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Men's 14 Day Eating Plan

Days 1 – 5

Total Daily Count: 1500 Calories (Breakfast)

| Breakfast | | | | | | | |
|--|--------------|-------------|-------------|------------|-------------|--------------|-------------|
| | Calories | Protein (g) | Carbs (g) | Fat (g) | Fibre (g) | Sodium (mg) | Sugar (g) |
| Porridge Oats 60g (uncooked) | 216 | 6.6 | 36 | 4.8 | 5.4 | 0 | 1.2 |
| Skimmed Milk 200ml | 70 | 6.8 | 10 | 0.2 | 0 | 120 | 10 |
| Honey 5g / to taste | 15.2 | 0 | 4.1 | 0 | 0 | 0.2 | 4.1 |
| Golden Flaxseed 10g | 49.5 | 2.3 | 0.9 | 3.6 | 2.1 | 4 | 0.1 |
| Orange (medium) | 62 | 1.23 | 15.39 | 0.16 | 3.1 | 0 | 12.25 |
| Total | 412.7 | 16.9 | 66.4 | 8.8 | 10.6 | 124.2 | 27.7 |
| Swaps: Blueberries for orange. | | | | | | | |

Days 1 – 5

Total Daily Count: 1500 Calories (Lunch)

| Lunch | | | | | | | |
|------------------------|----------|-------------|-----------|---------|-----------|-------------|-----------|
| | Calories | Protein (g) | Carbs (g) | Fat (g) | Fibre (g) | Sodium (mg) | Sugar (g) |
| Chicken Breast 100g | 195 | 29.55 | 0 | 7.72 | 0 | 393 | 0 |
| Mixed Green Salad | 9 | 0.84 | 1.76 | 0.13 | 1.1 | 16 | 0.48 |
| Sweet Potato 200g | 172 | 3.14 | 40.24 | 0.1 | 6 | 110 | 8.36 |
| Banana (medium) | 105 | 1.29 | 26.95 | 0.39 | 3.1 | 1 | 14.43 |
| Total | 481 | 34.8 | 69 | 8.3 | 10.2 | 520 | 23.3 |
| | | | | | | | |

Days 1 – 5

Total Daily Count: 1500 Calories (Dinner)

| Dinner | | | | | | | |
|---------------------------------|----------|-------------|-----------|---------|-----------|-------------|-----------|
| | Calories | Protein (g) | Carbs (g) | Fat (g) | Fibre (g) | Sodium (mg) | Sugar (g) |
| Wild Atlantic Salmon 0.5 fillet | 281 | 39.28 | 0 | 12.25 | 0 | 87 | 0 |
| Cooked Green Cabbage 1 cup | 65 | 1.53 | 6.76 | 4.32 | 2.8 | 428 | 4.36 |
| Broccoli 1 Cup | 31 | 2.57 | 6.04 | 0.34 | 2.4 | 30 | 1.55 |
| Brown Rice 60g (uncooked) | 210 | 4.2 | 44.4 | 1.8 | 1.2 | 0 | 0.6 |
| Total | 587 | 47.6 | 57.2 | 19 | 6.4 | 545 | 6.5 |
| | | | | | | | |

Liquid:

Water 2000ml or as needed. Herbal teas are fine.

Days 1 – 5

TOTALS: 1500 Calories Daily

| Daily Total | | | | | | | |
|-------------|----------|-------------|-----------|---------|-----------|-------------|-----------|
| | Calories | Protein (g) | Carbs (g) | Fat (g) | Fibre (g) | Sodium (mg) | Sugar (g) |
| Total | 1480.7 | 99.3 | 192.5 | 36.1 | 27.2 | 1229.2 | 57.4 |
| Target | 1500 | | | | | | |
| Remaining | 19.3 | | | | | | |
| | | | | | | | |

Total Daily Count: 1800 Calories

Days 6 – 9

Total Daily Count: 1800 Calories (Breakfast)

| Breakfast | | | | | | | |
|------------------------------------|--------------|-------------|-------------|-------------|-------------|--------------|-------------|
| | Calories | Protein (g) | Carbs (g) | Fat (g) | Fibre (g) | Sodium (mg) | Sugar (g) |
| Porridge Oats 80g (uncooked) | 288 | 8.8 | 48 | 6.4 | 7.2 | 0 | 1.6 |
| Skimmed Milk 200ml | 70 | 6.8 | 10 | 0.2 | 0 | 120 | 10 |
| Honey 5g / to taste | 15.2 | 0 | 4.1 | 0 | 0 | 0.2 | 4.1 |
| Golden Flaxseed 10g | 49.5 | 2.3 | 0.9 | 3.6 | 2.1 | 4 | 0.1 |
| Orange (medium) | 62 | 1.23 | 15.39 | 0.16 | 3.1 | 0 | 12.25 |
| Total | 484.7 | 19.1 | 78.4 | 10.4 | 12.4 | 124.2 | 28.1 |

Swaps:

Blueberries for orange.

