



TARA GRIMES
FITNESS NUTRITION LIFE

10 DAY FAT LOSS KICKSTART

1600 CALORIES



www.taragrimesfitness.com



Medical Disclaimer

Always consult your medical practitioner, registered dietician or nutritionist before making any significant changes to your diet – particularly if you are an adolescent, pregnant, breastfeeding or have / develop a medical condition.

Whilst our meal options can help most people lose weight as part of a calorie controlled diet and active lifestyle, they have not been specifically designed for you and individual results will vary.

Where calorie and macronutrient information is provided, it is calculated using common databases. Exact values will vary, however, and so the values will only be approximations for your finished dish.

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Welcome...



Welcome to the *Get a Better Body* recipe book. This book will be your guide over the next 10 days to assist you and this program is the perfect kickstart to our super successful 6 week Better Bodies program.

In case you didn't know, nutrition will count for about 80% of your results. That's right 80%! There is an important lesson to be learned from the story below...



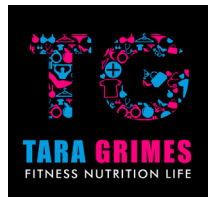
You see I used to have a client, let's call her Lisa. Now Lisa trained very hard and never missed a training session and so with all this effort and dedication to her training she thought that the scales and the measuring tape would really be moving in the right direction at her weights and measurement day. I never forget the look on her face when she found out that she lost only 1lb and half an inch from her waist. She was disappointed and so was I.

"You have read the information on the importance of nutrition and you have been using the recipe book I gave you?" I asked. It turned out she never read it because she thought she already knew about nutrition and that her personal trainer wasn't going to know more than she did.

Sometimes we learn the hard way! I'm pleased to say that once Lisa had become fully aware of the importance of nutrition for fat loss, we were able to make some important changes. 28 days later she was 14lbs down and almost 2 dress sizes smaller.

As the saying goes, "***When the student is ready, the teacher will appear.***"

And you are ready! That's why you are reading this!



Below I have included the key principles that work for nutrition for health and fat loss. If anything you read, see or hear deviates from any of the six principles below, chances are you can dismiss it immediately as a short term fad diet. This is a way of eating that will enable you to achieve both fast and permanent results in a way that is 100% sustainable. You see this change has to be permanent so it has to be both straightforward and above all enjoyable. The good news is that my meal options will show you how quick, easy and tasty eating this way is.

Follow these principles and you will get results...

1. Eating fewer calories than you burn (calorie deficit)
2. Eat more vegetables and fruits because they are rich in antioxidants and micro-nutrients (vitamins and minerals)
3. Eat plenty of protein for repair and maintenance of lean tissue, and to keep you feeling full (protein satisfies the appetite more than any other macronutrient)
4. Eat enough healthy fats from oily fish, nuts, avocados, coconut and olive oils (healthy fats are an essential part of a balanced diet)
5. Drink plenty of water to naturally detoxify the body, keeping the brain and body hydrated so it can function properly (green and herbal teas count towards this water intake)
6. Limit processed foods and artificial sweeteners and preservatives

Now go and learn, cook, and experience the benefits that my meal options have to offer – enjoy!

Let's get started...



Below are a few hints and tips to help you along the way.
Please spare a few minutes to read this before you get cooking.

COOKING WITH FATS AND OILS

Coconut oil, olive oil and ghee are suitable for baking and shallow frying / sautéing. These fats are less likely to oxidise when cooking at medium / high temperatures.

When oils oxidise, they become toxic, which can be damaging to your body.

Coconut oil is high in lauric acid, a fatty acid that is anti-fungal, anti-bacterial and anti-viral.

If you are following a dairy free diet, it is best to cook with coconut oil or olive oil.

When ghee is made, the milk solids are almost completely removed, therefore ghee is often suitable for people who are lactose intolerant.

For salads, use cold pressed extra virgin olive oils, sesame or peanut oils.

There are also a variety of fats and oils that should be avoided completely. All hydrogenated and partially hydrogenated oils are bad for you and can contribute to a range of serious health problems such as cancer, heart disease and immune dysfunction.



COCONUT FLOUR

A gluten free alternative to normal flour. This is a versatile ingredient, which can be used in baking and cooking. Makes great pancakes!

