



**F.I.T.**<sup>™</sup> C9 F15 V5

Look Better. Feel Better.

**Foundation.  
Inspiration.  
Transformation.**

# F15

**BEGINNER 1&2**

**TAKE THE  
NEXT STEP**



FOREVER

# F15

## BEGINNER 1

### ARE YOU NEW TO FITNESS AND NUTRITION?

Forever's F.I.T. Programme will provide you with the **foundation** and **inspiration** needed to achieve your **transformation** goal.

**F15 Beginner** forms part of Forever F.I.T. and this level teaches you the basics of fitness.

This hassle-free pack comes with all of the products you need to complete a fifteen-day programme, and this booklet is designed to guide you through a routine that is both attainable and flexible. You'll learn customised body workouts, fundamental movements and basic cardio, and you'll discover healthy recipes (P.34), exercise ideas, weight management products and lifestyle tips. All of this will help you to build a fitness foundation and form positive weight management habits.

**F15 Beginner** has been split into two fifteen-day regimes so that you can choose the one that best suits your lifestyle. Look closely at each supplement and meal schedule and exercise plan (**F15 Beginner 1**: P.7 and P.15. **F15 Beginner 2**: P.25 and P.28). Each regime has a slightly different calorie distribution and they also offer different exercise choices, so it's important to consider how you will cope with each before you begin. If you are a complete fitness novice, we suggest you follow **F15 Beginner 1**.

NOT SURE HOW TO PERFORM SOME OF THE EXERCISE ROUTINES?

CHECK OUT OUR USEFUL VIDEO TUTORIALS ON [foreverfit15.com](http://foreverfit15.com)

Please note: if you want to complete both parts (**F15 Beginner 1** and **F15 Beginner 2**) you will need to purchase additional products.

TAKE EACH PRODUCT AS DIRECTED IN THE SUPPLEMENT SCHEDULE FOR MAXIMUM RESULTS!

#### FOREVER ALOE DRINKING GEL

Our aloe drinking gels boast up to 99.7% pure aloe vera and are high in vitamin C.



#### FOREVER FIBER

**Forever Fiber** is designed for digestive health and is high in fibre and low in saturated fat.



#### FOREVER THERM

**Forever Therm** is formulated with vitamins to provide supplemented support whilst achieving your diet and lifestyle goals.



#### FOREVER GARCINIA PLUS

**Forever Garcinia Plus** contains the prized Asian culinary fruit Garcinia. It is high in chromium which helps with healthy macronutrient metabolism and also contributes to the maintenance of normal blood glucose levels.



#### FOREVER LITE ULTRA

**Forever Lite Ultra** is available in chocolate and vanilla flavours and provides 24g of protein per serving, plus many other vitamins and minerals.



## BE MINDFUL OF YOUR HEALTH

Please note that the Forever F.I.T. Programme (**C9** and **F15**) should not be taken by anyone who has diabetes, kidney disease, epilepsy, heart disease or dementia. It should not be followed during pregnancy or when breastfeeding, and it is not suitable for children.

If you have any medical condition or are taking medication, please consult your doctor before starting the programme.

This programme may not be suitable if you are obese or underweight. Check your BMI and consult your doctor before changing your diet and exercise regime.

Please refer to the foods supplement kit packaging for further information on usage.



# LET'S GET STARTED.

## FOLLOW THESE TIPS TO ACHIEVE YOUR BEST RESULTS.

1

### WEIGH AND MEASURE YOURSELF BEFORE YOU BEGIN.

Record your measurements in this booklet and calculate the difference at the end of F15.

2

### RECORD YOUR DAILY EXERCISE, FOOD INTAKE, AND HOW YOU FEEL WHILE ON F15.

Accountability will help prevent you from deviating from the programme.

3

### DRINK PLENTY OF WATER.

Approximately 3 litres a day for men and 2 – 2½ litres a day for women.

4

### PUT DOWN THE SALTSHAKER.

Salt contributes to fluid retention. Flavour foods with herbs and spices instead.

5

### AVOID FIZZY DRINKS AND CARBONATED BEVERAGES.

Carbonation promotes bloating. Drinking fizzy drinks also adds unwanted calories and sugar.

## KNOW THAT YOU CAN DO THIS.



Forever  
Aloe Vera Gel  
2X 1 litre  
bottles

Forever  
Lite Ultra  
1X pouch  
(15 servings)

Forever  
Garcinia Plus  
90 softgels

What your  
F15 pack  
includes:

Forever Therm  
30 tablets

Forever Fiber  
15 packets

F.I.T. Shaker





# BEGINNER 1 SCHEDULE.

**FOLLOW THIS SUPPLEMENT SCHEDULE EACH DAY TO ACHIEVE MAXIMUM RESULTS WHILE ON THE F15 BEGINNER 1 FIFTEEN-DAY PROGRAMME.**

<b>Morning</b>	2X Forever Garcinia Plus softgels	 <p>Wait 30 minutes</p> <p>Before taking Forever aloe drinking gel</p>	<p><b>120ml</b> Forever aloe drinking gel</p> <p>With a minimum of 240ml of water.</p>	<p><b>1X scoop</b> Forever Lite Ultra</p> <p>Mixed with 300ml of skimmed milk.</p>	<p><b>1X</b> Forever Therm tablet*</p> <p>*Take with food.</p>
<b>Mid-morning</b>	<p><b>1X packet</b> Forever Fiber</p> <p>Mixed with <b>240-300ml</b> of water or other beverage.</p> <p>This can be consumed at any time of the day.</p>	<p>Be sure to take <b>Forever Fiber</b> separately from your daily supplements. Fibre can bind to some nutrients, impacting its absorption by your body.</p>	<p><b>200-calorie snack</b> for women</p> <p><b>300-calorie snack</b> for men</p> <p>This can be consumed at any time of the day. See P.36.</p>		
<b>Noon</b>	2X Forever Garcinia Plus softgels	 <p>Wait 30 minutes</p> <p>Before having your meal</p>	<p><b>1X</b> Forever Therm tablet*</p> <p>*Take with food.</p>	<p><b>450-calorie lunch</b> for women</p> <p><b>550-calorie lunch</b> for men</p> <p>See P.37 for suggestions.</p>	
<b>Early evening</b>	2X Forever Garcinia Plus softgels	 <p>Wait 30 minutes</p> <p>Before having your meal</p>	<p><b>450-calorie dinner</b> for women</p> <p><b>550-calorie dinner</b> for men</p> <p>See P.37 for suggestions.</p>		
<b>Night</b>	A minimum of <b>240ml</b> of water				

## F.I.T. TIP

A great way to drink your daily aloe is to mix it with **ARGI+** (sold separately). **ARGI+** provides 5g of l-arginine per serving plus vitamin C, which contributes to the reduction of tiredness and fatigue. Give your body the energy boost it needs to keep going all day long!

**Turn to P.15 for the recommended workout schedule.**

Mix **120g** of Forever Aloe Vera Gel, 1 sachet of **ARGI+** and water to taste. Shake with ice for a delicious way to enjoy the benefits of aloe.

**FOOD SUPPLEMENTS ARE NOT FOODS; THEY ARE DESIGNED TO SUPPORT YOU IN REACHING YOUR LIFESTYLE GOALS. THEY DO NOT CONTRIBUTE TO WEIGHT LOSS IN ISOLATION WITHOUT BEING PART OF A CALORIE-CONTROLLED DIET AND EXERCISE REGIME.**

## WHEN IT COMES TO WEIGHT LOSS, CHANGING YOUR MIND IS AS IMPORTANT AS CHANGING YOUR BODY.

Without learning new habits, any weight that you lose could be gained back if you slip back into the old habits that caused you to gain weight in the first place. The best place to get started is in the kitchen.

Learning about fuelling your body the right way and the importance of protein, carbohydrates and fat can make a huge impact on your journey to looking and feeling better!

## THE POWER OF PROTEIN.

Protein is a big player in our health and wellness and makes up much of your muscles, brain, nerves, hair, skin and nails.

## DID YOU KNOW...

...as you exercise, high protein foods help to build muscle?

**As you lose weight, the high protein foods will help to maintain muscle.**

...Forever Lite Ultra is a quick, easy and delicious way to increase your protein intake?

**Protein contributes to the growth and maintenance of muscle mass.**

## F.I.T. TIP

STAY AWAY FROM WHITE BREADS, CHIPS AND OTHER PROCESSED CARBOHYDRATES (OFTEN WHITE OR LIGHT IN COLOUR) AND FOCUS ON INTRODUCING COLOURFUL OPTIONS TO YOUR PLATE INSTEAD. THIS WILL ENSURE THAT YOU'RE CHOOSING NUTRIENT-DENSE, SATISFYING FOODS!

