



Meal Plan

That Fit Your Life On Your Schedule

FEEL BETTER TODAY, STAY HEALTHY FOR TOMORROW :

You must be wondering what's the point of joining Food Plan when you are already eating food which looks good to you. Well, you might be eating plenty of food, but the question is, are you eating food that gives your body the nutrients you need to be healthy? Are you doing enough physical activity to stay fit and burn those extra calories? This booklet is a starting point for finding your way to healthier you. Eating right and being physically active isn't just a "diet plan" or a "health program"—they are the keys to a healthy lifestyle.

A MEAL PLAN OFFERS YOU REAL

The 1234 FoodPlan is a common sense approach to eating for you, for life. Everyone is different and this plan evolves with you over the first 4 weeks to suit your tastes and your lifestyle.

Where most plans start with 500 recipes of which you will only use a small percentage, we start the other way with little variety and we add to it as we go. We add the foods that you like making this plan, your plan, whilst most importantly concentrating on portion size. The only way to put weight on without any medical conditions is through overeating. A lot of people are in denial about this and you will often hear people say they hardly eat but they still put on weight. Body fat is only stored through the accumulation of too many calories.

In fact, the only way to lose weight is by eating less. Our plan does not need intense exercise for it to be effective, as this can be detrimental to weight loss by increasing hunger through exertion. We suggest light exercise for the first 4 weeks and after that the plan has two options to include workout plans that suit your lifestyle. The first 4 weeks, if coming from a non-exercise background, will be simply walking.

Walking is something we were born to do. Each time you complete a walk it will give you more confidence as you are achieving a goal which has been set as opposed to embarking on a strenuous fitness regime which you may find too difficult and leave you feeling a failure. We aim to get you to eat less and move more, simply and effectively. This is the secret to this plan's success with so many of our clients.

Do you want to know how your food plan will look like, here the example:

The only way to put weight on is by overeating, even if that is overeating healthy food! This plan will teach you how to portion control everything you eat. You have to eat these meals in order - 1,2,3 and 4. Whatever time you get up you start with number 1. Also, the 4 meals are opportunities to eat, you don't have to have all four. If you prefer, you can just eat 3.

MEAL PLAN 1

1. Boiled eggs, poached or scrambled, and spinach.
2. Porridge or Weetabix.
3. Chicken with vegetables or salad.
4. Any lean meat or fish with sweet potatoes & vegetables.

Snack jack or popcorn if you get hungry.

Water intake - 2 litres a day is compulsory.



MEAL PLAN 2

This is especially designed for Vegetarians (Vegan)

1. Tofu egg or avocado with veg.
2. Weetabix.
3. Snack. Anything under 100 calories.
4. Any meat substitute with veg, new pots or sweet pots.



Portion control is key. We work this out together as this is unique to everyone.

The weekend is a bit more relaxed. You can still have a life, jazz the meals up a little but has to be healthy, not mayonnaise on everything!

It's that simple!

The food and physical activity choices you make every day affect your health—how you feel today, tomorrow, and in the future.

SO BE SMART & CHOOSE SMART

SUCCESS STORIES

We can give you thousands of reasons to choose our 1234 FoodPlan.

Here are some for you:-

Jasmine hotchkiss

Came to gym after seeing the results I got for her sister Portia. Was incredibly unhappy with how she looked and just couldn't get herself out of the rut she was in. admitted feeling very down which was affecting everything in her life. Started plan for 8 weeks with the light exercise I advised her to do. Wasn't plain sailing but got to grips with the three golden rules and the results started to come. With each pound lost she said she felt more motivated and happier that she had taken control of her eating. Started tow pt sessions a week and began to self manage food. A year in she is still in this shape and even upped it a bit for a holiday with her friends saying that wearing a bikini and being body confident was the best feeling ever.



Jodie Adamson!

Came to me after losing 3 stone but needed to get more off and get training to shape her body. A few balance and coordination problems lead us to training 3 x a week. High drama at times, forever nicking sweets from the office but very dedicated and really listened when we started plan and it's format! Had some great laughs with this one! Still paying lads of money for a PT and not getting results? Training in someone's garden? Well done you! 7 months. 2 stone 4 lbs! Maximus Jim Frimley



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