WHERE TO BUY

Coconut Oil and Coconut Flour:

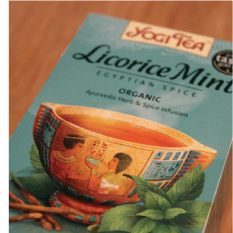
Available on **Amazon** and in **health stores** and **major supermarkets**



TEA

Green tea has lots of amazing health benefits. It is high in antioxidants and contains about half the amount of caffeine of normal tea. It is widely available in supermarkets, health shops and online.

Tulsi Brahmi (caffeine free) is another healthy alternative with healing properties, as well as also being a rich source of antioxidants.



Of all herbal teas, liquorice tea is arguably one of the most beneficial yet under-appreciated herbal teas. Liquorice tea can help the liver to rid the body of unwanted toxins, can relieve constipation, is used to treat low blood pressure, helps to lower cholesterol and is an anti-allergenic so is helpful for hay fever and conjunctivitis sufferers.

STORECUPBOARD SAVIOURS

There are plenty of simple ways to make your food taste good. Why not keep your cupboards stocked up with a handy supply of spices and rubs, which are generally very cheap to buy, simple to use, and a much healthier alternative to the artificial flavourings, additives and sugars found in many of the processed sauces available.

Consider replacing cheap, processed table salt (which is full of chemicals and some even contain sugar!) with a good quality organic sea salt or Himalayan pink salt. This salt contains many beneficial minerals and can help balance electrolytes, eliminate toxins and support nutrient absorption.



WHERE TO BUY

Tulsi Brahmi Tea: Available on **Amazon** and **www.discount-supplements.co.uk**

Liquorice Tea: Available on **Amazon** and in **health stores** and **major supermarkets**

Himalayan Pink Salt: Available on **Amazon** and in **health stores** and **major supermarkets**



A LITTLE SWEETNESS

Sugar gets a lot of bad press these days due to the negative effects it can have on your health. For example, excessive consumption suppresses the immune system and reduces insulin sensitivity.



However, I believe it is important to consider the for and against, and not just react to what we see in the news. If you lead a healthy lifestyle, eat a balanced, varied diet, and enjoy moderate regular exercise, then there really shouldn't be cause for panic.

Within the huge category that sugar spans, are a range of good and bad food choices. If, for example, you cut out all fruit for the rest of your life (because fruit contains sugar), you might well miss out on some key nutrients. Plus you may feel deprived.

My advice to you is that it is your choice if you consume sugar and/or sugar alternatives. But what is probably more important is to consider that worrying about the matter could be equally bad or even worse for your health. Instead, why not try to look at sugar and sugar alternatives as a 'treat' rather than a necessity... something to really savour and enjoy every once in a while (without the guilt!).

In some of my recipes I have used natural sweeteners such as Stevia. Many research studies have been conducted on the safety of these products and while no definite links have been made to any negative health effects, overall the evidence for and against it is still inconclusive. If you'd prefer to swap the sweeteners in these recipes with something else then feel free to do so. Home made apple sauce, raisins and bananas can add enough sweetness to a variety of baking recipes.

Note: There are several forms of Stevia available - a very light powdery texture, and a more granulated/grainy texture. In all of my recipes, I have used the granulated version. I recommend you use the same, so that the ingredient weight is accurate.

WHERE TO BUY

Stevia: Available on **Amazon** and in **health stores** and **major supermarkets**



FLAXSEED

Flaxseed is rich in omega-3 fatty acids and fibre. It is a great ingredient to use in cooking and baking, e.g. spelt bread, cakes, pizzas (yes, healthy ones!), mixed in with nut butter or humous dips, added to pancake mixes, sprinkled over cereals or salads or added to smoothies.



It's best to grind the flaxseed up in a coffee grinder first, as it is not absorbed by the body if left whole. If you mix flaxseed with water and leave to stand for 10 minutes, it develops a sticky coating, which makes it a great egg substitute in baking (as do chia seeds). Always store your flaxseed in the fridge in an airtight container.

WHERE TO BUY

Flaxseed: Available in **major supermarkets**

WHITE OR WHOLEGRAIN RICE?

Generally speaking, wholegrain, unprocessed carbohydrates tend to be better handled than processed carbohydrates such as white rice, pasta, bread and cereals.

