

14 DAYS WEIGHT RESET AND LIFESTYLE CHANGE PROGRAMME

Introduction

This 14 days weight reset program is designed to help you lose weight at a safe rate, and create a long-term behavioural change tailored to suit your individual needs and preferences, promoting a sustainable weight loss.

The programme features

- Promote safe and sustainable weight loss
- Learn to make healthier food choices
- Daily exercise plans to help you lose weight
- Learn skills to prevent weight regain
- A weekly progress chart
- Get support from private and closed facebook group page and whatsapp group page

The program is designed to develop healthy relationship with foods and be more aware of what and why you eat, to better understand what impact food, daily activity, stress and shortage of sleep has on the totality of your health.

Let's see where you are right now?

Please fill in this form. We will re-visit it again, at the end of the 14 days to chart your progress

<p>How do you feel right now? How is your self-esteem and confidence?</p>	<p>How is your current nutrition, body image and diet?</p>
<p>What are your expectations of the next 14days?</p>	<p>How are your stress levels?</p>
<p>What do you hope to achieve in the next 14days</p>	<p>Do you get good quality sleep and how much?</p>
<p>What are your 5 fitness, weight loss and food goals right now</p> <p>1.</p> <p>2.</p> <p>3.</p> <p>4.</p> <p>5.</p>	<p>Do you eat processed foods, coffee/tea and fruit daily and if so what is the quantity?</p>

Healthy Shopping list

Here is a list of the foods that you can eat that balance your hormones, keep your blood sugar levels constant, reduce inflammation and burn body fat

The beauty of this programme is that you can design your own meals, as long as you eat the food contained on the shopping list and nothing else.

This is a Clean Eating plan, getting rid of all processed foods that make your body toxic and predisposed to holding onto fluid and body fat. The focus will be on eating food close to their natural state, not those that have been altered through processing.

Choose from the following foods

Proteins

Beef	Kidney	Lobster	Prawns
Chicken	Veal	Salmon	Rainbow Trout
Duck	Pork	Cod	Haddock
Turkey	Lean Bacon	Plaice	Mackerel
Lamb	Shellfish/Shrimps	Halibut/Turbot	
Liver	Crab	Hake	Eggs
Bream	Sea Bass	Hummus	Fresh Tuna – (not tinned)

Carbohydrates – As much Green Veg as you can eat at every meal

Brown rice	Courgette	Bean Sprouts	Rocket
Basmati rice	Carrots	Swede	Squash
Sweet Potato	Parsnips	Cucumber	
Aubergine	Broccoli		

All leafy greens – Spinach, Kale, spring greens, lettuce

Tomatoes	Mushrooms	Pepper(all colours)	Cauliflower
Onions	Lentils	Eggplant	Avocado
Cabbage	Peas/beans	Purple Sprouting	Apple
Celery	Chick peas	Broccoli	Okra
Jute Mallow/Ewedu		Pumpkin leaves (Ugwu)	

African dishes:

Vegetables soup Okra soup Ogbono soup
Ewedu soup Unripe plantain boiled, unripe plantain flour

Fats

Use good Vegetable Oil to cook (Sunflower, soybean, canola, corn). You can dress your food with Olive oil. Don't cook with olive oil as it goes rancid at high temperature. In general, choose oils with less than 4 grams of saturated fat per tablespoon, and no partially hydrogenated oils or trans fats

Nuts

Go easy on nuts as they are very high in calories and it's so easy to eat a lot.

Almonds Macadamia Nuts

Other

Herbs and spices are fine to enhance and flavour, but don't overdo it as herbs and spices are CARBS. You can use Almond milk, soymilk.

Fruits

Keep away from high sugar fruits; only eat berries/banana on carb days or after training.