## BASAL METABOLIC RATE (BMR) AND ACTIVE METABOLIC RATE (AMR).

Everybody's body is different, and for our bodies to function correctly on a daily basis (even while sleeping) we need to 'fuel' it. We do this by consuming calories, but first it is important to work out how many calories you require – you can do this by working out your BMR and AMR.

Basal metabolic rate (BMR) is the energy required to maintain the body's normal function when at rest (this will vary depending on your gender, weight and age). It contributes to around 75% of the total energy expenditure and is determined in part by the amount of muscle in the body; this is why we aim to have a good amount of muscle to fat ratio. When muscle is lost, for example through extreme starvation diets, BMR will drop. This would ultimately mean that a lower calorie (kcal) requirement is needed.

Your AMR is your active metabolic rate, and the one you can influence the most; the more active you are, the more energy you will use. First of all work out how active you are going to be based on the information below. Multiply your BMR by the figure that corresponds to your exercise level and you will be left with your AMR.

## MEASURING YOUR BMR.

**STEP ONE:**  
You can calculate yours easily using the calculator in the top right of the screen on [www.foreverfituk.co.uk](http://www.foreverfituk.co.uk)

**STEP TWO:**  
Click the top right purple hexagon that says 'calculator' then click the top right green hexagon that says 'BMR & AMR'.

**STEP THREE:**  
Put in your weight (in kilos), height (in cm), age and gender. This will give you your BMR.

## MEASURING YOUR AMR.

Select your activity level, e.g. extra light, light, moderate, or heavy (this can vary on a daily basis), and the site will work out your AMR.

To lose weight = eat less than your AMR but above your BMR +

To maintain weight = eat the same amount of calories as your AMR +

To gain weight = consume more calories than your AMR +

PLEASE NOTE: EATING LESS THAN YOUR BMR AND/OR LESS THAN 700KCAL BELOW YOUR AMR REGULARLY WILL CAUSE YOUR BODY TO THINK IT IS GOING INTO STARVATION MODE. THIS WILL LOWER YOUR METABOLISM AND YOUR BODY WILL USE LEAN MUSCLE INSTEAD OF FAT AS FUEL.



## FIGHTING CARB-O-PHOBIA.

With all of the confusing information available on carbohydrates these days, you may find yourself thinking you should avoid them all together. In reality, there are good carbs, like oats, that slowly release energy and are a good source of fibre; a good source of fibre provides you with energy for a longer amount of time.

On the other end of the spectrum are the carbohydrates that are largely stripped of their original nutrition and fibre. These are digested quickly and cause a rapid rise in blood sugar, leaving you hungry and with low energy shortly after you eat them.

Here are some great sources for healthy carbohydrates:

- + Fruits
- + Vegetables
- + Black beans
- + Chickpeas
- + Lentils
- + Brown rice
- + Wild rice
- + Oatmeal
- + Bulgur wheat
- + Rolled oats
- + Quinoa
- + Whole wheat
- + Whole grain barley

## FINDING F.I.T. FATS.

Just like carbohydrates, there is a lot of confusing information about fats and how they fit into your diet. Over the last few years, the health and fitness community has largely unified on the benefits of monounsaturated and polyunsaturated fats.

### CONSIDER ADDING THESE FATS INTO YOUR DIET IN MODERATION:

#### Monounsaturated Fats

- + Avocados
- + Olives
- + Nuts (almonds, peanuts, macadamia nuts, hazelnuts, pecans, cashews)
- + Natural peanut or almond butter (containing just nuts and salt)

#### Polyunsaturated Fats

- + Walnuts
- + Seeds (sunflower, sesame, pumpkin, flax, chia)
- + Fatty fish (salmon, mackerel, tuna, herring, trout, sardines)
- + Sources of soy milk and tofu

UNHEALTHY TRANS FATS ARE ONE OF THE BIGGEST CULPRITS IN WEIGHT GAIN. THESE ARE OFTEN FOUND IN BAKED GOODS, PACKAGED SNACKS AND FRIED FOODS.

#### F.I.T. TIP

While good fats are healthy, moderation is key. Generally try to limit yourself to one or two servings of these foods a day.



# FOREVER LITE ULTRA SHAKE RECIPES.

In **F15 Beginner 1**, drink your shake for breakfast to get your day started. In **F15 Beginner 2**, drink your shake after your workout or for a mid-day boost.

Keep an eye on how many calories you're consuming. If you choose a high-calorie shake, you will need to increase your exercise levels.

	+ WOMEN	+ MEN
<b>CHERRY GINGER ZINGER</b>	1 scoop Forever Lite Ultra / 236ml unsweetened coconut milk / 125g fat-free plain Greek yoghurt / 77g cherries / 4g ginger / 7g Forever Bee Honey / 4-6 ice cubes <b>(Approx. 274kcal)</b>	1 scoop Forever Lite Ultra / 236ml unsweetened coconut milk / 166g plain Greek yoghurt / 115g cherries / 4g ginger / 10.5g Forever Bee Honey / 4-6 ice cubes <b>(Approx. 447kcal)</b>
<b>PEACHES &amp; CREAM</b>	1 scoop Forever Lite Ultra / 237ml unsweetened almond milk / 225g peaches / ½ teaspoon cinnamon / 14g walnut pieces / 4-6 ice cubes <b>(Approx. 295kcal)</b>	1 scoop Forever Lite Ultra / 296ml unsweetened almond milk / 338g peaches / ½ teaspoon cinnamon / 28g walnut pieces / 4-6 ice cubes <b>(Approx. 452kcal)</b>
<b>GREEN GOODNESS</b>	1 scoop Forever Lite Ultra / 118ml unsweetened soy milk / 114g kale leaves / 115g spinach / 50g banana / 7.5g flax seeds <b>(Approx. 318kcal)</b>	1 scoop Forever Lite Ultra / 177ml unsweetened soy milk / 171g kale leaves / 225g spinach / 75g banana / 11g flax seeds <b>(Approx. 476kcal)</b>
<b>BLUEBERRY MUFFIN</b>	1 scoop Forever Lite Ultra / 177ml skimmed milk or alternative / 83g fat-free plain Greek yoghurt / 50g blueberries / 15g old fashioned oats / pinch of cinnamon / 0.6ml vanilla extract / 12.5g granola for topping <b>(Approx. 320kcal)</b>	1 scoop Forever Lite Ultra / 177ml skimmed milk or alternative / 125g fat-free plain Greek yoghurt / 75g blueberries / 21g old fashioned oats / pinch of cinnamon / 0.6ml vanilla extract / 25g granola for topping <b>(Approx. 489kcal)</b>
<b>CHOCOLATE RASPBERRY DELIGHT</b>	1 scoop Forever Lite Ultra / 236ml unsweetened coconut milk / 130g fresh or frozen raspberries / 3.7g cocoa powder / 15g almond butter / 17g cacao nibs (optional topping) / 4-6 ice cubes <b>(Approx. 305kcal)</b>	1 scoop Forever Lite Ultra / 236ml unsweetened coconut milk / 195ml fresh or frozen raspberries / 7.4g cocoa powder / 22g almond butter / 17g cacao nibs (optional topping) / 4-6 ice cubes <b>(Approx. 470kcal)</b>
<b>STRAWBERRY SHORTCAKE</b>	1 scoop Forever Lite Ultra / 180g fat-free plain Greek yoghurt / 133g strawberries / 15g old fashioned oats / 0.6ml vanilla extract / 4-6 ice cubes <b>(Approx. 278kcal)</b>	1 scoop Forever Lite Ultra / 360g fat-free plain Greek yoghurt / 166g strawberries / 21g old fashioned oats / 0.6ml vanilla extract / 4-6 ice cubes <b>(Approx. 440kcal)</b>
<b>APPLE CRISP</b>	1 scoop Forever Lite Ultra / 177ml unsweetened soy milk / 57g unsweetened apple sauce / 113g apple, chopped / pinch of cinnamon and nutmeg / 17g dates / 3g chia seeds / 4-6 ice cubes <b>(Approx. 300kcal)</b>	1 scoop Forever Lite Ultra / 296ml unsweetened soy milk / 113g unsweetened apple sauce / 133g apple, chopped / pinch of cinnamon and nutmeg / 34g dates / 6g chia seeds / 4-6 ice cubes <b>(Approx. 461kcal)</b>

## F.I.T. TIP

Create your own shake by combining 1 scoop of Forever Lite Ultra with 240-300ml of skimmed, almond, coconut, soy or rice milk, 90g-180g of fruits and vegetables, 1 tablespoon of healthy fats like chia seeds, flax seeds, nut butter, avocado or coconut oil, and ice, water or green tea. Blend together and serve.

