf Salad
Cucumber
Tomato
Balsamic
30ml Olive Oil

1 Piece Rye w/Garlic Paste

Toasted and cut in square for croutons mixed through Salad



Breakfast

Omelette

Mix all ingredients together and season

2 Whole Eggs
Chopped Spinach
2 Chopped Mushrooms
Chopped Cherry Tomato
Red Onion

Snack

100g Watermelon
100g Low Fat Greek Yogurt
1 teaspoon Chia Seeds
20g Granola (I Quit Sugar Brand)

Lunch

½ Cup Brown Rice/White Rice
80g Diced Chicken-Garlic & Pepper
50g Low Fat Shredded Cheese
Leafy Green Mix Salad

Snack

1 Piece of Fruit

Dinner

70g Lean Red Meat Seasoned
Mixed Vegetables
½ Avocado Mixed
½ Cup Sweet Potato





Breakfast

Coconut Milk Protein Shake
Blend All Ingredients

1 Scoops Protein Powder (WPI)
30g Oats
1 Cup Unsweetened Almond & Coconut Milk
1 Tablespoon Raw Cacao Powder
1 Cup Mixed Berries
Handful Ice (optional)

Snack

2 Tablespoon of Tzatziki
Celery and Cucumber

Lunch

Turkey Salad

80g Cooked Turkey Mince
Mixed Leaf Salad
Cucumber
Red Onion
Mung Beans
Pinch Rock Salt, Pepper

Snack

1 Piece of Fruit
1 Scoop Protein Shake

Dinner

2 Chicken Skewers Seasoned to Taste

1 Serving Grilled Haloumi

50g Quinoa
Broccoli
Spinach
Chili Flakes
All mixed together



Breakfast

Spinach and Mushroom Omelette

2 Whole Eggs
Handful Spinach
2 Diced Mushrooms
Season with Pepper

1 Pieces of Helga's Lower Carb Bread Toasted



Snack

Blueberry Protein Shake
All mixed together



100g Non Fat Greek Yogurt
1 Scoop Protein Powder
Blueberries

Lunch

The BIG Protein Salad

95g Tuna in Oil Drained
1 Whole Hard Boiled Egg
Cos, Iceberg and Spinach Mixed Salad
½ Tomato
¼ Red Onion
½ Avocado
Pinch of Pepper

Snack

1 Serving Skinny Hummus
1 Cup Celery

Dinner

85g Chicken Seasoned to Taste
1 Cup Mash Sweet Potato
1 Cup Beans
1 Cup Broccoli



Breakfast

30g Granola
100g Low Fat Greek Yogurt or YoPro
1 Cup Mixed Berries

Snack

1 Scoop Protein
1 Cup Almond Milk (Unsweetened)

15g Almonds

Lunch

100g Grilled Chicken
½ Avocado
Mixed Salad
Tomato
Mung Beans
Serving Low Fat Feta Cheese
1 Piece Helga's Lower Carb Bread



Snack

2 Tablespoon of Tzatziki
Celery and Cucumber

Dinner

Salmon Fillet – Seasoned with Pepper and Lemon
Large serving of Spinach and Kale topped with serving of Olive Oil and
Balsamic Vinegar
Small Pear (optional)



Breakfast

2 Eggs Scrambled
Spinach
Tomato
1 Slice Helga's Lower Carb Bread Toasted



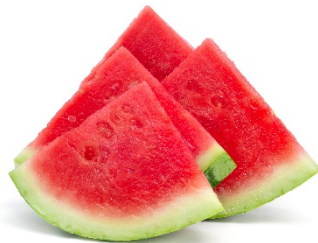
Snack

Apple
10g Almonds

Lunch

Chicken Kebab
80g Smoked Chicken
½ Avocado
Shredded Lettuce
Tomato Slices
Serving of Light Shredded Cheese
Organic Wrap

Fold bottom up and flip sides in, stick a toothpick in to hold the wrap together and place on flat sandwich press. Remove once wrap is toasted and cheese has melted.