Wholegrain rice is probably a healthier option than white rice, nevertheless it should still be consumed in moderation, especially if you are trying to lose fat. In most cases, where rice appears in this book, I haven't specified white or wholegrain rice. Please decide for yourself which is the best option for you.



Having achieved my goal within five weeks with the lovely Tara Grimes, I cannot recommend her enough. Its not just about the end results though, with Tara, she was there for every step of my individual journey: not only physically but building on my confidence every single day, allowing me not only to achieve a healthier lifestyle but also a happier lifestyle. I lost 14 lbs in 5 weeks.

Rebecca

Tara's 6 week program is amazing, she is there for you every step of the way and is very insistent on you meeting your goals. I love her persistence, effort and passion.

Siobhan

Love this, Tara is brilliant. very informative.

Olivia



Even though I never met Tara personally , I feel I know her as Im in regular contact online. She helped me every step of the way. Previously I hadn't a clue how to lift weights and never dreamt of going into the weights area. Now I go in with my phone and headphones and do her online workouts with confidence.

Brenda

Practical, simple, easy to understand. Tara plan met all my needs as I'm a busy stay at home Mum. She contacted me daily helping me with my weight loss. Couldn't have done it without her support.

Emily



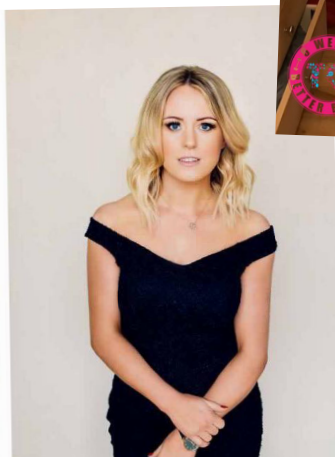
I always struggled with my weight even though I exercised regularly that was until I joined Taras program. She was able to explain very quickly where I was going wrong , provided a plan to suit me and my job. I lost 10 lbs in the first 4 weeks and went on to lose another 7 lbs by following her 6 week program.

Paula



Currently on my journey with Tara & Damien which for me is primarily about weight loss but also increasing my fitness level: I couldn't recommend this highly enough. Have done every diet in the book and realise that these are only short term fixes! This is different; it is realistic, sustainable and it works; and has the extra bonus of being fun. Tara combined fitness and nutritional knowledge is fantastic; I know where I want to be; I know how long it will take realistically and I know that, with all the support & encouragement I get with Tara, I will be in that place one day. Done wait for it, work for it.

Ursula





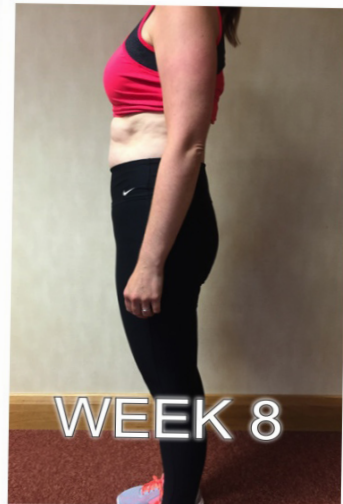
Just started Tara's programme 3 weeks ago after a feedback from friends of how good it was, have to say feel fab from nutrition, diet and the classes are brill, different tasks every session that u actually look forward to the next night, even though u be a bit sore from the previous lets say no pain without gain..lol... great programme and leader...x

What you put into this plan you get back. its a new way of eating for me but I lost 12 ½ inches in 2 programs with Tara and now onto my third with a loss of 21lbs in weight. My husband has even joined in wanting to shrink that beer belly!!

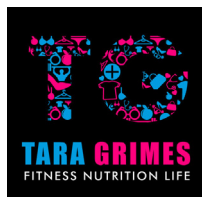
Deirdre

WEEK ONE

WEEK SIX



Contact me



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How to use this meal plan



Some of the meal options in this book will require protein powder. The most popular form of protein powder is whey protein. Always choose a good quality protein powder.

I recommend **Reflex Instant Whey**.

Use this discount code **TGF10 online** at checkout to receive a discount.

www.performancenutritionplus.co.uk/reflex-instant-whey-pro-900g-4400.html



If you are lactose intolerant or vegan you may need to look at an ultra low lactose variety or even a different protein altogether; something like a pea or rice protein.

