



## CONGRATULATIONS!

You are just a few quick steps from becoming the very next SUCCESS STORY!

Your Jump Start Nutrition Plan will make reaching your fitness goals and living healthy easier.

You are going to be surprised at how easy this nutrition plan will fit into your daily lifestyle and how fast the pounds and inches will fly off as you build strong, sleek, lean muscle.

This simple, easy to follow nutrition plan has helped hundreds of people lose unwanted weight, melt fat, lower blood pressure, lower cholesterol levels, have healthier looking skin and have more energy than ever before...and it WILL work for YOU too!

Hear me out on this. Remember, we are breaking bad habits and creating healthy new ones. The first 21 days can be the hardest. It takes that long for you to lose your unhealthy sugar and fat cravings



## The 7 Tips (Secrets to Getting Lean and Healthy)

Here are your simple tips for quick, easy, permanent fat loss and lean muscle-building success.

### Tip # 1 - 21 Day Mind Set

Don't cheat on your nutrition plan for 21 days. It takes the brain 21 days to reset itself and create a new habit. When you want to make a change, don't tell yourself that you are doing it for life; tell yourself that you are going to try it for only 21 days. Now, when you have completed this for 21 days, your conscious mind has the choice of stopping it or carrying on, or so it thinks. Your neural pathways have formed already and you will more than likely continue with your new habit. You will have seen the benefits along the way and your subconscious will want to continue if it has been beneficial.

### Tip # 2 - Be Prepared

Most of the time, men and women eat poorly because they did not bring food with them or did not prepare. Bring healthy snacks with you like apples and almonds (see snack section). If you can, bring some Tupperware containers or a cooler with healthy meals. Keep it simple. If you don't feel like bringing food, then plan out some healthy restaurants or stores that you can eat at (see eating out section)

- Get a rice cooker and keep some long grain, brown Basmati rice cooking on your counter. Also pre-cook some chicken or fish. It will only take a few minutes to prepare 1 or 2 meals and grab a few snacks to bring with you.
- Take five minutes to plan out what you are going to eat the night before.

### Tip # 3 - Keep a food diary for at least one week

Write down everything you eat and drink. You have to write it down right before the food or drink is consumed. By writing it down first, you will have a moment to stop and think if this decision is going to belly fat or pack it on.

- Have someone agree to review your food journal everyday. Make an agreement that for each day you do not give them your journal, you owe them £10.00 and every time you cheat, you owe £1.00 doing this will help keep you accountable.

### Tip # 4 - The Magical Glycemic Index

Not all carbohydrate foods are created equal; in fact, they behave very differently in our bodies. The glycemic index or GI describes this difference by ranking carbohydrates according to their effect on our blood glucose levels. Choosing low GI carbs - the ones that produce only small changes in our blood glucose and insulin levels - is the secret to long-term health, reducing your risk of heart disease and diabetes and is the key to sustainable weight loss.



## The 7 Tips (Secrets to Getting Lean and Healthy)

- Eat every 3 hours. This will keep your metabolism and energy on turbo mode so the fat melts off. This is also a great way to curb the kind of extreme hunger that will have you making the kind of bad choices you will quickly regret.

### Tip # 5 - Eat Real Food to get Lean

Ever watch the Discovery Channel? See the tribes in the jungle. You never see anyone who is fat; even the elders have six-packs. Why? They eat real food and stay active. Stay away from poison- (eeeh heem) I mean processed foods. The food companies strip out the good stuff like fiber and nutrients. What you have left is a food that has way more calories than normal. Plus, the worst part is that they are high glycemic which means our body treats it like sugar. The good news is once you cut out these processed foods for a couple of weeks, you lose your cravings. I'm not saying to not have a life. I eat burgers, pizza or have a piece of cake from time to time.

- Watch out for foods and drinks that people think are "healthy" like bagels, pretzels and sports drinks like vitamin water. Consuming these is like eating table sugar.

### Tip # 6 - Warning

Artificially sweetened "sugar free" foods and drinks make you fat - did you know that most foods labeled as "sugar free" or "low carb" actually contain fattening artificial sweeteners, sugar alcohols and other additives that create a hormonal disaster inside your body, actually causing your body to store more belly fat and increase cravings!

### Tip # 7 - Eat Snacks, Don't Be Starving

Use snacks and drinks (see snack section) to fill you up, and curb your cravings but won't add significant extra calories. When you feel starved, you'll crave foods that'll add unwanted body fat and will make you feel really guilty.