Snack

100g Watermelon
100g Low Fat Yogurt

Dinner

85g Turkey Seasoned
½ Cup Brown Rice
Mixed Leaf salad
Tomato
Red Onion
Dressed with Balsamic and Tablespoon Olive Oil

Vegetarian Sample

Breakfast

Breaky Omelette

1 Whole Egg 3 Egg Whites
¼ Cup Vegan Cheese
Large Handful Spinach
Mushroom

50g Oats in Water or Almond Milk
Mix in 1 Tablespoon Raw Cacao Powder

Snack

Apple
Tablespoon Peanut Butter



Lunch

Grilled Vegetable on Toasted Rye Sandwich
Grilled Eggplant
Grilled Capsicum
Grilled Onion
Grilled Tomato
Lettuce
Serving of Tahini
Toasted Rye Roll

Snack

1 Scoop Earth Protein
1 Cup Almond Milk



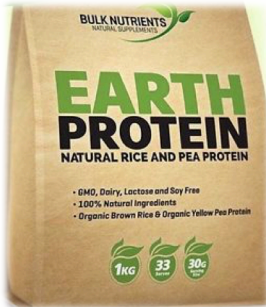
Dinner

Tofu Stir Fry with Brown Rice
1 Cup Cubed Tofu
Broccolini
Carrot Sliced or Cut Thin
Snow Peas
Onion
Garlic
½ Cup Brown Rice

Add Gluten Free Sugar Free Soy Sauce, Chilli Flakes, Salt and Pepper

Breakfast

Breaky Smoothie



- 2 Scoops Earth Protein
- 1 Cup Frozen Mixed Berries
- 1 Tablespoon Macca
- 1 Tablespoon Raw Cacao
- 1 Tablespoon Desiccated Coconut
- 1 Tablespoon Mayvers Super Spread
- 1 Cup Almond Milk

Snack

- Orange
- Serving of Almonds or Cashews

Lunch

- Pan Fried Vegetable and Brown Rice Stuffed Capsicum
- Serving Black Beans
- Spinach
- Tomato
- Onion
- 80g Brown Rice

Stuff Fried Ingredients Into 1 Capsicum Cut in Half
Top with Serving Vegan Cheese and Bake Until Melted

Snack

- 1 Serving Non-Fat Greek Yoghurt
- Serving of Blueberries

Dinner

- Tofu and Vegetable Kebabs
- 100g Tofu
- Capsicum (Red and Green)
- Red Onion
- Zucchini
- Mushroom
- Low fat reduced salt Satay Sauce

Serve with Green Salad



Special Occasions and Eating Out

During your lifestyle change there may be times that will see you having to step out of your kitchen and seated at a restaurant or at a family gathering. These times sometimes leave many worried or confused as to what you can or can't have. I want you to be able to enjoy yourself and not stress about food. To do this we simply need to be mindful and understand what the do's and don'ts are.

Restaurants will more often than not have an amazing choice of healthy options available and allow altering dishes to suit needs if needed. These healthy eating tips will assist you during these social events so you can still enjoy yourself and have fun with family and friends.

The serving sizes at a restaurant are usually quite generous so it is important to make the correct choice and to keep the meal simple and with Stage 1 in mind.

Here are some of my Top Tips for Stage 1 Eating Out

- Choose a meat or poultry option grilled or pan fried with a side salad with sauces on the side (be sure to choose a tomato based sauce)
- Ask about the Fish of the day, this dish will be fresh and served with side salad and lemon (make sure this dish is not deep fried)
- Seafood – Platters, BBQ, Smoked
- Poultry or meat combined with stir fry vegetables
- Sticking with stage 1 principles a lot of desert options will be unable to be consumed but doesn't hold you back from a delicious fruit salad
- Skip the complimentary bread and butter
- Avoid all meals that are deep fried
- Give the pasta and rice dishes a miss
- Usually the poultry and meat dishes will be served with a side of chips and salad or seasonal vegetables. Request the chips to not be included and to have both salad and fresh vegetables
- When it comes to beverages make the choice to be driver and stick with mineral water or plain water with lemon and lime.

Temptations will be high so it is important to be in control of your own circumstances. In saying this, sometimes especially when it comes to life there are certain celebrations or scenarios that we simply wish to celebrate. At these events be sure to have smaller servings and do not over indulge as this can set you back both mentally and physically. The purpose is to enjoy the festivities, celebrations and enjoy the moment.

Supplementation

What should I be taking?