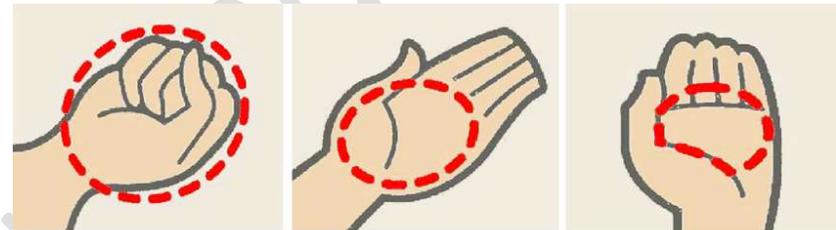
Drink

Water – minimum 2-3 litres per day

Fruit teas

No coffee, de-caff tea or coffee, alcohol, fizzy drinks and juice

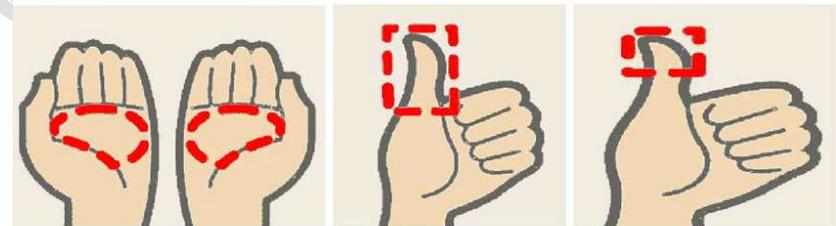
Portion Ideas



Clenched fist = 1 cup
Useful for estimating:
cooked *pap*, rice, *samp*, pasta,
potato, fruit

Size of palm:
Useful for estimating:
Meat, fish, chicken

One handful:
Useful for estimating:
Nuts, raisins



2 Handfuls:
Useful for estimating:
Vegetables

Thumb:
Useful for estimating:
Peanut butter
hard cheese

Tip of thumb = 1 teaspoon
Useful for estimating
All oils, mayonnaise,
margarine

Goal Setting

Write down and be descriptive and clear:

My perfect weight is

My body will look like (describe your ideal shape, muscle tone)

My energy levels are

My mind set is

Next write down everything you hope to get out of this program.

The Nutrition Plan

The Basics

Eat 3 meals per day – no snacking between meals

Ensure you eat plenty at every meal and fill up on veggies

Perform a daily 10-minutes HIIT Workout either live or pre-recorded

Aim to drink 2/3 litres of water daily

Drink fruit tea if you so wish

Plan your meals in advance

Only choose foods from the shopping list to make up your meals



Meal Planner day 1-7 (3 meals a day, no snacking in between)

BREAKFAST	LUNCH	DINNER	DRINKS

Meal Planner day 8 – 14 (Intermittent fasting on alternate days)

BREAKFAST	LUNCH	DINNER	DRINKS

Simple Breakfast Ideas

Eggs

From boiled to scramble to sunny-side up. You can also combine with vegetables like mushroom, tomatoes, onions, pepper (all colours) etc

Banana Omelette

Warm a frying pan with a little oil
Chop a banana and fry in the pan
Beat 2 eggs and cover banana – omelette style

Banana Oatmeal pancake

Ingredients: 2 Eggs, 3 banana, 2/3 cups of unsweetened oats, 1 tbsp baking powder, a pinch of salt

Combine all ingredients in the blender. Blend until smooth and cook on low heat with oil

Smoothies

Fill your smoothies with veggies and low-calorie fruits

Fruit Salad

Mix to suit your preference with focus on low-calorie fruits

Oatmeal

You can add low-calorie fruits such as berries (strawberries, blueberries, blackberries and raspberries)

Boiled plantain with tomato sauce especially unripe plantain

Pap (Ogi) and Beancake (Moinmoin)

Bioled or baked sweet potatoes with stew and salad

Mixed vegetables

Main Dishes ideas

Nigerian dishes

Roast plantain with gizzard and lots of vegetables

Roasted chicken/fish/vegetable with vegetable salad

Goat/fish/chicken/turkey pepper soup

Fish/chicken/turkey and Okro soup

Eforiro with or without egusi

Grilled fish with vegetables

Bitterleaf soup with plantain flour (elubo)

Jollof rice with fish/chicken/chicken and plenty of vegetables

Beans with fish/chicken/turkey

Plantain porridge with vegetables

Sweet potatoes porridge with vegetables

Chicken gizzard vegetable stew

Chicken gizzard stir-fry with pepper/onions

Other dishes to try

Chicken Pizza

Butterfly cut chicken breasts and open out onto a baking tray. Spread with tomato puree.

Add pepper, onions, peas or whatever toppings you like from the shopping list.

Pop on a baking tray and bake in oven for 20minutes

Baked Eggs and Vegetables

Chop vegetables – you can use, all colour peppers, red onions, white onions, tomatoes, mushrooms, broccoli, cauliflower, spinach, kale, watercress.

Lightly sauté all your vegetables in oil, place in an ovenproof dish and break 6-8 eggs into it, depending on the size of the dish leaving gaps between the eggs

Place in the oven at 180 for 25-30mins

Crucial Information

It is very important you abide by the nutritional guidelines of this programme. The programme will focus a lot on portion control and increase intake of fruits and vegetables.

Your nutrition forms around 80% of your results. Exercise will speed up the process.

Par Q and Physical Activity Questionnaire

Thank you for filling out the questionnaire. Your programme has been created especially for you to get the best results possible.