Feel free to substitute the milk in these recipes with skimmed, rice milk, unsweetened almond milk, unsweetened coconut milk or unsweetened soy milk.

Creating your own shake can be fun but it is important to keep an eye on the calories that you're putting in. We recommend 300kcal for women and 450kcal for men so keep this in mind when combining ingredients.

**HAVE A GREAT RECIPE?  
SHARE IT WITH US AT**  
[facebook.com/foreveruk](https://facebook.com/foreveruk)

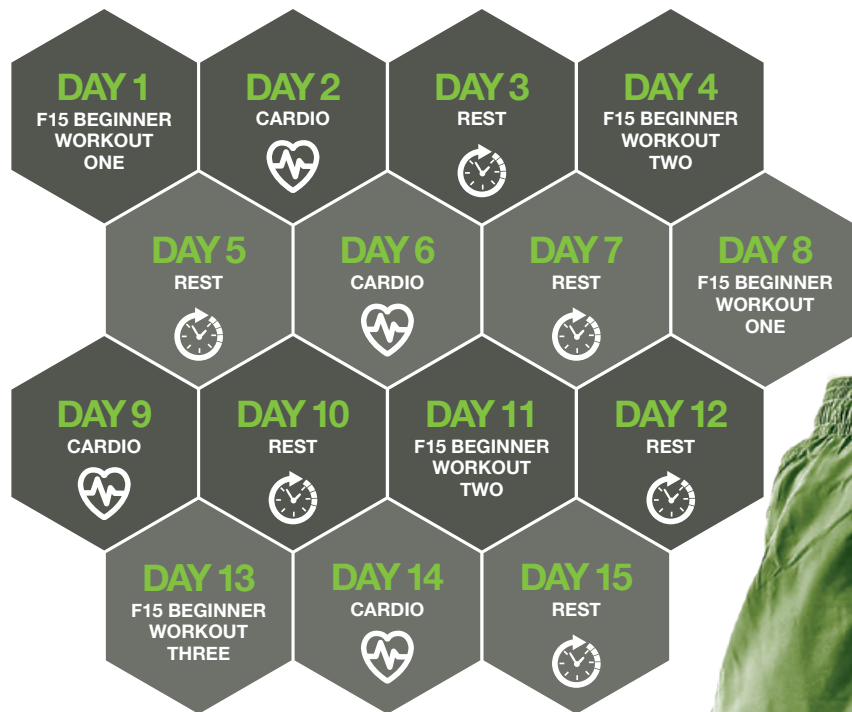


# F15 BEGINNER 1 WORKOUT SCHEDULE.

## LET'S GET MOVING.

The **F15 Beginner** programme combines three body-weight workouts that you can do anywhere and cardio at your own pace to get you moving! No set up, no confusing gym equipment, no excuses.

**REMEMBER:** Always warm up and cool down before and after exercising; be aware that training too hard can lead to injury. Listen to your body and if you feel pain, stop. If you have existing injuries or pain, consult your doctor before starting this or any exercise regime.



## COMMIT TO CARDIO.

Cardio refers to any movement that helps increase heart rate and circulation. Cardio exercise can help boost metabolism, help support a healthy heart and can help you recover more quickly after strenuous exercise.

Commit to doing **two-to-three days** of cardio activity per week. These sessions should be **30-60 minutes** in length and ideally performed without interruption.

However, if you are in a time crunch, you can break cardio into **15-minute** sessions. Find an intensity that feels like a five-to-seven on a scale of ten, with ten being extremely difficult.

## RECOMMENDED CARDIO EXERCISES INCLUDE:

- Walking +
- Jogging +
- Climbing stairs +
- Cross-trainer +
- Rowing +
- Swimming +
- Yoga +
- Biking +
- Hiking +
- Aerobics +
- Dancing +
- Kickboxing +

# WARM UP.

## YOUR BODY IS A MACHINE.

It's important to prep before you throw yourself into a workout. Warming up allows your joints to move through their full range of motion and can help to improve the quality of your workout while reducing your chances of injury. Think of it as a dress rehearsal for the main event. Use this warm up before each exercise in the **F15 Beginner** programme.

- SUMO SQUAT AND REACH 8X
- STEP/TOUCH 16X
- ALTERNATE KNEE LIFTS 16X
- BUTT-KICKERS 16X
- KNEE LIFT TO REVERSE LUNGE 16X
- LATERAL LUNGES 16X
- JUMPING JACKS 20X

# COOL DOWN.

Save a few minutes at the end of each workout to cool down. This allows your heart rate to transition easily into recovery, while breathing and blood pressure come back to normal. It also helps improve flexibility and helps prevent injury. The cool down should be performed fluidly as a series of movements rather than individual exercises.

- SUMO SQUATS 8X
- STANDING REACHES 16X
- LATERAL SUPPORTED LUNGES 16X
- LUNGE WITH QUAD STRETCH RIGHT 16X
- HAMSTRING STRETCH LEFT 16X
- LUNGE WITH QUAD STRETCH LEFT 16X
- HAMSTRING STRETCH RIGHT 16X
- CHEST OPENERS 8X
- SHOULDER CIRCLES 8X



TO SEE VIDEOS OF ALL WARM UPS AND EXERCISES, VISIT [FOREVERFIT15.COM](http://FOREVERFIT15.COM)



# F15 BEGINNER WORKOUT ONE

This workout introduces ten foundational moves that utilise lower body, upper body, core, balance and some unilateral movements. Each exercise will be performed for **30 seconds** with a **5-second** transition between exercises.

Once you have finished all ten exercises, recover for **60 seconds** and start again with a goal of completing two-to-three rounds total!

30  
seconds  
each

BEGIN ON  
EITHER  
LEG

- + Alternating lunges
- + Alternating knee lifts
- + Alternating butt-kickers
- + Squats
- + Bird-dog left
- + Bird-dog right
- + Pushups
- + Superman
- + Reverse crunches
- + Inverted bike

Rest 60  
seconds

Repeat  
2-3 times  
for full  
workout!

## F.I.T. TIP

If you're new to exercise or it has just been a while since your last workout, focus on completing one full round and mastering the correct form. Once you have it down, on your second or third workout, go for round two!

# F15 BEGINNER WORKOUT TWO

This workout introduces ten exercises that combine upper body, lower body and core. Many of the exercises require rotational movements that will also activate your core and balance.

Each exercise will be performed for **45 seconds** with a **10-second** transition between exercises. Once all ten exercises have been completed, recover for **60 seconds** and start again with a goal of completing two-to-four rounds total!

45  
seconds  
each

- + Squat reaches
- + Woodchops high left to low right
- + Woodchops high right to low left
- + Alternating side lunges
- + Side-to-side squats
- + Plank to side plank left
- + Kneeling tricep pushups
- + Plank to side plank right
- + Glute bridges
- + Core roll-ups

Rest 60  
seconds

Repeat  
2-4 times  
for full  
workout!

## F.I.T. TIP

Challenge makes changes! Completed two rounds last time? Take on three this time to get stronger and take the next step on your path to looking and feeling better.

# F15 BEGINNER WORKOUT THREE

This workout introduces ten exercises that incorporate hip rotation and some yoga style strength training. These movements are slower with more focus on balance and core stabilisation.

Each exercise will be performed for **60 seconds** with a **10-second** transition between exercises. Once all ten exercises have been completed, recover for **60 seconds** and start again with a goal of completing a total of three rounds!

60  
seconds  
each

- + Sumo squats
- + Downward dog to plank
- + Balancing deadlifts left
- + Balancing deadlifts right
- + Triangle abs left
- + Triangle abs right
- + Lunges left
- + Lunges right
- + Boat pose
- + Supine twist

Rest 60  
seconds

Repeat  
3 times  
for full  
workout!

## FI.T. TIP

Take your workout to the next level by really feeling your body move. The goal in this workout shouldn't be higher repetitions, but rather increasing the quality of the movement.

CONGRATULATIONS  
ON COMPLETING  
FOREVER F15  
BEGINNER 1!