Supplementation is an optional addition to the program that may assist in your vitamin intake. We will be eating extremely well filling our body with a large amount of quality nutrients so the following supplements are recommended but not necessary.

The list provided is recommended to be taken with this program and may assist in your journey.

Whey Protein Isolate or Pea/Rice Protein. Why? Protein is in every cell in the human body and is needed to help your body repair cells and make new ones. Protein assists in building lean muscle, losing weight and the addition of protein powder supplements will improve the lack of protein or provide further amounts that can't be delivered through food.

L-Carnitine. Why? L-Carnitine is an amino acid that is highly recommended to assist in weight loss, reduction of fatigue and used as an appetite suppressant.

Magnesium. Why? Magnesium is a crucial nutrient that the body needs to remain healthy due to the many ways it assists with numerous functions in the body. This includes regulating muscle and nerve function, controlling blood sugar levels, blood pressure, making protein, bones and DNA. Magnesium can also assist in muscle cramps, has been known to control the stress hormone cortisol and just when you think that wasn't enough can help with relieving insomnia therefore allowing you to sleep better.

Multi-Vitamin. Why? It is known that your metabolism (chemical reaction of turning food into energy) requires many vitamins and minerals to ensure that it is functioning at ideal levels. Multivitamins support general health and well-being to an individual, meaning they support in the prevention of deficiencies in the body that can eventuate or may cause health problems.



Training

What to do for best results

Over the course of the program and beyond you will dedicate and commit to giving not only 100% to your nutrition but also 100% to your training.

Each life is different. We all work different hours, some of you may have a family or just busy schedules. It is important to create a routine suitable to you to ensure all your training is completed week to week.

What will be involved? Your Eat Like This trainer will create specific circuits and resistance training to begin strengthening and to create lean muscle mass as well as burn excess body weight. Your trainer will be your support and will be there whenever you need them but also are there to push you to your limits and ensure you are carrying out the program correctly to ensure a positive result is achieved.

If you have purchased the program to begin and train at your own desired pace, below are examples of the sessions that our clients endure. These sessions are challenging but as you progress your fitness and endurance levels will become stronger.



Sample 1

Performed 45 seconds ON 15 seconds OFF

Sled push

Battle ropes

Alternating jumps over bench

Resistance band - Run to ball slam

Resistance band - Crawls

Resistance band - Running on the spot

Tyre flips

Burpees

Mountain climbs

3 Rounds & 2 minute rest between rounds

Sample 2

Sled push run 20m and pull back with TRX x 5 reps

Battle ropes with a burpee - 3 doubles + 1 Burpee x 10 reps

Kettle bell squat to upright row 20 reps

Medicine ball slams 20 reps

20m run to 20 toe taps x 10 reps

4 Rounds & 2 minute rest between rounds



Sample 3

Sled push high down low push back
Battle rope 45 secs
Kettle bell squat 45 secs
Curl and press 45 secs
Ball slam to burpee 45 secs
Jump squat 45 sec
Mountain climb 45 secs
Go through complete circuit x 3 before rest.

3 Rounds & 2 minute rest between rounds

Sample 4

Sprint x 10 (Sprint 20m jog back)
Kettle bell swings to upright row x 20
Wall sit 30 sec plus 5 burpees x 3
Push ups x 10
Plank, Elbows to Hands x 30 seconds

5 Rounds & 2 minute rest between rounds



Sample 5

Sled Push with rope attached run back pull sled back with rope whilst seated

Burpee x 20

Alternating jumps over chair x 20

Side Slams with medicine ball x 20

Jump squats x 20

Push ups x 20

Runs x 10 (20m distance)

4 Rounds & 2 minute rest between rounds

Sample 6

Curl and press x 10 reps

Ball slam x 10 reps

Double arm rope x 20 reps

Mountain climbs x 20 reps

Push ups x 20 reps

Medicine ball V sit dribble through legs x 20

Tyre flip with a burpee 20m up and back

Resistance running on the spot 25 sec ON 5 sec OFF (5x)

4 Rounds & 2 minute rest between rounds



Sample 7

45 Seconds ON 15 Seconds OFF

Kangaroo hops (jump out squat to jump in squat)

