

### THE 3 DAY KICK-START

I am a big fan of people learning to compensate with a day or two of light eating when they have overdone things not only does a day of low calorie foods help to remind us how little food we really need, but it also reminds us of what it feels like to feel hungry regularly. Basing a days worth of eating around fresh fruits, vegetables and light proteins will help to clean out your digestive track and puts you in a good place mentally to focus on eating well for the remainder of the week. If you are keen to try such a concept, here is an example low calorie day to get your started.

<b>Meals</b>		<b>Calories</b>
Breakfast	Smoothie with 1 tsp. protein ½ cup berries	95
Mid-Morning	½ cup low fat yoghurt + 1 fruit	191
Lunch	Bowl of vegetable soup + 2 Ryvita + ¼ avocado	214
Mid-Afternoon	Cut up vegetable sticks + ½ cup low fat hommus	71
Dinner	100g white fish + Bowl of vege soup	191
<b>TOTAL CALORIES</b>		<b>764</b>

### RECIPE

#### Oat Balls – Makes 24 Snack Balls

A perfect snack for cyclists, active kids or an energy boost pre training.

#### Ingredients

- ⅓ cup honey
- 2 tablespoons no added salt butter
- ¼ cup No Added Sugar Peanut Butter OR 97% fat free sweetened condensed milk
- 1 cup rice bubbles (or alternate cereal)
- 1 cup oats
- ¼ cup dried cranberries (Craisins)

#### Method

1. Over medium heat, heat honey, peanut butter, butter and stir until smooth
2. Remove from heat and add oats, cereal and dried fruit.
3. Drop spoons of mixture onto baking tray and refrigerate until set.

<b>Oat Balls</b>	<b>Per Serve</b>
Energy	600kJ (150cal)
Protein	2.9g
Fat	6.7g
Sat fat	2.4g
Carbohydrate	17.5g
Fibre	1.5g
Sodium	50mg

COMING SOON .....

# FITNESSNRG<sup>®</sup>



## 8 WEEK BIGGEST LOSER BOOTCAMP CHALLENGE

**GOT SOME KILO'S TO LOSE BEFORE CHRISTMAS ?  
AND WANT TO WIN \$500 IN CASH !!!!!!!**

*“RESULTS ARE GUARANTEED”*

WHEN 8<sup>th</sup> OCT – 5<sup>TH</sup> DEC

COST \$450.00

INCLUDES 3 TRAINING SESSIONS A WEEK

WEEKLY WEIGH- INS

FOOD PLANS AND GUIDANCE THROUGHOUT THE 8 WEEKS

MUST HAVE A MINIMUM OF 10 PEOPLE

## BOOTCAMP IN BALI JUNE 2013

The 2013 Bali Bootcamp is nearly full!!!! If you have been thinking about it , book your spot now !!! Check out a you tube clip on my website [www.fitnessnrg.com.au](http://www.fitnessnrg.com.au) I am very excited about this fitness adventure and look forward to sharing this experience with you. For those who are going and haven't booked your air flight check Garuda Indonesia for flights. They have a direct flight to Bali on the 23<sup>rd</sup> June 2013 which arrives around 1pm in the afternoon. .