ALLERGIES

Please be aware of any foods which feature within this book that you may be allergic or intolerant to, for example nuts.

ABOUT THE SHOPPING LISTS

Shopping lists are included in this book. However, before you go shopping, have a look through the shopping list. You will probably notice that you already have a good number of the items in your kitchen, especially in the Dry Goods and Spices and Seasonings sections. Many of the items on the shopping list will also last you a good few weeks or even months, so if you decide to follow these meal options for longer than 10 days, then you won't need to purchase all of the ingredients a second time.

Shopping List



Please choose from EITHER of the following:
Meat, Poultry and Fish ingredients OR the Vegetarian Alternatives.

meat, poultry and fish

5 rashers lean unsmoked back bacon
3 chicken drumsticks
450g fresh chicken breast
225g rump steak
920g extra lean steak mince
325g lean turkey breast mince
150g stir fry pork
170g pork loin chops
200g lamb leg steaks
420g salmon fillet
225g white fish fillet
120g smoked mackerel
125g cooked chicken breast
160g cooked turkey breast steak

vegetarian alternatives

5 rashers vegetarian back bacon*
875g vegetarian chicken*
920g low fat vegetarian beef mince*
620g fresh firm low fat tofu*
325g vegetarian turkey mince*
320g vegetarian pork (suitable for stir fry)*
200g vegetarian lamb*
285g cooked vegetarian chicken breast*

dairy and dairy free alternatives

1 pack organic butter
or ghee (low lactose)
or organic coconut oil (dairy free)

chilled section

100g low fat hummus

* Note: Some meat free alternatives contain gluten and/or MSG. Check the label before you buy.

Shopping List



fruit and vegetables

- 400g fresh spinach leaves
- 22 baby plum tomatoes
- 3 medium sized vine tomatoes
- 1 beef tomato
- 200g asparagus
- 2 red bell peppers
- 4 green bell peppers
- 1 yellow bell pepper
- 250g closed cup mushrooms
- 1 small cauliflower
- 100g carrots
- 300g celery
- 100g broccoli
- 100g Tenderstem broccoli
- 100g iceberg lettuce
- 70g mixed salad leaves
- 200g sweet gem lettuce leaves
- 170g rocket leaves
- 4 avocados
- 2 medium sized red onions
- 5 medium sized white onions
- 625g all rounder potatoes
- 7 medium sized sweet potatoes
- 400g baby new potatoes
- 350g garden peas
- 200g curly kale
- 3 large garlic bulbs
- 1 medium sized fresh ginger root
- 7 green chillis (optional)
- 6 red chillis (optional)
- 100g blueberries - fresh or frozen
- 3 medium sized bananas
- 1 lemon
- 300g strawberries
- 75g blackberries
- 250g raspberries - fresh or frozen
- 2 kiwi fruit
- 1 red grapefruit

Shopping List



fresh herbs

- 1 small pack fresh coriander
- 1 small pack fresh mint
- 1 small pack fresh basil leaves
- 1 small pack fresh rosemary

dry goods

- 26 medium sized free range eggs
- 8 large free range eggs
- 250g tinned sweetcorn
- 1 x 112g (drained weight) tins tuna in spring water
- 1 small jar pitted black olives
- 5 x 200g tinned chopped tomatoes
- 150g tin chickpeas in water
- 150g pickled beetroot
- 620g organic porridge oats*
- 170g organic jumbo oats*
- 1 small bag oatbran
- 80g organic raisins
- small pack natural sweetener of your choice e.g. stevia
- 225g nut butter, any variety (no added sugar)
- 1 small pot vanilla essence
- 295g vanilla flavoured protein powder
- 210g chocolate flavoured protein powder
- 1 small pot cocoa powder
- 900ml unsweetened almond milk
- 40g bar dairy free dark chocolate (minimum 85% cocoa)