Battle rope jumping jacks

Mountain climbs

Battle rope hip toss

Push ups

Battle rope clapping

Slam ball over shoulder

Battle rope singles

20m tyre flip plus 5 jump squat after each flip

4 Rounds & 2 minute rest between rounds



Sample 8

Medicine Ball Routine

Malcoms x 3 (set up 2 cones 10m apart, run to First cone drop down and jump back up, run back home then proceed to run to furthest cone, drop down jump back up, run home and repeat)

20 Ball slam to burpees

Malcoms x 3

15 Ball Shoulder Press 15 Ball Front Raise

Malcoms x 3

20 Pushups (Alternating 1 Arm on ball per push up)

Malcoms x 3

20 Jump Squats Holding Ball + 20 Lunges (10 per Leg)

Malcoms x 3

20 Over the Shoulder Explosive throws

Runs x 5 (30m)

2 Rounds

Sample 9

Pyramid Circuit

Part A:

Ball Slam

DB Shoulder press

Bent Over Row

Kettlebell Squat

Cleans With Weight Bag

Start with 8 reps on all exercises followed by 1 run, the 7 reps on each all the way to 1

Part B:

Burpees

Pushups

Jump Squats

Lunges (Per Leg)

Mountain Climbers (Per Leg)

Start with 10 reps on all exercises followed by 1 run, the 9 reps on each all the way to 1

Once fitness improves make your way back up to the beginning starting reps.

Sample 10

Kettlebell Workout

Kettlebell Swing x 20
Kettlebell Bent Over Row (2 Kettle Bells Needed) x 20
Kettlebell Upright Row x 20
Kettlebell Squat to Curl (At bottom of the squat perform a curl) x 20
Kettlebell Lunge Press x 10 per leg

40m Sprints/Run x 10

4 Rounds

Sample 11

Bodyweight Workout

Round 1: 30 Seconds ON 15 Seconds OFF
Round 2: 45 Seconds ON 15 Seconds OFF
Round 3: 60 Seconds ON 15 Seconds OFF

Step Ups
Walking Lunges
Toe Taps
Push Ups
Jumpin Jacks
Jump Squats
Burpees

Mountain Climbers
Oblique Twists

3 Rounds & 2 minute rest between rounds



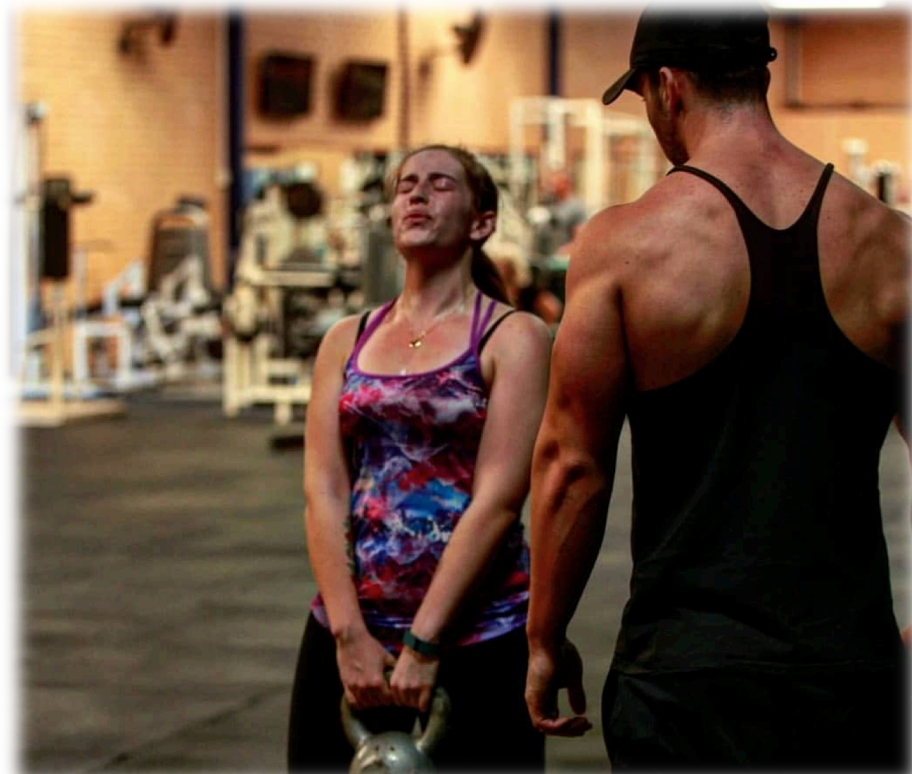
Cardio High Intensity Interval Training. Here you will perform quick bursts followed by a short break for a period. This training works at a high heart rate of approximately 80 to 90% and is completed usually under 30 minutes. For example, a session may look like one of the following