KEEP MOVING!  
F15 BEGINNER 2 IS THE  
NEXT STEP ON YOUR  
JOURNEY TO LOOKING  
AND FEELING BETTER.

Don't forget to record your weight and measurements on P.6 to track your progress. This is always a great time to re-evaluate your goals and make sure you're pushing for what you want.

ALREADY MET ONE  
OF YOUR GOALS?  
AMAZING WORK!

Consider the progress you're making and the changes you're seeing in your body and set a new goal to challenge yourself!



# F15

## BEGINNER 2

# TAKE THE NEXT STEP.

In **F15 Beginner 1**, you learned how to begin building healthy habits and that fitness and nutrition are important parts of looking and feeling better. Take that knowledge to the next level with **F15 Beginner 2**.

If you haven't already, make sure you record your weight and measurements on **P.6** and take progress photos to track your results. Review your goals and focus on what you'll need to do during the **F15 Beginner 2** programme to get there.



**FEELING  
MOTIVATED?  
LET'S GET  
MOVING!**

# BEGINNER 2 SCHEDULE.

**FOLLOW THIS SUPPLEMENT SCHEDULE EACH DAY TO ACHIEVE MAXIMUM RESULTS ON THE F15 BEGINNER 2 FIFTEEN-DAY PROGRAMME.**

<b>Morning</b>	2X Forever Garcinia Plus softgels	 <p>Wait 30 minutes</p> <p>Before taking Forever aloe drinking gel</p>	<p>120ml Forever aloe drinking gel</p> <p>With a minimum of 240ml of water.</p>	<p>1X Forever Therm tablet*</p> <p>*Take with food.</p>	<p>300-calorie breakfast for women</p> <p>450-calorie breakfast for men</p> <p>See P.34 for suggestions.</p>
<b>Mid-morning</b>	<p>1X packet Forever Fiber</p> <p>Mixed with 240-300ml of water or other beverage. This can be consumed at any time of the day.</p>	<p>Be sure to take Forever Fiber separately from your daily supplements. Fibre can bind to some nutrients, impacting its absorption by your body.</p>	<p>1X scoop Forever Lite Ultra</p> <p>Mixed with 300ml of skimmed milk.</p> <p>This snack can be taken at any time of day.</p>		
<b>Noon</b>	2X Forever Garcinia Plus softgels	 <p>Wait 30 minutes</p> <p>Before having your meal</p>	<p>1X Forever Therm tablet*</p> <p>*Take with food.</p>	<p>450-calorie lunch for women</p> <p>550-calorie lunch for men</p> <p>See P.37 for suggestions.</p>	
<b>Early evening</b>	2X Forever Garcinia Plus softgels	 <p>Wait 30 minutes</p> <p>Before having your meal</p>	<p>450-calorie dinner for women</p> <p>550-calorie dinner for men</p> <p>See P.37 for suggestions.</p>		
<b>Night</b>	A minimum of 240ml of water				

**F.I.T. TIP**

Water might not seem like the biggest player in your weight loss journey, but it can have a significant impact. Remember to drink at least 2 litres of water every day during the F15 programme.

**Turn to P.28 for the recommended workout schedule**

**FOOD SUPPLEMENTS ARE NOT FOODS; THEY ARE DESIGNED TO SUPPORT YOU IN REACHING YOUR LIFESTYLE GOALS. THEY DO NOT CONTRIBUTE TO WEIGHT LOSS IN ISOLATION WITHOUT BEING PART OF A CALORIE-CONTROLLED DIET AND EXERCISE REGIME.**

**Please note:** If you are lactose intolerant or you want to spice up your shake, why not try Cherry Ginger Zinger on P.13.





# F15 BEGINNER 2 WORKOUT SCHEDULE.

## BUILD A BETTER BREAKFAST.

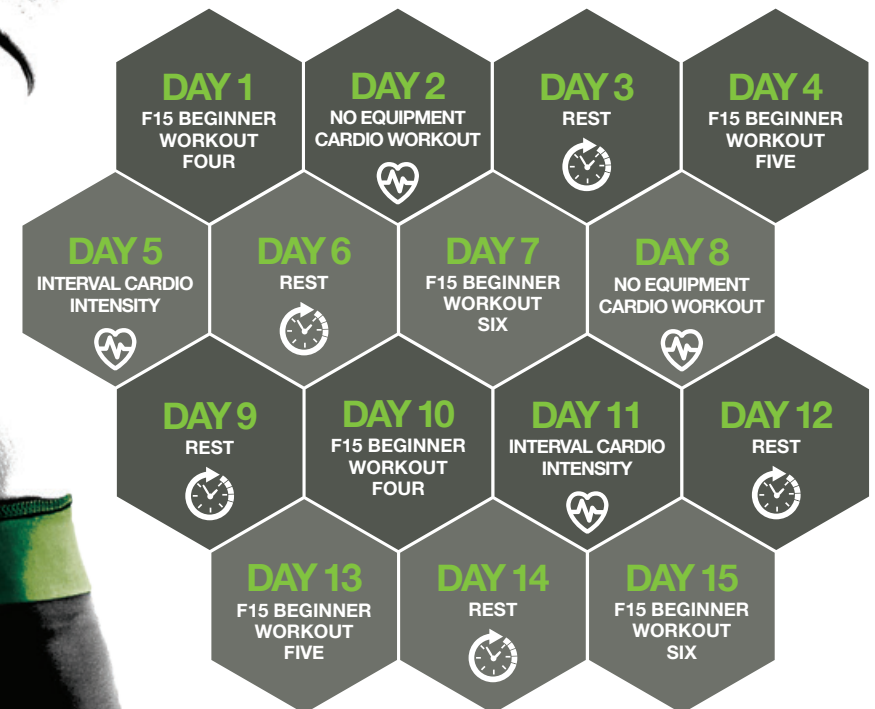
We've all heard the phrase 'breakfast is the most important meal of the day'. Eating a healthy breakfast can set the tone for the rest of your day and help propel you towards your weight loss goals. In the **F15 Beginner 1** programme, we talked about the importance of protein, carbohydrates and healthy fats. Enjoy a balanced breakfast including each of these to start your day off right and avoid overeating or snacking mid-morning.

**SOME PEOPLE WHO SKIP  
BREAKFAST FIND THEY  
FEEL LESS FOCUSED AND  
TEND TO OVEREAT LATER  
BECAUSE THEY FEEL  
OVER-HUNGRY.**

It might seem like skipping breakfast is an easy way to cut calories, but this can actually add up to some considerable steps in the wrong direction. If you feel too sluggish to exercise and overeat later, you're much worse off than if you have a healthy breakfast and feel energised to workout and eat a balanced dinner.

## TAKE YOUR FITNESS TO THE NEXT LEVEL.

The **F15 Beginner 2** programme builds on the three bodyweight workouts that you've already learned and introduces exciting new cardio trainings to get you moving!



THESE SUPER-EFFICIENT WORKOUTS CAN BE DONE ALMOST ANYWHERE WITHOUT ANY SPECIALISED EQUIPMENT.

# WARM UP.

In **F15 Beginner 1**, you learned the importance of warming up to give you the best quality workout and lowest possible risk for injury. Use those foundational moves before each **F15 Beginner 2** workout to get started. Need a refresher? Review the warm up exercises on **P.17** or watch the video at [foreverfit15.com](http://foreverfit15.com).

## CRANK UP THE CARDIO.

While there are different opinions on the best way to workout for weight loss, one thing is universal – the need for cardio exercise. In **F15 Beginner 2**, we are going to crank up the volume and add our own calorie-busting workouts.

This workout alternates five **1-minute** exercises with **2-minute** steady-state exercises to boost your heart rate and keep you moving!

**Choose a steady-state cardio** activity that you will perform between each interval push. These activities might include jumping rope, jogging or power walking. Once all exercises are completed, rest for **60 seconds** with a goal of completing two-to-three rounds total.

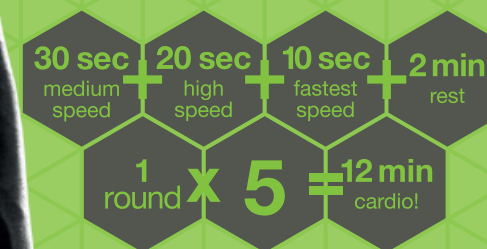
- + **Steady-state exercise**    **2 minutes**
- + **Jumping jacks**            **1 minute**
- + **Steady-state exercise**    **2 minutes**
- + **Running with high knees** **1 minute**
- + **Steady-state exercise**    **2 minutes**
- + **Lateral side hops**        **1 minute**
- + **Steady-state exercise**    **2 minutes**
- + **Mountain climbers**        **1 minute**
- + **Steady-state exercise**    **2 minutes**
- + **Jack squats**                **1 minute**

Repeat  
2-3 times  
for full  
workout!