We will tell you if there are specific workouts you need due to medical reasons and what is best for you.

If you have any trouble in our workouts then please get in touch straight away and we will adapt your programme to suit your needs

High Intensity Interval Training (HIIT) is the main exercise on your 14 day plan which is short intervals of maximum intensity exercise separated by longer intervals of low to moderate intensity exercise. This will significantly improve fitness, burn fat and increase the calories you burn after exercise too for up to 18hours! You can fit this workout in at any time of day but morning is most effective.

Apart from the daily workout with me, try and accrue your daily 10000 steps – increase the time you walk, look for opportunities to be more active. For example, you can include walking to work if not too far, walk to the shops, to your friend's house and so on

The Fit Test

Before you embark on any fitness programme, we need to establish exactly from where you are starting.

We can then measure your exact progress over the 14days. Here are the 10 exercises you need to perform as a workout on day 1 of your programme.

You will then perform the fit test every 7 days and record your scores.

There is an online video with all of the exercises demonstrated for your information.

Do each exercise for 40 seconds, rest for 20 seconds

Ensure you warm up before you start

We can then track your progress and fitness levels

	Day 1	Day 7	Day 14
Squat Jump			
Burpees			
High Knees			
Jump Jacks			
Mountainclimb			
Plank Jack			
Press Up			
V Sit Up			
Skaters hop			
Tricep Dips			

Scales are for Fish

Although it's very tempting to weigh yourself daily, please try not to.

The reasons are multiple, some people will lose more weight at the beginning of this programme and others will lose more towards the end.

Your measurements are more important than what you see on the scales, which is why I focus on your inch loss and how you look from week to week with your photos

In addition, it can be heart-breaking for some people who jump the scale after few days and see they haven't lost weight at all. We all lose weight at different speeds. Your measurement and photos are 90% more important than what the scales says

Remember, scales are for fish!

Measurement Day 1 Day 7 Day14

Measurement	Day 1	Day 7	Day14
Weight			
Chest			
Waist			
Hips			
Right Thigh			
Left Thigh			
Right Arm			
Left Arm			
TOTAL INCHES			

Photos – The Camera Never Lies

Take your picture at the beginning of this programme:

1 from the front

1 from the side

1 from the back

It will help to measure your progress and achievement at the end of the programme

WORKOUT AND VIDEO SCHEDULE**WEEK 1**

DAY	WORKOUT (Pre-recorded)	TOPICS (Pre-recorded/live)
M	Cardio/Strength 40/20	Introductory video
T	Pyramid HIIT Workout	Questions&Answer
W	STRENGTH TRAINING	Understanding Calories
T	ABDOMINALS	Questions&Answer
F	CARDIO TONE 30/30	Hunger vs Craving
S	TONING WITH BAND	Questions&Answer
S	REST	REST

WORKOUT AND VIDEO SCHEDULE**WEEK 2**

DAY	WORKOUT (Pre-recorded)	TOPICS (Pre-recorded/live)
M	LEGS & ABS	Facebook live
T	EMOM HIIT	Stress & Health (live)
W	Upper Body & Abs	Questions & Answer
T	CARDIO TONE (PYRAMID)	Sleep & Health
F	30:30 HIIT	Facebook live
S	ABDOMINALS	Questions&Answer
S	CONCLUSION & REVIEW	

DAILY COMMITMENT

Daily Calorie Intake: 1500

1. Eat every 4-5 hours
2. Eat until you are full. The body tells us when it's full.
3. Drink at least 2 litres of water
4. Include plenty of vegetables in your meal
5. Focus more on non-starchy carbohydrates
6. Include protein in every meal
7. No eating in between meals
8. No junk food, no fizzy drinks
9. Use the guidelines in the book to prepare your meals
10. Use smaller plate/bowl - portion control is key in weight loss
11. Increase your intake of fruits especially low sugar fruits like apple, orange, berries, pawpaw
12. Focus more on developing healthy eating habits

13. If you can, kindly post your meal to the Facebook page. It might help others with recipe ideas.

Useful Link:

1. <https://www.myfitnesspal.com/> (App on playstore)
2. <https://healthylivingandu.com/benefits-of-strength-training-for-woman-by-esther-gateway/>
3. <https://healthylivingandu.com/simple-tips-to-reduce-daily-calorie-intake/>
4. <https://healthylivingandu.com/sugar-and-health-by-dr-oluseye-arikawemrcgp-drcog-dffp/>

Loving yourself starts with proper self-care

The focus of the program has been to assist us in developing long-term behavioural change that will promote sustainable weight loss

There is no magic to it. It is an individual journey that must be pursued with focus, determination, self-understanding, patience and self-acceptance.