1. Warm Up - 5 minutes on level 5
Interval 1 - 2 minutes level 8 followed by 1 minute walk (level 5)
Interval 2 - 2 minutes Faster followed by 1 minute walk
Interval 3 - 2 minutes Faster followed by 1 minute walk
Interval 4 - 2 minutes Faster followed by 1 minute walk
Cool Down – 3 Minutes
2. Warm Up - 2 minutes
Interval 1 - 20 seconds ON followed by 10 seconds OFF - Total 25 minutes
Cool Down – 10 Minutes

Try to perform your HIIT training on either a Spin Bike or Treadmill

Low Intensity Steady State Sessions. Here you will maintain the same speed for a long duration of time, this assists in the body becoming conditioned overtime to begin burning fat as fuel. This is to be performed for a minimum of 45 mins and performed on a treadmill, Cross Trainer, Bike or Stair Master, even outdoor power walking. LIIS can also be performed the same day you have your resistance training but it is ideal and recommended to split them up into 2 sessions. Your body WILL adapt to this method so is important to keep your heart rate at roughly 65% of your max heart rate or in the moderate working range.

Visit <http://www.aussiefitsport.com.au/training-heart-rate-zones/> to Calculate your target working zone.



Fitness Challenge

Goal – Run 5km in 25mins - The following will allow you to keep track of your fitness progress with a challenge that will not only increase your fitness but assist in your weight management.

The objective is to beat your time each time you carry out this 5km run. 25 minutes to run 5km may seem impossible but have faith in your abilities. Even if you beat your time by 1 sec or 1 minute be proud that you are improving. It may take you longer than 12 weeks to achieve this goal but be patient, keep persisting and never give up.

Start at a comfortable pace and build up. Never stop running, if you get tired and feel you need to stop drop the speed and slow jog until you get your breath back and then increase the speed again.

Attempt this at least 2 times per week and can be carried out in replacement of LISS sessions.

To achieve 5km in 25 minutes you need to be running consistently at a pace of 12.5 allowing you to run 5min kilometres.



Week	Time	
Week 1	Attempt 1	Attempt 2
Week 2	Attempt 1	Attempt 2
Week 3	Attempt 1	Attempt 2
Week 4	Attempt 1	Attempt 2
Week 5	Attempt 1	Attempt 2
Week 6	Attempt 1	Attempt 2
Week 7	Attempt 1	Attempt 2
Week 8	Attempt 1	Attempt 2
Week 9	Attempt 1	Attempt 2
Week 10	Attempt 1	Attempt 2
Week 11	Attempt 1	Attempt 2
Week 12	Attempt 1	Attempt 2

Stretching is very important and should be done prior to your sessions as well as after your session. Stretching is crucial in not only training but day to day life. Through daily stretching it will keep all your muscles flexible and this flexibility allows you to maintain a range of motion in your joints. Stretching will keep your muscles strong, supportive and healthy.

Without regular stretching sessions and throwing in regular training or activities, the muscles will shorten and become tight and we all know what this has felt like at some stage or another and when you require the use of specific muscles for certain activity like your quads for running for example, they are weak and unable to extend all the way and this is when injuries or lack in optimal performance may occur.

So, if you're injured, unable to train or can't do various activities this will alter your success and abilities to carry out the training required to optimise your results. It is important that you remember to stretch regularly, this cannot be stressed enough.



“Believe in yourself and have faith in your abilities. Without a humble but reasonable confidence in your own powers you cannot be successful or happy” – Norman Vincent Peale

Meditation and Self Reflection is a state of deep peace. It will help to clear your mind and transform your mind. This program allows us to completely change our lifestyle, body and our mind. Meditation and gaining crystal clear clarity on who we are and creating direction for the life we want to lead is a crucial exercise that should be practiced daily to ensure we live the life we desire. Make meditation a part of your daily routine by setting 20 minutes a side to be alone and in complete silence or put on some peaceful music.