**NO  
EQUIPMENT  
CARDIO  
WORKOUT.**

## CARDIO INTERVAL INTENSITY

Looking for a new way to challenge yourself? Introducing intervals into your cardio routine is an effective way to rev up your metabolism in a short period of time. A great way to take your cardio routine to the next level is by following the '30-20-10' training formula. No matter what form of cardio you're doing, introducing intervals can up the intensity AND the benefits.



Complete your cardio at a comfortable speed for **30 seconds**. Then pick up the pace and challenge yourself for **20 seconds**. Finally, for the last **10 seconds**, complete your cardio at the highest level possible.

Using running as an example, jog comfortably for 30 seconds, run hard for 20 seconds and sprint for the remaining 10 seconds.

### F.I.T. TIP

If you are struggling to complete five intervals in a row, use the 30-second round to do active recovery (i.e. walking instead of jogging). If you become light-headed, take a seat. Finish with a walk for the remainder of the time.

Repeat this five times in a row before recovering for 2 minutes by walking slowly or jogging. That's it! In only **12 minutes**, you've completed a powerful, heart-pumping cardio workout!



# F15 BEGINNER WORKOUT FOUR

In **F15 Beginner 2**, you will build on the exercises from **F15 Beginner 1** with added challenges following each move. Each exercise will be performed for **30 seconds** with a **5-second** transition between exercises.

Once you have completed all exercises, recover for **60 seconds** and start again with a goal of completing two-to-three rounds total!

**30**  
seconds  
each

- + Alternating lunges
- + Static lunges (15 seconds per side)
- + Alternating knee lifts
- + Knee lift to reverse lunges (15 seconds per side)
- + Alternating butt-kickers
- + Staggered hinges (15 seconds per side)
- + Squats
- + Pulsing squats
- + Bird-dog left
- + Bird-dog elbow to knee left
- + Bird-dog right
- + Bird-dog elbow to knee right
- + Pushups
- + Plank
- + Superman
- + Side plank (15 seconds per side)
- + Reverse crunches
- + Seated reverse crunches
- + Inverted bike
- + Mountain climbers

Rest 60  
seconds

Repeat  
2-3 times  
for full  
workout!

## F.I.T. TIP

Pay attention to the way in which the new exercises build on to the ones you've already learned. We will continue adding onto these moves as we move forward in the **F.I.T.** programme!

**15-45**  
seconds  
each

## F.I.T. TIP

Challenge makes changes! Completed two rounds last time? Take on three this time to get stronger and take the next step on your path to looking and feeling better.

Rest 60  
seconds

Repeat  
2-4 times  
for full  
workout!

# F15 BEGINNER WORKOUT FIVE

This workout adds 15-second dynamic exercises to the base moves that you learned in **F15 Beginner 1**. Many of these exercises require rotational movements that will also activate your core and balance.

Each exercise will be performed for **45 seconds** and immediately followed by a **15-second** supplemental exercise. After completing each supplemental exercise, take a **10-second** rest before beginning the next exercise. Once all exercises have been completed, recover for **60 seconds** and start again with a goal of completing between two-to-four rounds total!

- |                                    |            |
|------------------------------------|------------|
| + Squat reaches                    | 45 seconds |
| + Pulsing squats                   | 15 seconds |
| + Woodchops high left to low right | 45 seconds |
| + Skaters                          | 15 seconds |
| + Woodchops high right to low left | 45 seconds |
| + Skaters                          | 15 seconds |
| + Alternating side lunges          | 45 seconds |
| + Jack jumps                       | 15 seconds |
| + Side-to-side squats              | 45 seconds |
| + Speed side-to-side squats        | 15 seconds |
| + Plank to side plank left         | 45 seconds |
| + Side plank hold                  | 15 seconds |
| + Kneeling tricep pushups          | 45 seconds |
| + Mountain climber lunges          | 15 seconds |
| + Plank to side plank right        | 45 seconds |
| + Side plank hold                  | 15 seconds |
| + Glute bridges                    | 45 seconds |
| + Reverse crunches                 | 15 seconds |
| + Core roll-ups                    | 45 seconds |
| + Core hold                        | 15 seconds |

# F15 BEGINNER WORKOUT SIX

This workout was introduced in **F15 Beginner 1** and incorporates hip rotation and some yoga style strength training. These movements are slower with more focus on balance and core stabilisation.

Each exercise will be performed for **60 seconds** with a **10-second** transition between exercises. Once all ten exercises have been completed, recover for **60 seconds** and start again with a goal of completing a total of three rounds!

**60**  
seconds  
each

Repeat  
**3 times**  
for full  
workout!

- + Sumo squats
- + Downward dog to plank
- + Balancing deadlifts left
- + Balancing deadlifts right
- + Triangle abs left
- + Triangle abs right
- + Lunges left
- + Lunges right
- + Boat pose
- + Supine twist

## COOL DOWN.

Don't forget to save a few minutes at the end of each workout to cool down. To review the cool down, visit **P.18** or watch the video at [foreverfit15.com](http://foreverfit15.com).

# F15 BEGINNER MEAL GUIDE.

The road to looking and feeling better goes right through your kitchen. Follow the daily calorie requirements below throughout the **F15 Beginner** programme.

## F15 BEGINNER 1

+ Women 1,400 calories

+ Men 1,900 calories

## F15 BEGINNER 2

+ Women 1,500 calories

+ Men 2,000 calories

## BREAKFAST.

Mix and match the following recipes during the **F15 Beginner** programme to start your day.

### BREAKFAST CEREAL

Women – (Approx. 291kcal)	Men – (Approx. 412kcal)
2 whole wheat breakfast biscuits 150ml semi-skimmed milk 1 small banana	3 whole wheat breakfast biscuits 175ml semi-skimmed milk 1 large banana

Break the biscuits into a bowl and add the chopped banana. Alternatively you can add a couple of strawberries to the mix. Finish with milk but feel free to use almond, soy or even hot milk instead if preferred.

### PORRIDGE

Women – (Approx. 296kcal)	Men – (Approx. 452kcal)
50g dry porridge oats 1 teaspoon Forever Bee Honey 50g mixed berries 1 tablespoon low-fat Greek yoghurt ½ small banana	70g dry porridge oats 1½ teaspoon Forever Bee Honey 50g mixed berries 1 tablespoon low-fat Greek yoghurt 1 large banana

Cook the porridge with water as instructed on the packet. Top with berries of your choice, Forever Bee Honey and yoghurt. Choose to eat the banana separately or slice on top. You can also change the berries for ½ tablespoon of dried fruit.

### BREAKFAST EGGS

Women – (Approx. 314kcal)	Men – (Approx. 439kcal)
2 eggs 2 slices of wholemeal toast 1½ teaspoons butter	2 eggs 2 slices of wholemeal toast 1½ teaspoons butter 50g light mozzarella, grated

Boil or poach the eggs and top the buttered toast with eggs or serve as toast fingers. Sprinkle the cheese on the eggs and lightly grill until melted (men only). Season with a pinch of black pepper.

### FRUIT AND YOGHURT

Women – (Approx. 303kcal)	Men – (Approx. 437kcal)
150g low-fat Greek yoghurt 1½ tablespoons muesli or granola 100g unsweetened pineapple	225g low-fat Greek yoghurt 2 tablespoons muesli or granola 100g unsweetened pineapple 220ml unsweetened almond milk

Layer the fruit at the bottom of a bowl, add the muesli or granola and top with yoghurt. Refrigerate overnight. Men can enjoy with a glass of milk.



# BREAKFAST.

## FOREVER LITE ULTRA PANCAKE

Women – (Approx. 326kcal)	Men – (Approx. 451kcal)
<b>1 scoop of Forever Lite Ultra</b> , vanilla <b>2 eggs</b> <b>½ small banana</b> <b>1 teaspoon Forever Bee Honey</b> <b>50ml semi-skimmed milk</b>	<b>1 scoop of Forever Lite Ultra</b> , vanilla <b>2 eggs</b> <b>1 large banana</b> <b>1½ teaspoon Forever Bee Honey</b> <b>85ml semi-skimmed milk</b>

Blend the Forever Lite Ultra, egg and milk together. Spray a griddle or frying pan with low-calorie oil and add blended mixture. Cook the pancakes to suit and top with banana and Forever Bee Honey.