- 325g buckwheat
- 235g quinoa
- 80g dry rice noodles
- 100g soft rice noodles
- 100g red split lentils
- 475g white or wholegrain basmati rice
- 1 tube tomato purée
- 90ml balsamic vinegar
- 1 small bottle malt vinegar
- 190ml organic olive oil
- 1 pack organic vegetable stock cubes

spices / seasonings

- 1 small pot sea salt flakes or Himalayan pink salt
- 1 small pot black pepper (ground or peppercorns)
- 1 small pot cayenne pepper
- 1 small pot ground cinnamon
- 1 small pot dried rosemary
- 1 small pot dried thyme
- 1 small pot oregano
- 1 small pot paprika
- 1 small pot garam masala
- 1 small pot ground cumin
- 1 small pot tandoori seasoning
- 1 small pot turmeric
- 1 small pot Thai 7 spice mix
- 1 small pot Chinese 5 spice
- 1 small pot crushed red chilli flakes
- 1 small pot curry powder

* Gluten-free if preferred

Shopping List



nuts/seeds

20g pumpkin seeds

200g whole almonds

160g cashew nuts

105g ground almonds

130g ground flaxseed

140g bag flaked almonds

70g bag omega seed sprinkle

(flaxseed, linseed, sesame seeds and sunflower seeds)

Day 1



Breakfast – 435kcal
38g protein, 24g fat, 7g carbs

Bacon & Scrambled Eggs With Spinach & Baby Tomatoes

2 rashers unsmoked back bacon (use a vegetarian bacon if preferred)

3 medium sized free range eggs

3 egg whites

100g fresh spinach

3g organic butter, ghee or coconut oil

5 baby plum tomatoes



Lunch – 389kcal
35g protein, 17g fat, 21g carbs

Crunchy Salad

100g iceberg lettuce, washed

112g tinned tuna in spring water, (drained weight) (or replace with 1 sliced boiled egg)

100g celery, sliced

100g red bell pepper, sliced

70g avocado, sliced

25g red onion, finely diced

10g pumpkin seeds

Method: Cut the bacon up into small pieces, using scissors.

Whisk the eggs and egg whites with a fork. Season with salt and pepper.

Steam the spinach gently for 1-2 minutes.

Melt the butter, ghee or coconut oil in a non stick frying pan over a medium heat. Add the bacon pieces and the tomatoes and fry gently on both sides until the bacon becomes crispy. Remove from pan and set aside. Using a wooden spoon, scrape out any bits from the pan and discard.

Pour the eggs into the frying pan and stir continuously for around 2 minutes until the eggs are cooked. Serve.

Method: Place the lettuce leaves in a serving dish and top with the remaining ingredients.

Dinner – 618kcal
46g protein, 21g fat, 48g carbs

**Chicken Drumsticks With Sweet
Corn, Sweet Potato & Kale**

3 chicken drumsticks (or use 200g
vegetarian chicken replacement)

½ tsp dried herbs e.g oregano,
rosemary, thyme

200g sweet potato, skin left on

100g curly kale

80g tinned sweetcorn (drained weight)



Method: Preheat oven to 180°C / 350°F.
Place the chicken drumsticks / vegetarian
chicken on a baking tray. Season with salt
and pepper and dried herbs.

Oven bake the meat for 10 minutes, then
turn over and cook for a further 10
minutes. Use a skewer to check that the
chicken is cooked. The juices will run clear
when thoroughly cooked.

Bring a saucepan of lightly salted water to
the boil. Add the sweet potato and reduce to
a gentle simmer. Cook for around 8 minutes,
until soft, remove from water and drain,
reserving the water in the saucepan.

Bring the saucepan of water to the boil
again. Reduce to a simmer, add the kale and
cook for 3-4 minutes until soft, then drain.

Heat the sweetcorn in a saucepan over a
gentle heat for several minutes, stirring
occasionally. Cut open the sweet potato and
use a fork to mash the insides. Season with
salt and pepper and serve.

Snack – 169kcal
11g protein, 8g fat, 13g carbs

1 x Protein Slice

- 220g banana, mashed
- 50g nut butter (any variety, no added sugar)
- 2 medium sized free range eggs
- 1 egg white
- 40g porridge oats
- 20g ground almonds
- 30g flaxseed, whole or ground
- 50g chocolate flavoured protein powder
- 30g organic raisins
- 20g dark chocolate, chopped finely



Method: Preheat oven to 190°C / 375°F.

Line a baking tray with parchment paper.

Mash the bananas removing all lumps.

Add all of the other ingredients and mix well. Pour the mixture onto the tray and flatten with a spoon.