Close your eyes begin to take in deep breaths followed by slowly exhaling. Be consciously aware and focused only on your breathing. Relax your mind and your body. Begin to think about your life and all things you are grateful for. Think of how each of those things make you feel. Think about your goals and your purpose here on earth, visualise what it would feel like to achieve them. The world is your oyster and it's time to start becoming the best version of yourself. There is no limitation to what you can achieve. If you can think it in your mind, you can hold it in your hand.

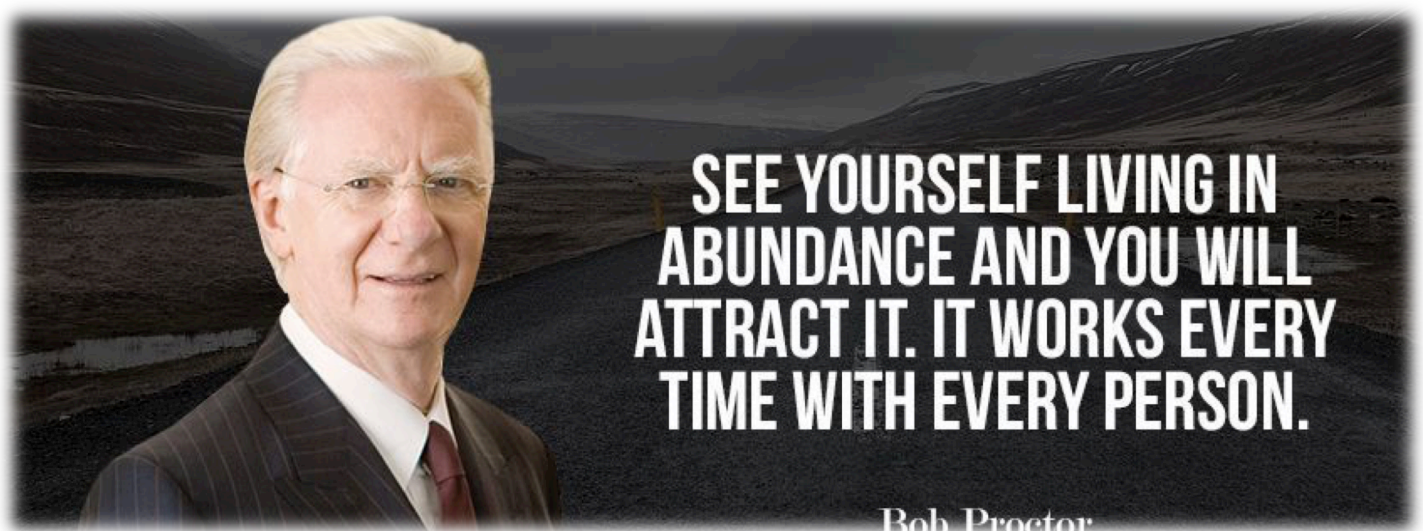
Plug your head phones in and listen to the gentle and guiding words from Bob Proctor, they will help you understand the power of the mind and how we are in control of our life outcomes, listen and learn, watch as many times as needed and research further.

https://www.youtube.com/watch?v=z2IEiYM_iYM - Paradigm Shift

<https://www.youtube.com/watch?v=-l4a7cdyHUo> - 'The Secret'

<https://www.youtube.com/watch?v=xfSLm7swfp4> - Celebs talk about the powers of the Universe and Law of Attraction.

Netflix has also placed 'The Secret' into their documentaries I would suggest watching here if you would like to view, learn and take notes in the comfort of your home. Add it to your list for easy access; this is something you will need to watch over and over again.