## LEAN AND GREEN PANCAKES

Women – (Approx. 332kcal)	Men – (Approx. 462kcal)
<b>1 egg (53g)</b> <b>55g cottage cheese</b> <b>21g rolled oats</b> <b>115g spinach</b> <b>½ banana (75g)</b> <b>25g blueberries</b> <b>20g maple syrup</b>	<b>1 egg (53g)</b> <b>2 egg whites (90g)</b> <b>75g cottage cheese</b> <b>28g rolled oats</b> <b>115g spinach</b> <b>½ banana (75g)</b> <b>25g blueberries</b> <b>40g maple syrup</b>

Heat griddle to medium heat. Set aside blueberries and maple syrup. Blend all remaining ingredients together until smooth. Pour into frying pan and turn once edges start to bubble. Top pancakes with blueberries and maple syrup. Enjoy!

## SUNDAY BRUNCH OMELETTE

Women – (Approx. 316kcal)	Men – (Approx. 452kcal)
<b>3 eggs</b> <b>2 tablespoons water</b> <b>2 rashers lean unsmoked bacon</b> <b>1 tomato</b> <b>2 mushrooms</b>	<b>3 eggs</b> <b>2 tablespoons water</b> <b>2 rashers lean unsmoked bacon</b> <b>1 tomato</b> <b>2 mushrooms</b> <b>1½ slices of wholemeal toast</b> <b>1 teaspoon butter</b>

Grill mushrooms, tomatoes and bacon until soft and chop. Whisk eggs and water and season with black pepper and dried mixed herbs. Spray frying pan with low-calorie oil and cook omelette. Fill with chopped mixture.

## QUINOA PORRIDGE

Women – (Approx. 482kcal)	Men – (Approx. 699kcal)
<b>1 scoop vanilla Forever Lite Ultra</b> <b>93g quinoa</b> , cooked <b>5ml coconut oil</b> <b>Flax (5g)</b> , chia (3g), or hemp (5g) seeds <b>20g dried fruit OR 90g fruit</b> <b>0.6ml vanilla extract</b> <b>177ml unsweetened almond milk</b> <b>Pinch of cinnamon</b>	<b>1 scoop vanilla Forever Lite Ultra</b> <b>138g quinoa</b> , cooked <b>10ml coconut oil</b> <b>Flax (10g)</b> , chia (6g), or hemp (10g) seeds <b>60g dried fruit OR 130g fruit</b> <b>0.6ml vanilla extract</b> <b>237ml unsweetened almond milk</b> <b>Pinch of cinnamon</b>

Place cooked quinoa in a bowl and mix in coconut oil or seeds, Forever Lite Ultra, vanilla and almond milk. Top with fruit and cinnamon.

### F.I.T. TIP

Make sure you keep an eye on how many calories you're consuming. If you choose a high-calorie meal, you may need to increase your exercise levels. Turn to P.10 to find out more.

# SNACK.

A well-balanced snack can help you feel full, fight cravings and keep you energised throughout the day. Make sure your snack includes at least two food items and pairs a carbohydrate with a protein and/or a healthy fat to promote balance.

## SOUP

Women – (Approx. 220kcal)	Men – (Approx. 330kcal)
<b>180g tomato soup</b> <b>1 small wholemeal roll</b>	<b>250g tomato soup</b> <b>1 large wholemeal roll</b>

## DIP

Women – (Approx. 204kcal)	Men – (Approx. 306kcal)
<b>60g houmous</b> <b>Selection of raw veg</b>	<b>90g houmous</b> <b>Selection of raw veg</b>

## OATCAKES

Women – (Approx. 187kcal)	Men – (Approx. 281kcal)
<b>1 tablespoon peanut butter</b> <b>2 oatcakes</b>	<b>1½ tablespoons peanut butter</b> <b>3 oatcakes</b>

## FRUIT AND NUT MIX

Women – (Approx. 204kcal)	Men – (Approx. 325kcal)
<b>1 tablespoon raisins</b> <b>5 walnut halves</b> <b>7 almonds</b>	<b>1 tablespoon raisins</b> <b>8 walnut halves</b> <b>14 almonds</b>

## AVOCADO AND EGG TOAST

Women – (Approx. 234kcal)	Men – (Approx. 310kcal)
<b>1 slice whole grain bread</b> <b>¼ avocado, smashed</b> <b>1 hard-boiled egg</b>	<b>1 slice whole grain bread</b> <b>¼ avocado, smashed</b> <b>2 hard-boiled eggs</b>

Toast whole grain bread. Spread smashed avocado on top. Hard-boiled eggs can be chopped up and added on top or enjoyed on the side.

## VEGETABLE SUSHI

Women – (Approx. 198kcal)	Men – (Approx. 283kcal)
<b>4 pieces of sushi</b> <b>1 oatcake</b>	<b>5 pieces of sushi</b> <b>2 oatcakes</b>

HAVE A GREAT RECIPE? SHARE IT WITH US AT

facebook.com/foreveruk

# LUNCH & DINNER.

Mix and match the following recipes during the **F15 Beginner** programme to make sure you're meeting your calorie requirement and staying properly fuelled throughout the day!

## CHICKEN AND CHEESE WRAP

Women – (Approx. 421kcal)	Men – (Approx. 520kcal)
<p>1 wholemeal tortilla wrap  <b>½ tablespoon</b>                      caramelised onion                      houmous  <b>75g</b> cooked chicken breast, diced  <b>30g</b> mozzarella cheese, grated  <b>15g</b> uncooked spinach leaves                      Apple or pear</p>	<p>1 wholemeal tortilla wrap  <b>1 tablespoon</b>                      caramelised onion                      houmous  <b>100g</b> cooked chicken breast, diced  <b>30g</b> mozzarella cheese, grated  <b>15g</b> uncooked spinach leaves                      Apple or pear</p>

Spread the houmous on the wrap and fill with the rest of the ingredients. Enjoy the fruit for dessert.

## BAKED SWEET POTATO AND CHILLI

Women – (Approx. 435kcal)	Men – (Approx. 556kcal)
<p>1 sweet potato <b>250g</b>  <b>75g</b> lean minced steak  <b>25g</b> chopped onion  <b>¼ teaspoon</b> garlic salt  <b>½ - 1 teaspoon</b> chilli powder  <b>25g</b> red kidney beans  <b>75g</b> chopped tomatoes  <b>1 tablespoon</b> low-fat Greek yoghurt</p>	<p>1 sweet potato <b>300g</b>  <b>100g</b> lean minced steak  <b>40g</b> chopped onion  <b>¼ teaspoon</b> garlic salt  <b>½ - 1 teaspoon</b> chilli powder  <b>50g</b> red kidney beans  <b>75g</b> chopped tomatoes  <b>1 tablespoon</b> low-fat Greek yoghurt</p>

Bake the potato in the oven until soft. Spray low-calorie oil in a pan and cook onion and garlic, then add meat to brown. Add chilli, beans and tomatoes and simmer until cooked. Fill the potato and top with Greek yoghurt.

## ASIAN CHICKEN WITH RICE

Women – (Approx. 446kcal)	Men – (Approx. 553kcal)
<p><b>85g</b> chicken breast  <b>1 teaspoon</b> coconut oil  <b>¾ teaspoon</b> curry powder  <b>½</b> chicken stock cube  <b>½ tablespoon</b> raisins  <b>1 tablespoon</b> pine nuts  <b>¼ teaspoon</b> cinnamon  <b>40g</b> dry brown rice  <b>125g</b> spinach</p>	<p><b>115g</b> chicken breast  <b>1 teaspoon</b> coconut oil  <b>¾ teaspoon</b> curry powder  <b>½</b> chicken stock cube  <b>1 tablespoon</b> raisins  <b>1 tablespoon</b> pine nuts  <b>½ teaspoon</b> cinnamon  <b>50g</b> dry brown rice  <b>125g</b> spinach</p>

Spread oil over chicken and season with ½ teaspoon of curry powder and black pepper. Bake in oven at 180°C for 25 minutes or until cooked. Bring chicken stock cube to boil with enough water for the rice. Add rice and bring to the boil. Simmer with the other ingredients. Serve with cooked spinach.