- When you get a late night sweet tooth, try a delicious homemade Chai Tea. This is how I make it. Put two Yogi Mayan Cocoa Spice tea bags in a cup (I use a big 20oz ceramic cup) of boiling water. Add a tiny dash (it's very sweet) of KAL brand Stevia. Let it steep for a few minutes then add a little 'no sugar added' Silk Soy Milk.
- Cut up cucumber, carrots or celery. Munch away all you want!

Your Ultimate Women's "Hard Body" Jump Start Meal Plan™ is packed with Hard Muscle Building, Six-Pack Abs Chiseling, Belly Fat Busting Meals and snacks.

This is by far the easiest, quickest, most "realistic" meal plan for gaining muscle and burning fat on the entire planet.

Congratulations in advance for being the next showcased success story!

## Option 1

- 1 cup rolled oats
- 8 almonds, flax seed oil or milled flaxseed
- ½ cup mixed organic frozen berries
- Dash cinnamon if desired to make sweeter

## Option 2

- Happy Scrambled Eggs
- 1-2 eggs
- 1 slice whole meal toast

## Option 3

- Protein Shake
- (2 Scoops Whey Protein)
- 16 oz of water, No Sugar Added Almond Milk, or No Sugar Added Soy Milk
- Whole Wheat Bread
- 1 TBSP Peanut or Almond Butter

## Option 1: Rice Bowl

- 1 Chicken Breast (6oz), tofu or quorn pieces
- 1 Cup Brown Rice
- Any veg you want. Mix it up with loads of different coloured veg.
- I personally like mushrooms, asparagus and red peppers

## Option 2: Healthy Sandwich

- 6oz Can Tuna (White in Water) OR Turkey Slices (6oz) OR Chicken Breast or Quorn slice
- 2 Slices Whole Wheat Bread
- ½ Avocado
- (All You Can Eat Extras) tomato, lettuce, beetroot, celery, peppers etc

## Option 3: Health Maker Salad

- 1 Chopped Chicken Breast (6oz) OR Salmon or Tuna (6oz) OR Extra Firm Tofu (6oz)
- Green Leaf Lettuce and/or Spinach (As much as you want)
- ½ Avocado cubed and 1 Tbsp. Sunflower seeds
- Dressing – Balsamic Vinegar with 1 Tsp, Virgin Olive Oil
- All You Can Eat Extras) Veggies, Cucumber, Shredded Carrots, Sprouts etc

## Option 1: Grilled to Perfection

## Chicken, Steak or Quorn filets with Sautéed Vegetables

- 6 oz Grilled Chicken Breast or Steak (Sirloin or Round Tip) or Quorn filets
- 6 oz Baked (or micro waved) red potato or sweet potato
- Asparagus, Squash and Broccoli sautéed in extra 2 Tbsp virgin olive oil seasoned with cayenne pepper if you like it hot!
- (All You Can Eat Extras): Any and all veggies and Pepper

## Option 2: Deliciously Baked From the Sea

- Baked 6oz Salmon, Tuna, Ahi, Mahi Mahi, Halibut, Orange Roughy, or Tilapia
- 1 cup Steamed Brown Basmati Rice
- Small Salad – Mixed greens, ½ Avocado Cubed, (any veggies you want)

## Option 3: Fill You Up Till Morning

## Chicken Soup

- 16 Oz Organic Broth (Chicken, Vegetable or Beef)
- 6 Oz Chopped Chicken Breast OR Scrambled Egg Whites OR Extra Firm Tofu cubed
- 2 cups Frozen Mixed Vegetables
- 1 Cup Brown rice
- ½ Avocado Cubed
- Spices and herbs to taste

## Directions

- \* Pre-Cook the chicken or eggs.
- \* Pre-cook the brown Rice.
- \* Add the chicken, scrambled eggs or tofu to the Broth in a medium pot.
- \* Add the Brown Rice, Avocado and the Veggies (I just use Frozen)
- \* Add spices and enjoy.