My Weekly Results

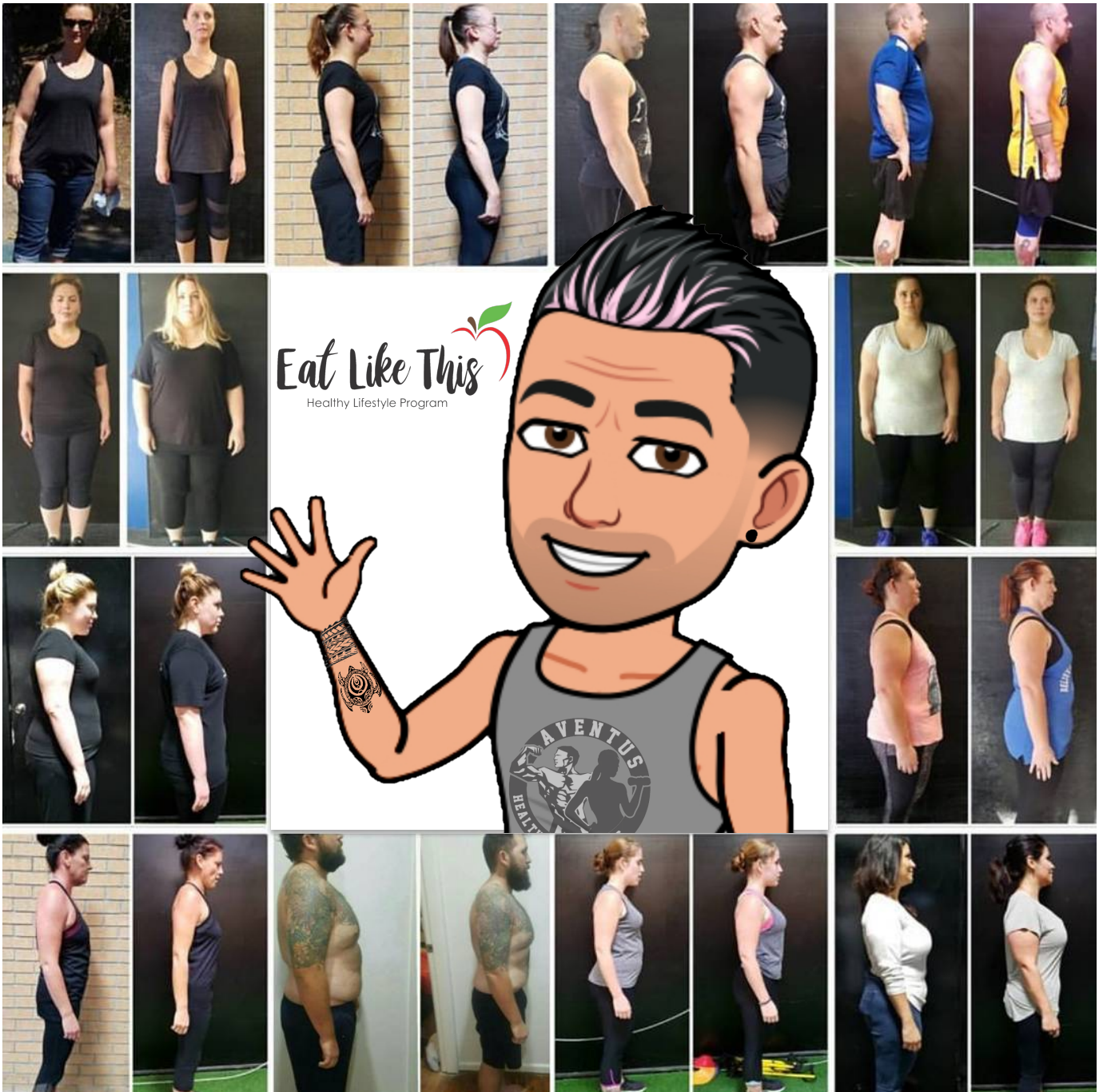
Here you can track your progress over a 90 day period.

	Weight	Chest	Waist	Hips	Legs R/L	Arms R/L
Week 1						
Week 2						
Week 3						
Week 4						
Week 5						
Week 6						
Week 7						
Week 8						
Week 9						
Week 10						
Week 11						
Week 12						

THANK YOU

Thank you for participating in my Lifestyle program, I truly hope your life has improved and that you continue to live a life full of health, inner peace and happiness.

Dan Murphy



The perfect snack when on the go or to keep away those sugar cravings are the BSc LOW CARB bar. These healthy snack offerings adhere to the expert guidelines containing high protein, have no added sugar and are low in carbohydrates. These bars have no artificial flavours and are naturally sweetened with Stevia.

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