Bake in the oven for 15 minutes or until the centre is firm. Allow to cool on a rack, then chop into 9 slices.

Once cooled, these can be stored in an airtight container for up to 3 days.

Note: this snack also appears on days 3 and 6. It can be frozen and defrosted several hours in advance.

DAILY TOTALS – 1611kcal
130g protein, 67g fat, 89g carbs

Note For Tomorrow:

Presoak your porridge oats tonight. See breakfast on next page.

Day 2



Breakfast – 327kcal

15g protein, 7g fat, 47g carbs

Blueberry & Cinnamon Porridge With Flaxseed

60g organic oats

100g blueberries

2 egg whites

7g ground flaxseed

½ teaspoon ground cinnamon

1 tsp sweetener of your choice
(optional) e.g. stevia



Method: Put the oats in a saucepan.

Add some cold water - just enough to cover the oats - and place over a medium heat.

Stir continuously for 2-3 minutes, adding more water as the mixture starts to thicken. Add a small amount of cold water if the mixture becomes too thick.

Add the egg whites and stir until cooked through.

Remove from heat and pour into a serving bowl. Sprinkle over the blueberries, flaxseed, cinnamon and sweetener. Serve.

Lunch – 423kcal
51g protein, 12g fat, 33g carbs

Spicy Chicken Stew

10g organic butter, ghee or coconut oil
 100g white onion, finely chopped
 100g celery, sliced
 100g yellow bell pepper, sliced
 140g fresh chicken breast, diced (or use a vegetarian chicken replacement)
 1 garlic clove, finely chopped
 1-4 green chillis (optional), finely sliced
 200g tinned chopped tomatoes
 1 tsp paprika
 100g fresh spinach



Method: Melt the butter, ghee or oil in a non stick frying pan. Add the onion and sauté gently over a medium heat until softened.

Add the celery and yellow pepper and cook for 3-4 minutes until softened.

Add the chicken and gently fry for 2-3 minutes, until brown all over.

Add the garlic and cook for 1-2 minutes, stirring continuously.

Add the chillis, tinned tomatoes and paprika and simmer gently for 10 minutes, stirring occasionally. Season with salt and pepper if you like.

Steam the spinach for 1-2 minutes. Serve.

Dinner – 590kcal
58g protein, 23g fat, 38g carbs

Steak With New Potatoes & Garden Peas

225g rump steak, trimmed of fat (or use a vegetarian chicken replacement)

200g baby new potatoes

150g garden peas

10g organic butter, ghee or coconut oil

1 sprig fresh mint (optional), chopped



Snack – 262kcal
7g protein 15g fat 29g carbs

1 banana

30g whole almonds

Method: Remove the steak from its packaging and leave it to rest at room temperature while you prepare the potatoes.

Bring a saucepan of lightly salted water to the boil. Add the new potatoes and reduce to a gentle simmer. Cook for around 10 minutes until soft, remove from water and drain, reserving the water in the saucepan.

Bring the saucepan of water to the boil again. Reduce to a simmer, add the peas and cook for 3-4 minutes until soft, then drain.

Melt half of the butter, ghee or oil in a non stick frying pan or skillet / griddle. Add the steak or vegetarian chicken, season with salt and pepper and cook on both sides. Follow instructions on steak packet to determine length of time to cook to achieve rare, medium, or well done steak.

In a saucepan, gently mix together the cooked potatoes, peas, and the remaining butter, ghee or oil. Sprinkle over the mint. Serve.



DAILY TOTALS – 1602kcal
131g protein, 57g fat, 147g carbs

Note For Tomorrow:

Presoak your buckwheat tonight. See lunch on next day.

Day 3



Breakfast – 492kcal
47g protein, 28g fat, 11g carbs

Salmon & Poached Egg With Mushrooms, Spinach & Tomato

3g organic butter, ghee or coconut oil

140g salmon fillet or tofu (use a fresh, firm, low fat variety and an additional 2g butter, ghee or oil)

½ tsp cayenne pepper

6 closed cup mushrooms, sliced or quartered

2 medium sized vine tomatoes, diced

2 large free range eggs

100g fresh spinach



Method: If using tofu, melt 2g butter, ghee or oil in a non stick frying pan or wok and cook over a medium / high heat for 6 minutes. Use a flat wooden slice to carefully turn the tofu in the pan. Season with salt and cayenne and cook for a further 4 minutes. Remove from pan and set aside.