## Option 4

You can select an option from the lunch or dinner choices

## Option 4

You can select any option from the breakfast and dinner choices

## Option 4: Healthy Crunchy Chicken or Fish Tacos

- 6 Oz Chopped Chicken Breast or fish (Baked or Grilled) or Quorn fajita strips
- 2-3 Corn Tacos
- ½ Avocado OR 1oz Shredded cheese
- All You Can Eat Extras – Shredded Lettuce, Salsa, Hot Sauce and veggies

## Directions

- \* Pour 2 Tbsp Virgin Olive Oil in Pan
- \* Use paper towel to spread it around and wipe out the excess.
- \* Chuck in your protein source and veggies.
- \* Divide the ½ Avocado or 1 oz shredded cheese and spread it on the corn Tacos.
- \* Fill the tacos and enjoy

## Snack

- Fruits and Nuts Munchies
- 1Apple, 1 Pear, 1 Orange, 1 Peach, or 2 cups Cherries,
- 1 Oz (about the palm of your hand) Almonds, Peanuts, Cashews or any nuts, preferably RAW
- (For more choices, see complete list of snacks section)

## Snack: Chocolate Shake

- 1 Scoop Whey Protein (refer to shopping list)
- 1 Cup Frozen Berries
- About 1 cup No Sugar Added Almond Milk (depending on your personal preference)
- Blend and enjoy
- Added Extras that I like (1/3 cup almonds, 1 Tbsp Flax Seeds, 1/8 cup dried shredded coconut)

## Option 5

You can select any option from the breakfast and lunch choices



OBBS  
FITNESS



OBBS  
FITNESS

## Snacks

### Black Forest Protein Shake

- Half a cup of oats
- 2 scoops chocolate whey protein
- Frozen berries
- Milled flaxseed or flaxseed oil
- Water
- Blend and enjoy :)

### Fat Burning Fruits (recommended with a handful of nuts for synergistic fat burning result)

- Apples
- Oranges
- Cherries 2 cups
- Grapefruit
- Apricots
- Pears
- Peaches
- Plums
- Grapes 1 cup

### Nuts (I avoid peanuts because of some research that suggests negative health effects)

- Raw almonds
- Raw Cashews
- Raw Sunflower Seed
- Raw Walnuts
- Raw Brazilian Nuts

### Veggies

- Celery (all you can eat)
- Celery with 1 Tbsp Raw, no salt added almond butter
- Cucumber (all you can eat)
- Cucumber with 3 Tbsp Hummus
- Carrots
- Carrots with 3 tbsp hummus
- Steamed Broccoli

- Cottage Cheese – 1 cup low fat 2%
- Cottage Cheese with sliced apples – ½ cup low fat Cottage Cheese, 1 Small Apple
- Cottage Cheese with Peaches – ½ cup Cottage Cheese, 1 small peach (fresh not canned)
- Yogurt – Plain low fat – 8oz
- Yogurt with blueberries – 8 oz Plain low fat yogurt, ½ cup blueberries
- Yogurt with peaches - 8 oz Plain low fat yogurt, 1 small sliced peach
- Yogurt with nuts – 8 oz fat free plain yogurt, hand full of nuts (about 15)
- Oatcakes with hummus
- Oatcakes with Peanut Butter
- Oatcakes with Almond Butter
- Oatcakes with salsa and avocado
- Protein Shake – 1 scoop whey protein, no sugar added almond milk, soya milk or water

## Shopping List

I have created a complete shopping list to make going to the market easy for you.

### Nuts & Seeds

- Raw Brazilian Nuts
- Raw Walnuts
- Raw Peanuts
- Raw Sunflower Seeds
- Raw Cashews
- Raw Almonds
- Flax Seeds

### Oils

- Flax Seed Oil
- Fish Oil
- Extra Virgin Olive Oil

### Herbs & Spices

- Cinnamon
- Black Pepper
- Cayenne Pepper

### Dairy

### Eggs

- Grated Cheese
- Cottage Cheese
- Natural Yogurt

### Grains & Bread

- Rolled Oats
- Brown Rice
- Whole meal Bread

### Vegetables

- Red Potato
- Avocado
- Green Lettuce
- Spinach
- Celery
- Cucumber
- Carrots
- Shredded Carrots
- Sprouts

- Broccoli
- Sweet Potato
- Asparagus
- Frozen Mixed Vegetables
- Mixed Green Salad
- Mushrooms
- Peppers
- Courgettes

### Condiments & Dressings

- Salsa
- Hot Sauce
- Balsamic Vinegar
- Organic low fat Mayonnaise
- Mustard
- Whole earth Peanut Butter
- Almond Butter
- Low fat marg

### Fruits

- Apple
- Blueberries
- Pear
- Orange
- Peach
- Cherries (fresh unsweetened)
- Grapefruit
- Apricots
- Plums
- Grapes
- Organic Frozen Berries