## CURRIED CHICKEN SALAD

Women – (Approx. 462kcal)	Men – (Approx. 551kcal)
<p><b>115g</b> cooked chicken breast, cubed  <b>140g</b> boiled baby new potatoes, cut  <b>3 tablespoons</b> low-fat yoghurt  <b>1 tablespoon</b> low-fat French dressing  <b>1 teaspoon</b> curry powder  <b>1 teaspoon</b> tomato paste  <b>150g</b> salad spinach leaves                      Orange or apple</p>	<p><b>140g</b> cooked chicken breast, cubed  <b>200g</b> boiled baby new potatoes, cut  <b>3 tablespoons</b> low-fat yoghurt  <b>1 tablespoon</b> low-fat French dressing  <b>1 teaspoon</b> curry powder  <b>1 teaspoon</b> tomato paste  <b>150g</b> salad spinach leaves                      Orange or apple</p>

Combine all the dressing ingredients together then add to the chicken and potatoes. Mix well and serve on a bed of spinach leaves. Enjoy the fruit for dessert.

## COD WITH SPRING ONION AND GINGER SAUCE

Women – (Approx. 463kcal)	Men – (Approx. 544kcal)
<p><b>150g</b> cod fillet  <b>½</b> red pepper  <b>1 ½ tablespoons</b> light soy sauce  <b>1 teaspoon</b> coconut oil  <b>1 tablespoon</b> almond flakes  <b>2</b> spring onions, finely chopped  <b>½ teaspoon</b> grated ginger  <b>Pinch</b> of garlic powder  <b>125g</b> cooked brown rice                      Small apple or pear</p>	<p><b>175g</b> cod fillet  <b>½</b> red pepper  <b>1 ½ tablespoons</b> light soy sauce  <b>1 teaspoon</b> coconut oil  <b>1 tablespoon</b> almond flakes  <b>2</b> spring onions, finely chopped  <b>½ teaspoon</b> grated ginger  <b>Pinch</b> of garlic powder  <b>150g</b> cooked brown rice                      Small banana</p>

Preheat oven to 200°C. Mix everything apart from the fish and rice in a bowl. Place fish in an ovenproof dish, cover with the marinade and bake for 12-15 minutes until the fish flakes. Serve on top of rice. Enjoy the fruit for dessert.

## TASTY TOMATO PASTA

Women – (Approx. 427kcal)	Men – (Approx. 537kcal)
<p><b>1 teaspoon</b> olive oil  <b>½</b> onion, finely chopped  <b>½</b> garlic clove, finely chopped  <b>75g</b> of chopped tomatoes  <b>1 tablespoon</b> tomato purée  <b>Pinch</b> of mixed dried herbs                      Black pepper to taste  <b>80g</b> dry whole wheat pasta  <b>40g</b> mozzarella ball</p>	<p><b>1 teaspoon</b> olive oil  <b>½</b> onion, finely chopped  <b>½</b> garlic clove, finely chopped  <b>75g</b> of chopped tomatoes  <b>1 tablespoon</b> tomato purée  <b>Pinch</b> of mixed dried herbs                      Black pepper to taste  <b>100g</b> dry whole wheat pasta  <b>60g</b> mozzarella ball</p>

Heat the oil in a pan. Cook the onion until soft and add the garlic; cook for another minute. Add the chopped tomatoes, tomato purée and mixed herbs and simmer gently for 15 minutes until the sauce is thick and rich. Add pepper to taste. Cook the pasta according to packet instructions and top with torn mozzarella and fresh herbs. Serve with a green salad.

## OPEN TUNA SANDWICH

Women – (Approx. 466kcal)	Men – (Approx. 565kcal)
<p><b>100g</b> tinned tuna fish in brine  <b>1 tablespoon</b> light mayonnaise  <b>15g</b> lettuce  <b>½ stick</b> celery  <b>½</b> avocado  <b>1 slice</b> of wholemeal bread  <b>75g</b> grapes</p>	<p><b>125g</b> tinned tuna fish in brine  <b>1 tablespoon</b> light mayonnaise  <b>15g</b> lettuce  <b>½ stick</b> celery  <b>½</b> avocado  <b>2 slices</b> of wholemeal bread  <b>75g</b> grapes</p>

Combine the tuna and chopped celery and season with freshly ground black pepper. Spread the bread with mashed avocado and top with lettuce and tuna. Enjoy grapes as dessert.

## LAMB PITTA POCKETS

Women – (Approx. 450kcal)	Men – (Approx. 574kcal)
<p><b>113g</b> lamb meatballs                      1 wholemeal pitta bread  <b>1 teaspoon</b> feta cheese  <b>65g</b> low-fat Greek yoghurt  <b>½</b> cucumber  <b>1 tablespoon</b> lemon juice  <b>½ teaspoon</b> Forever Bee Honey  <b>Pinch</b> of garlic powder                      Black pepper to taste  <b>Chopped or pinch</b> of oregano</p>	<p><b>150g</b> lamb meatballs                      1 wholemeal pitta bread  <b>2 teaspoons</b> feta cheese  <b>65g</b> low-fat Greek yoghurt  <b>½</b> cucumber  <b>1 tablespoon</b> lemon juice  <b>½ teaspoon</b> Forever Bee Honey  <b>Pinch</b> of garlic powder                      Black pepper to taste  <b>Chopped or pinch</b> of oregano</p>

Spray a pan with low-calorie oil and gently cook through meatballs tossed in oregano. Pat meatballs dry on kitchen paper before adding in a warm pitta with cucumber sticks and crumbled feta. Serve with homemade tzatziki sauce. Sauce: combine Greek yoghurt with garlic powder, lemon and Forever Bee Honey.

## BACON AND EGG SALAD

Women – (Approx. 458kcal)	Men – (Approx. 552kcal)
<p><b>1 slice</b> grilled unsmoked bacon                      1 hardboiled egg chopped  <b>1 small</b> wholemeal roll  <b>2 tablespoons</b> blue cheese  <b>2 tablespoons</b> light balsamic vinaigrette  <b>30g</b> avocado, sliced  <b>1</b> tomato, diced  <b>150g</b> mixed salad leaves</p>	<p><b>2 slices</b> grilled unsmoked bacon                      1 hardboiled egg chopped  <b>1 medium</b> wholemeal roll  <b>2 tablespoons</b> blue cheese  <b>2 tablespoons</b> light balsamic vinaigrette  <b>¼</b> avocado, sliced  <b>1</b> tomato, diced  <b>150g</b> mixed salad leaves</p>

Place salad on a plate and top with all the other ingredients. Mix together in the dressing and serve with the warm wholemeal roll on the side.

## F.I.T. TIP

Make the chilli vegetarian by substituting the beef with a meat-free alternative. Meat-free mince is often packed with protein too – result!



### HAWAIIAN VEGGIE BURGER

Women – (Approx. 416kcal)	Men – (Approx. 560kcal)
<b>1</b> fresh veggie burger <b>1 medium</b> wholemeal roll <b>25g</b> haloumi cheese, sliced <b>1</b> unsweetened pineapple ring <b>¼</b> avocado, mashed Handful of watercress	<b>1</b> fresh veggie burger <b>1 medium</b> wholemeal roll <b>50g</b> haloumi cheese, sliced <b>1</b> unsweetened pineapple ring <b>½</b> avocado, mashed Handful of watercress

Grill the burger and the haloumi cheese. Spread the avocado onto both sides of the roll and layer on the watercress, burger, cheese and pineapple.

### TOMATO AND THYME FISH

Women – (Approx. 435kcal)	Men – (Approx. 510kcal)
<b>1 teaspoon</b> olive oil <b>¼</b> onion, chopped <b>100g</b> chopped tomato <b>A few sprigs</b> thyme <b>1 teaspoon</b> light soy sauce <b>200g</b> white fish fillets <b>200g</b> baked potato <b>1 tablespoon</b> fat-free fromage frais <b>50g</b> green beans <b>130g</b> fresh raspberries	<b>1 teaspoon</b> olive oil <b>¼</b> onion, chopped <b>100g</b> chopped tomato <b>A few sprigs</b> thyme <b>1 teaspoon</b> light soy sauce <b>250g</b> white fish fillets <b>250g</b> baked potato <b>1 tablespoon</b> fat-free fromage frais <b>50g</b> green beans <b>130g</b> fresh raspberries

Heat the oil in a frying pan, add the onion and fry for 5-8 minutes until lightly browned. Stir in the tomatoes, thyme and soy, then bring to the boil. Simmer for 5 minutes then add the fish to the sauce and cook for 8-10 minutes. Serve with baked potato topped with fromage frais. Enjoy fresh raspberries for dessert.