Oats for Granola (but be aware of fruit and nuts in Granola cereal mixes pushing up the calorie intake!).

Days 6 – 9

Total Daily Count: 1800 Calories (Lunch)

| Lunch | | | | | | | |
|------------------------|----------|-------------|-----------|---------|-----------|-------------|-----------|
| | Calories | Protein (g) | Carbs (g) | Fat (g) | Fibre (g) | Sodium (mg) | Sugar (g) |
| Chicken Breast 100g | 195 | 29.55 | 0 | 7.72 | 0 | 393 | 0 |
| Mixed Green Salad | 9 | 0.84 | 1.76 | 0.13 | 1.1 | 16 | 0.48 |
| Sweet Potato 200g | 172 | 3.14 | 40.24 | 0.1 | 6 | 110 | 8.36 |
| Banana (medium) | 105 | 1.29 | 26.95 | 0.39 | 3.1 | 1 | 14.43 |
| Total | 481 | 34.80 | 69 | 8.3 | 10.2 | 520 | 23.3 |

Notes:

Swaps:

Switch sweet potatoes for white potatoes or rice / pasta (uncooked 40 – 50g)

Add in small amounts of olives, olive oil, or pumpkin seeds to salads – choose one. 5g of oil, 5 – 10g of seeds, half a dozen or so olives.

Days 6 – 9

Total Daily Count: 1800 Calories (Dinner)

| Dinner | | | | | | | |
|---------------------------------|----------|-------------|-----------|---------|-----------|-------------|-----------|
| | Calories | Protein (g) | Carbs (g) | Fat (g) | Fibre (g) | Sodium (mg) | Sugar (g) |
| Wild Atlantic Salmon 0.5 fillet | 281 | 39.28 | 0 | 12.25 | 0 | 87 | 0 |
| Cooked Green Cabbage 1 cup | 65 | 1.53 | 6.76 | 4.32 | 2.8 | 428 | 4.36 |
| Broccoli 1 Cup | 31 | 2.57 | 6.04 | 0.34 | 2.4 | 30 | 1.55 |
| Brown Rice 3oz / 85g (uncooked) | 312 | 7.29 | 64.92 | 2.55 | 5.1 | 858 | 0.99 |
| Blueberries 50 berries | 39 | 0.5 | 9.85 | 0.22 | 1.6 | 1 | 6.77 |
| Total | 728 | 51.2 | 87.6 | 20 | 11.9 | 1404 | 13.7 |

Notes: Increase in Rice portion here from 1500 calorie plan

Swaps: Any green vegetables of your choice.

Liquid:

Water 2000ml or as needed. Herbal teas are fine.

Days 6 – 9

Total Daily Count: 1800 Calories (Snacks)

| Snacks | | | | | | | |
|------------------|----------|-------------|-----------|---------|-----------|-------------|-----------|
| | Calories | Protein (g) | Carbs (g) | Fat (g) | Fibre (g) | Sodium (mg) | Sugar (g) |
| Mixed Nuts (28g) | 173 | 4.62 | 6.04 | 15.76 | 2.3 | 111 | 1.19 |
| Totals | 173 | 4.62 | 6.04 | 15.76 | 2.3 | 111 | 1.19 |
| | | | | | | | |

TOTALS: 1800 Calorie Daily

| Daily Total | | | | | | | |
|-------------|----------|-------------|-----------|---------|-----------|-------------|-----------|
| | Calories | Protein (g) | Carbs (g) | Fat (g) | Fibre (g) | Sodium (mg) | Sugar (g) |
| Total | 1866.7 | 109.7 | 241 | 54.4 | 36.8 | 2199.2 | 66.2 |
| Target | 1800 | | | | | | |
| Remaining | -66.7 | | | | | | |
| | | | | | | | |

Total Daily Count: 2100 Calories

You may find around 2100 calories the ideal intake for sustainable weight loss.

Days 10 - 14

Total Daily Count: 2100 Calories (Breakfast)

| Breakfast | | | | | | | |
|------------------------------------|--------------|-------------|-------------|-------------|-------------|--------------|-------------|
| | Calories | Protein (g) | Carbs (g) | Fat (g) | Fibre (g) | Sodium (mg) | Sugar (g) |
| Porridge Oats 80g (uncooked) | 288 | 8.8 | 48 | 6.4 | 7.2 | 0 | 1.6 |
| Skimmed Milk 200ml | 70 | 6.8 | 10 | 0.2 | 0 | 120 | 10 |
| Honey 5g / to taste | 15.2 | 0 | 4.1 | 0 | 0 | 0.2 | 4.1 |
| Golden Flaxseed 10g | 49.5 | 2.3 | 0.9 | 3.6 | 2.1 | 4 | 0.1 |
| Orange (medium) | 62 | 1.23 | 15.39 | 0.16 | 3.1 | 0 | 12.25 |
| Total | 484.7 | 19.1 | 78.4 | 10.4 | 12.4 | 124.2 | 28.1 |

Swaps:

Blueberries for orange.