### Meats

- Chicken Breast (I use free range organic)
- 98% Lean Ground Beef
- Turkey Slices
- Sirloin Steak
- Round Tip Steak

### Seafood

- Salmon (ocean caught, not farm raised)
- Tuna
- Canned White Tuna in Water

### Miscellaneous

- Extra Firm Tofu
- Dried Shredded Coconut
- Tacos
- Organic Chicken Broth (low sodium)
- Organic Vegetable Broth (low sodium)
- Organic Beef Broth (low sodium)
- No Sugar Added Almond milk
- Tea: Green tea
- Peppermint tea

### Supplements

- Glucosamine and Chondroitin
- Centrum
- Whey Protein\*

\*We personally use Sci-mx but any brand 100% whey protein is fine.





## What if you go out to eat?

If you eat out, here are some tips:

- Eat before you go out so you are not starving.
- Ask for no bread or tortillas chips. When they bring it to the table, have them take it back, or if that's not possible, just don't eat it.
- Look at the menu closely and ask your server what comes with your meal. If there are tempting items that you don't want to eat, request for the server to leave them off.
- Some restaurants are now getting savvy with a health conscious section on the menu; keep a look out when you are looking through a menu.
- Drink water or tea (unsweetened)
- Stop eating when you're full. Let the server take your plate so you don't keep stuffing yourself.
- No dessert – Eating something that has truckloads of sugar, fat and calories after you just ate a complete meal is a ridiculous tradition. Let's put an end to this madness!



## Restaurants

Regardless of any restaurant you choose, there is always an option to grill or bake, just ask your server. Order grilled or baked chicken breast, fish or steak. Ask for steamed vegetables and/or vegetable soup.

**SPECIFY: NO BUTTER AND NO OIL. ONLY ORDER WHAT YOU INTEND TO EAT.**

There are a lot of restaurants to choose from; keep these tips in mind when selecting a place:

### Mexican

The majority of Mexican restaurants serve chips and salsa when you sit down. Don't get out of control with it; send it back so you don't stuff yourself with it before your meal arrives.

- Order two to three grilled chicken or fish tacos on corn tortillas.
- You can add salsa, hot sauce, guacamole and a little cheese
- Try ceviche (fish mixed with tomatoes, cilantro, and lemon, recipe may vary according to restaurant)
- A tostada salad; leave out the dressing and use salsa instead

### Sushi

Avoid the tempura and anything else that's deep fried; the majority of rolls come with rice; ask your server to leave it out.

- Order Sashimi (no rice),
- Edamame
- Hand rolls with no rice (they're pretty good), I like salmon and tuna. You can also ask for vegetable
- Sashimi Salad
- Miso soup
- Ask for low sodium soy sauce

### Italian

Beware of the bread, have the waiter take it away. Now-a-days, a lot of Italian restaurants have a healthy or low carb section in their menus.

- Order high fiber low carb pasta with chicken or fish and marinara or tomato sauce.
- You can also order a grilled chicken salad with Italian or balsamic vinegar dressing.



## Restaurants

### Fast Food

This is definitely the least desirable choice when getting healthy and lean. There are quite a bit of choices on every corner but these are my top 3 suggestions of places to eat if you really don't have a lot of time:

- Subway: Go for the healthy option and ramp up the salad.
- Nandos: Leave off the chips and coleslaw and go for corn with no butter or sweet potato mash or salad
- Prêt a manger: They have the calorie content of every meal and some great choices!



## Supplements

- So Your Joints Won't Hurt: Glucosamine and Chondroitin
- To Get All Your Vitamins and Minerals: Centrum
- To Easily Get High Quality Protein: Whey Protein  
We use Sci-mx brand but any 100% whey protein is fine.



## What if I have questions?

I have painstakingly spent over ten years learning and several hours creating The Ultimate Men's Jump Start Meal Plan™ for you to benefit from.

The Ultimate Women's Jump Start Meal Plan™ has helped hundreds of men quickly and easily lose belly fat, gain lean muscle and have endless energy.

I'll have you know that I am PERSONALLY dedicated to seeing to it that you achieve your health and fitness goals, NO MATTER WHAT!

Here is my PERSONAL email to your direct nutritional support hotline [gary@hobbsfitness.co.uk](mailto:gary@hobbsfitness.co.uk)

Please email me with any questions or comments that you may have.

Here for you.

Gary Hobbs **07801 571469**