If using salmon, bring a saucepan of lightly salted water to the boil. Add the salmon and reduce to a gentle simmer. Cover and cook for around 8-10 minutes until the salmon is a light pink colour throughout.

Remove salmon from the water and drain with a serrated spoon, reserving the water in the saucepan. Set aside.

For both salmon and tofu, follow these steps.

Melt the butter, ghee or oil in a frying pan over a gentle heat (if you are using salmon, otherwise use the same pan you cooked the tofu in.)

Add the mushrooms and sauté for 3-4 minutes until softened. Add the tomatoes and continue to cook for 2-3 minutes. Remove from heat and set aside.

Bring the saucepan of water to the boil again. Reduce to a simmer, and carefully crack the eggs into the water. Poach for 2-4 minutes (2 minutes is ideal for a runny egg). Remove from water with a serrated spoon and set aside.

Steam the spinach gently for 1-2 minutes. Serve.

Lunch – 510kcal
21g protein, 21g fat, 54g carbs

Chickpea & Buckwheat Salad

40g (dry weight) buckwheat, soaked overnight

150g tinned chickpeas, drained

juice of ½ a lemon

½ tsp dried oregano

½ tsp ground cumin

small handful chopped coriander (optional)

80g tinned sweetcorn

50g avocado, diced

50g red onion, sliced finely

50g pickled beetroot, diced

10g pumpkin seeds



Method: Rinse the pre-soaked buckwheat under cold water until the water runs clear.

Mix the chickpeas with lemon juice, cumin, oregano and coriander.

Assemble all of the other ingredients in a serving bowl and top with the chickpeas. Serve.

Dinner – 467kcal
40g protein, 9g fat, 57g carbs

Turkey Mince Curry

5g organic butter, ghee or coconut oil

100g white onion, finely sliced

150g lean turkey breast mince (or use low fat vegetarian turkey mince)

1 garlic clove, finely chopped

1 tsp fresh ginger, finely chopped

1-3 green chillis (optional)

150g chopped tinned tomatoes

1 tsp garam masala

½ tsp turmeric

50g white or wholegrain basmati rice (dry weight)



Method: Melt the butter, ghee or oil in a large non stick frying pan.

Add the onion, and sauté gently for 3-4 minutes until softened.

Add the mince and cook for 3-4 minutes, stirring frequently.

Add the garlic, ginger, and chillis and cook for 1 minute, stirring continuously.

Add the chopped tomatoes, garam masala and turmeric and cook for 10-15 minutes, stirring frequently.

Meanwhile, bring a saucepan of lightly salted water to the boil. Reduce to a simmer, and add the rice. For timings, follow pack instructions (note: wholegrain rice takes longer than white rice). If using white rice, avoid stirring too much as this can cause the rice to become too sticky.

When rice is cooked, drain and leave for 2-3 minutes to stand. Serve.

Snack – 181kcal
5g protein, 12g fat, 13g carbs

100g strawberries

25g cashew nuts



Note For Tomorrow:

You will need to make your breakfast in advance if you are short on time in the mornings. See next page.

The recipe makes a big batch of muffins, so you will have some left over to freeze for a later date.

DAILY TOTALS – 1650kcal
113g protein, 58g fat, 122g carbs

Day 4



Breakfast – 342kcal
33g protein, 12g fat, 27g carbs

3 x Bolognaise Muffins

8g organic butter, ghee or coconut oil

275g white onion, finely chopped

4-5 basil leaves with stalks (optional),
chopped

750g extra lean steak mince (or use
low fat vegetarian beef mince)

3 garlic cloves, finely diced

1 green bell pepper, diced

160g closed cup mushrooms, finely
sliced

400g tinned chopped tomatoes

50g tomato purée

small amount of coconut oil, butter or
ghee to grease muffin tins

95g organic oats

1 medium sized free range egg

1 egg white



Method: First make the bolognaise sauce.

Melt the butter, ghee or oil in a non stick frying pan over a medium heat. Gently sauté the onion until soft. Add the basil and fry gently, stirring for 20 seconds.

Add the mince and cook, stirring frequently for 6-8 minutes, until brown all over.