Oats for Granola (but be aware of fruit and nuts in gGanola cereal mixes pushing up the calorie intake!).

Days 10 - 14

Total Daily Count: 2100 Calories (Lunch)

| Lunch | | | | | | | |
|------------------------|----------|-------------|-----------|---------|-----------|-------------|-----------|
| | Calories | Protein (g) | Carbs (g) | Fat (g) | Fibre (g) | Sodium (mg) | Sugar (g) |
| Chicken Breast 100g | 195 | 29.55 | 0 | 7.72 | 0 | 393 | 0 |
| Mixed Green Salad | 9 | 0.84 | 1.76 | 0.13 | 1.1 | 16 | 0.48 |
| Sweet Potato 300g | 258 | 4.71 | 60.36 | 0.15 | 9 | 165 | 12.54 |
| Banana (medium) | 105 | 1.29 | 26.95 | 0.39 | 3.1 | 1 | 14.43 |
| Total | 567 | 36.4 | 89.1 | 8.4 | 13.2 | 575 | 27.5 |

Notes: We increased your sweet potato intake by 100g's here.

Swaps:

Switch sweet potatoes for white potatoes or rice / pasta (uncooked 80g approx. or rice or pasta)

Add in small amounts of olives, olive oil, or pumpkin seeds to salads. 5g of oil, 5 – 10g of seeds, half a dozen or so olives – choose 2 if required.

Days 10 - 14

Total Daily Count: 2100 Calories (Dinner)

| Dinner | | | | | | | |
|--|----------|-------------|-----------|---------|-----------|-------------|-----------|
| | Calories | Protein (g) | Carbs (g) | Fat (g) | Fibre (g) | Sodium (mg) | Sugar (g) |
| Wild Atlantic Salmon 0.5 fillet | 281 | 39.28 | 0 | 12.25 | 0 | 87 | 0 |
| Cooked Green Cabbage 1 cup | 65 | 1.53 | 6.76 | 4.32 | 2.8 | 428 | 4.36 |
| Broccoli 1 Cup | 31 | 2.57 | 6.04 | 0.34 | 2.4 | 30 | 1.55 |
| Brown Rice 3oz / 85g (uncooked) | 312 | 7.29 | 64.92 | 2.55 | 5.1 | 858 | 0.99 |
| Blueberries (50 berries) | 39 | 0.5 | 9.85 | 0.22 | 1.6 | 1 | 6.77 |
| Total | 728 | 51.2 | 87.6 | 20 | 11.9 | 1404 | 13.7 |
| Swaps: Any green vegetables of your choice. | | | | | | | |

Liquid:

Water 2000ml or as needed. Herbal teas are fine.

Days 10 - 14

Total Daily Count: 2100 Calories (Snacks)

| Snacks | | | | | | | |
|---|----------|-------------|-----------|---------|-----------|-------------|-----------|
| | Calories | Protein (g) | Carbs (g) | Fat (g) | Fibre (g) | Sodium (mg) | Sugar (g) |
| Mixed Nuts (28g) | 173 | 4.62 | 6.04 | 15.76 | 2.3 | 111 | 1.19 |
| Dried mixed fruit. (approx a handful) | 75 | 0.6 | 17 | 0.18 | 0.6 | 0 | 17 |
| Totals | 248 | 5.2 | 23 | 15.9 | 2.9 | 111 | 18.2 |
| Notes: We've added in dried fruit here. | | | | | | | |

TOTALS: 2100 Calorie Daily

| Daily Total | | | | | | | |
|-------------|----------|-------------|-----------|---------|-----------|-------------|-----------|
| | Calories | Protein (g) | Carbs (g) | Fat (g) | Fibre (g) | Sodium (mg) | Sugar (g) |
| Total | 2027.7 | 111.9 | 278.1 | 54.7 | 40.4 | 2254.2 | 87.4 |
| Target | 2100 | | | | | | |
| Remaining | 72.3 | | | | | | |

Notes: Of course, this only totalling 2100 calories so provides you with wriggle room to include some extra food / calories. And, of course, if you start exercising regularly and your metabolism increases you can then begin to include more food / calories :-)

Ultimately, this a generic plan designed to get you *close* to where you need to be!