



2-WEEK MEAL PLAN WEEK 1

Breakfast Options (rotate daily):

- Weet-Bix + milk + banana
- Scrambled eggs on toast + tomato
- Greek yogurt + berries + oats/honey
- Smoothie (banana, oats, yogurt, frozen fruit, water/milk)
- Peanut butter on wholegrain toast + fruit

Lunch Options (rotate):

- Chicken wrap (chicken, lettuce, tomato, cheese, mayo/yogurt)
- Tuna sandwich + salad
- Leftover dinner
- Veggie + cheese toastie
- Boiled eggs + salad bowl + bread roll
- Simple stir-fry leftovers
- Soup + toast (pumpkin, veggie, chicken)

Dinner Plan (Week 1)

Mon: Chicken stir-fry + rice

Tue: Spaghetti bolognese + side salad

Wed: Grilled chicken/sausages + potatoes + mixed veggies

Thu: Veggie omelette + toast

Fri: Homemade burgers (beef/chicken/veggie) + oven wedges

Sat: Chicken + veggie tray bake

Sun: Roast chicken + veggies (use leftovers Monday for lunch)

Snacks (choose 1-2/day):

- Fruit
- Handful of nuts
- Yogurt
- Crackers + cheese
- Veggie sticks + hummus
- Popcorn
- Boiled egg
- Protein bar if needed



WEEK 2

Breakfast Options (repeat Week 1 or mix):

- Oats with fruit
- Avocado on toast
- Cottage cheese + fruit
- Bircher muesli prep

Lunch Options (Week 2):

- Chicken salad bowl
- Tuna + rice bowl
- Egg fried rice (leftover rice + veg + egg)
- Wraps
- Leftovers
- Soup + toast

Dinner Plan (Week 2):

Mon: Chicken + veggie pasta bake

Tue: Tacos (beef or chicken + lettuce + tomato + cheese)

Wed: Fish (frozen fillets fine) + veggies + potatoes

Thu: Stir-fry noodles

Fri: Homemade pizza on wraps (easy & cheap)

Sat: Slow cooker meal (chicken or mince + veggies)

Sun: BBQ or simple grill + salad

Snacks (Week 2):

Stick to the same easy list for consistency.



James Champion Personal Trainer & Health Coach

2-Week start up training program

WEEK 1 (10 Minutes Each Session)

Day 1 - Functional Basics

1. March on spot - 2 mins
2. Sit-to-stand - 2 mins
3. Wall push-ups - 2 mins
4. Step-back lunges (light) - 2 mins
5. Slow standing core twists - 2 mins

Day 2 - Rest

Day 3 - Mobility + Light Strength

1. Cat-cow standing - 2 mins
2. Hip circles - 2 mins
3. Side steps - 2 mins
4. Glute squeezes standing - 2 mins
5. Shoulder mobility + breathing - 2 mins

Day 4 - Rest

Day 5 - Beginner Flow Circuit

1. March to warm up - 2 mins
2. Bodyweight squats (to a chair) - 2 mins
3. Wall plank - 2 mins
4. Step taps - 2 mins
5. Stretch - 2 mins

Day 6 & 7 Rest



WEEK 2

(15 Minutes Each Session)

Day 1 - Strength Progression

1. March - 2 mins
2. Squats - 3 mins
3. Wall push-ups - 3 mins
4. Step-backs - 3 mins
5. Stretch - 4 mins

Day 2 - Rest

Day 3 - Mobility + Functional Core

1. Mobility warm-up - 3 mins
2. Glute bridges (if able) or standing glute work - 3 mins
3. Standing core rotation - 3 mins
4. Side step + reach - 3 mins
5. Breathing + stretch - 3 mins

Day 4 - Rest

Day 5 - Beginner Conditioning

1. March - 3 mins
2. Chair squats - 3 mins
3. Step taps - 3 mins
4. Wall plank - 3 mins
5. Stretch - 3 mins

Day 6 & 7 Rest



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2-Week habit builder

WEEK 1 — Build Momentum

- Day 1: Drink 1L water
- Day 2: 1L water + 5 min walk after dinner
- Day 3: Add 1 serving of veg to one meal
- Day 4: 1L water + 5 min walk + 2 mins deep breathing
- Day 5: Swap one sugary snack for fruit
- Day 6: 7 mins mobility/stretch
- Day 7: 10 min tidy-up timer (builds control + routine)

WEEK 2 — Build Confidence

- Day 8: 1.5L water
- Day 9: 10 min walk
- Day 10: Add protein to breakfast
- Day 11: Limit screens 30 mins before bed
- Day 12: 5 min gratitude or reflection
- Day 13: Add 1 extra serve of veg somewhere today
- Day 14: Do something just for YOU (5-10 min self-care)