### PARMESAN CHICKEN

Women – (Approx. 453kcal)	Men – (Approx. 559kcal)
<b>115g</b> chicken breast <b>1 teaspoon</b> olive oil <b>140g</b> cooked whole wheat pasta <b>80g</b> tomato and basil pasta sauce <b>1 tablespoon</b> dry grated parmesan cheese <b>100g</b> carrots <b>Pinch</b> cinnamon <b>Pinch</b> Italian dried herbs	<b>145g</b> chicken breast <b>1 teaspoon</b> olive oil <b>140g</b> cooked whole wheat pasta <b>100g</b> tomato and basil pasta sauce <b>1 tablespoon</b> dry grated parmesan cheese <b>100g</b> carrots <b>Pinch</b> cinnamon <b>Pinch</b> Italian dried herbs

Put ¼ teaspoon of oil on the chicken with the Italian herbs. Add the sauce and cheese and bake at 180°C for 25-30 minutes until chicken is cooked through. Prepare the pasta and top with ½ teaspoon of oil. Steam the carrots, add a pinch of cinnamon, and serve.

### CAESAR SALMON WRAP

Women – (Approx. 448kcal)	Men – (Approx. 539kcal)
<b>1</b> wholemeal pitta bread <b>150g</b> tinned pink salmon <b>2 tablespoons</b> light Caesar dressing <b>1 tablespoon</b> grated parmesan cheese <b>1 handful</b> spinach leaves <b>75g</b> grapes	<b>1½</b> wholemeal pitta bread <b>200g</b> tinned pink salmon <b>2 tablespoons</b> light Caesar dressing <b>1 tablespoon</b> grated parmesan cheese <b>1 handful</b> spinach leaves

Fill the pitta with the leaves. Combine salmon with cheese and dressing and fill the bread. Serve with grapes on the side (women only).

### SPICY BEEF STIR-FRY

Women – (Approx. 463kcal)	Men – (Approx. 527kcal)
<b>1 teaspoon</b> coconut oil <b>150g</b> lean beefsteak, cut into thin strips <b>¼ teaspoon</b> chilli paste <b>½ teaspoon</b> light oyster sauce <b>100g</b> cooked rice noodles <b>100g</b> stir-fried vegetables	<b>1 teaspoon</b> coconut oil <b>200g</b> lean beefsteak, cut into thin strips <b>¼ teaspoon</b> chilli paste <b>½ teaspoon</b> light oyster sauce <b>100g</b> cooked rice noodles <b>100g</b> stir-fried vegetables

Heat a wok or large frying pan. Pour in the oil and swirl around the pan, then tip in the beef strips and chilli. After about 3 minutes, pour over the oyster sauce. Cook until heated through and the sauce covers the meat. Remove and keep warm. Stir in the vegetables, cook until softened, and serve with noodles cooked as instructed on the pack.

# CREATE YOUR PERFECT MEAL.

For a quick and easy way to add variety to your lunches and dinners, create your own perfect meal by making one selection from each of the four categories (p.40-43 - carbohydrates, protein, produce and fats). Following these food charts ensures that you're getting the correct balance of protein, carbohydrates and healthy fats with each meal while staying within your recommended calories.

## CARBOHYDRATES.

	TYPE	SERVING SIZE		
		WOMEN	MEN	
OATS	Rolled (GF)	43g (161kcal)	56g (209kcal)	
	GRAINS	Quinoa	43g (123kcal)	56g (189kcal)
		Rice (wild or brown)	45g (175kcal)	61g (264kcal)
BREAD	Barley	105g (126kcal)	157g (188kcal)	
	Popcorn (plain with salt and pepper)	2 tablespoons uncooked or 16g cooked (62kcal)	3 tablespoons uncooked or 42g cooked (93kcal)	
	Wholemeal bread	1 slice (87kcal)	2 slices (174kcal)	
	Wholemeal tortillas	1 tortilla (117kcal)	2 tortillas (234kcal)	
PASTA	Corn tortilla	2 small (120kcal)	4 small (200kcal)	
	Crumpet	1 crumpet (120kcal)	1½ crumpet (180kcal)	
	Whole wheat pasta	93g (126kcal)	140g (188kcal)	
LEGUMES (CANNED)	GF pasta	35g (dry = 124kcal)	50g (dry = 199kcal)	
	Chickpeas	133g (153kcal)	200g (196kcal)	
	Rice noodles	50g (67kcal)	100g (135kcal)	
STARCHY VEG	Black beans	40g (46kcal)	60g (70kcal)	
	Pinto beans	114g (156kcal)	171g (234kcal)	
	Baked desiree potato	300g (165kcal)	300g (165kcal)	
	Baked sweet potato	150g (130kcal)	225g (195kcal)	
	Butternut squash	226g (75kcal)	410g (131kcal)	

GF - Gluten Free

# PROTEIN.

	TYPE	SERVING SIZE	
		WOMEN	MEN
FISH	Tuna	113g (154kcal)	142g (193kcal)
	Cod	113g (90kcal)	142g (112kcal)
	Salmon	85g (184kcal)	113g (245kcal)
TURKEY	Turkey bacon	3 slices (159kcal)	4 slices (212kcal)
	Turkey fillet	113g (119kcal)	142g (149kcal)
	Turkey mince	113g (199kcal)	142g (250kcal)
	Sandwich meat	113g (139kcal)	170g (193kcal)
CHICKEN	Chicken breast (grilled)	113g (168kcal)	142g (210kcal)
	Ground chicken (ask butcher to mince for you)	113g (168kcal)	142g (210kcal)
	Sandwich meat	113g (129kcal)	170g (193kcal)
BEEF	95% Lean mince	85g (110kcal)	113g (147kcal)
	Sandwich meat	113g (131kcal)	170g (197kcal)
EGG	Egg	1 whole + 3 whites (134kcal)	2 whole (152kcal)
	Powdered egg substitute	6g (18kcal)	12g (37kcal)
DAIRY	Plain fat-free greek yogurt	250g (142kcal)	333g (189kcal)
	Fat-free cottage cheese	150g (102kcal)	195g (133kcal)
	Semi-skimmed milk	296ml (100kcal)	355ml (121kcal)
VEGETARIAN	Lentils (dried)	50g (52kcal)	100g (105kcal)
	Black beans	40g (46kcal)	60g (70kcal)
	Steamed tofu	227g (166kcal)	283g (207kcal)
	Forever Lite Ultra (without milk)	25g or 1 scoop (96kcal)	25g or 1 scoop (96kcal)
	Edamame (shelled)	78g (153kcal)	118g (231kcal)
	Veggie burger	1 burger 60g (96kcal)	1½ burgers 90g (144kcal)

# PRODUCE.

	TYPE	SERVING SIZE	
		WOMEN	MEN
FRUIT (fresh or frozen)	Apple	1 med (67kcal)	1 med (67kcal)
	Apricot	4 small (52kcal)	4 small (52kcal)
	Banana	1 small (81kcal)	1 small (81kcal)
	Berries (all)	175g (65kcal)	175g (65kcal)
	Cantaloupe melon	117g (28kcal)	117g (28kcal)
	Grapefruit	½ large (56kcal)	½ large (56kcal)
	Grapes	151g (98kcal)	151g (98kcal)
	Orange	1 med or 2 clementines (43kcal)	1 med or 2 clementines (43kcal)
	Peach	1 med (50kcal)	1 med (50kcal)
	Pear	1 med (58kcal)	1 med (58kcal)
	Pineapple	165g (68kcal)	165g (68kcal)
FRUIT (dried)	Tomato	200g (28kcal)	200g (28kcal)
	Raisins	20g (54kcal)	20g (54kcal)
VEGETABLES (fresh, frozen, raw or steamed)	Prunes	4 large (58kcal)	4 large (58kcal)
	Artichokes	1 large (60kcal)	1 large (60kcal)
	Carrots	128g (44kcal)	128g (44kcal)
	Asparagus	18 spears (40kcal)	18 spears (40kcal)
	Corn on the cob	1 whole (47kcal)	1 whole (47kcal)
	Brussel sprouts	12 sprouts (54kcal)	12 sprouts (54kcal)
FREE	Courgette	1 (40-50kcal)	1 (40-50kcal)
	Pepper	Free	Free
	Broccoli	Free	Free
	Cabbage	Free	Free
	Celery	Free	Free
	Cucumber	Free	Free
	Green beans	Free	Free
	Kale	Free	Free
	Lettuce (all types)	Free	Free
	Spinach	Free	Free
Cauliflower	Free	Free	









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