

RAPID SHRED GUIDE

Please note: This is general information only and not personal health advice. Always consult your doctor or healthcare provider before making changes to your diet or exercise routine.

BREAKFAST

- Protein shake or protein water (aim for 25-30g protein)
- OR 2x Shape Up Protein Balls

SNACK 1 & 2

- 1-2 Shape Up snacks (fibre bite, sesame bite, sesame bite, chocolate oat slice or protein balls)
 - Fresh fruit or veggies
 - 1 small serve of a pantry snack
- ✓ You can always add fruit along side your Shape Up snacks
- ✓ Veggies can be added anytime – the more, the better!

LUNCH & DINNER

Option 1 Any Shape Up Meal

Option 2 Create Your Own Meal on our website

Mix and match your protein, carbohydrate, and veg/salad of choice – giving you over 200 possible combinations

Protein

- Chicken nuggets
- Spicy chicken nuggets
- Chicken patty
- Grilled chicken
- Beef patty
- Beefy mince

Carbohydrates

- Sweet potato
- White potato
- Chicken rice
- Basmati rice
- 4 bean mix
- Kidney beans

Veggies or Salad

- Green beans in red sa
- Broccoli
- Sweet nutty broccoli
- Peas, corn & carrot
- Tabouli
- Zesty cabbage salad

FLEXIBLE WEEKENDS OR FLEXIBLE DAYS

- Fast around your off meal.
- If you're hungry, have a Shape Up Snack, fruit, veggies, or salad to keep you going while you fast.
- Pick whatever you want for your meal or share a plate with a friend.
- Keep alcoholic drinks straight and sugar-free and limit to two drinks.
- 15–20k steps is essential on an off day.
- If you can, fit in a weight training session or our group class on Saturday.
- One off day is suggested, but two is okay too – as long as you follow the fasting rules.
- The morning after a cheat meal, aim to wake up and smash steps to start lowering blood sugar.