Add the garlic, green pepper and mushrooms and cook, stirring frequently for 5 minutes.

Add the chopped tomatoes and tomato purée. Season with salt and pepper and stir.

Cover and cook for 30 minutes, stirring occasionally. Remove from heat.

Preheat oven to 175°C / 350°F.

Weigh out 280g of the bolognaise sauce into a large bowl. Any leftover sauce can be left to cool and frozen on the same day.

Grease 8 muffin tin compartments.

Mix together the oats, egg and egg white with the bolognaise sauce. Spoon the mixture into the 8 muffin tin compartments.

Bake for 30-35 minutes until cooked through. Test the centre of the muffins with a skewer. If it comes out clean, the muffins are cooked.

Remove the muffins from the tins and leave to cool on a wire rack. Enjoy hot or cold.

When muffins are cool, store in an airtight container and refrigerate for up to 3 days or freeze on the same day.

Lunch – 525kcal
34g protein, 37g fat, 12g carbs

Smoked Mackerel Salad

50g fresh spinach
120g smoked mackerel (or replace with 120g firm tofu, diced, 3g organic butter, ghee or coconut oil and 2 medium sized free range eggs)
50g red onion, finely chopped
5 baby plum tomatoes, halved
15ml balsamic vinegar



Method: Place the spinach leaves in a serving dish. If using mackerel, top with the remaining ingredients.

If using tofu, bring a saucepan of lightly salted water to the boil. Reduce to a simmer, and carefully place the eggs in the water. Boil for 10 minutes, then place in cold water to cool. Peel and slice the eggs.

Melt the butter, ghee or oil in a non stick frying pan or wok and cook the tofu over a medium / high heat for 6 minutes. Use a flat wooden slice to carefully turn the tofu in the pan. Season with salt and cook for a further 4 minutes. Remove from pan and set aside.

Top the spinach leaves with red onion, plum tomatoes, balsamic vinegar, cooked tofu and eggs. Serve.

Dinner – 482kcal
41g protein, 12g fat, 53g carbs

Chinese Stir Fry

5g organic butter, ghee or coconut oil
6 closed cup mushrooms, sliced
150g stir fry pork (or use a vegetarian pork replacement)
100g green bell pepper, sliced
1 garlic clove, finely chopped
1 tsp fresh ginger, finely chopped
1 tsp Chinese 5 spice
100g soft rice noodles

Method: Melt the butter, ghee or oil in a non stick frying pan.

Add the mushrooms, and sauté gently for 3-4 minutes until softened.

Add the pork and cook for 3-4 minutes, stirring frequently, until brown all over.

Add the green pepper, and cook for 2-3 minutes.

Add the garlic, ginger, and Chinese 5 spice and cook for 5 minutes, stirring continuously.

Add the rice noodles and cook according to pack instructions. Serve.

Snack – 188kcal
5g protein, 11g fat, 17g carbs

25g cashew nuts

1 kiwi fruit



DAILY TOTALS – 1537kcal
113g protein, 72g fat, 109g carbs

Note For Tomorrow:

Presoak your buckwheat tonight. See breakfast on next page.

Day 5



Breakfast – 349kcal
23g protein, 6g fat, 52g carbs

Raspberry Buckwheat Delight

60g (dry weight) buckwheat, soaked overnight

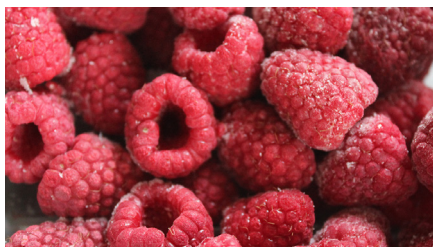
1 tsp sweetener of your choice (optional)

15g vanilla flavoured protein powder

7g ground flaxseed

½ tsp ground cinnamon

150g raspberries



Lunch – 430kcal
54g protein, 23g fat, 7g carbs

Chicken, Bacon, Avocado, Tomato & Rocket Stack

3g organic butter, ghee or coconut oil

1 rasher unsmoked back bacon (or use a vegetarian bacon replacement)

150g fresh chicken breast cooked and sliced in half ("butterfly"), or use a vegetarian chicken replacement

75g avocado mashed

1 beef tomato, sliced

handful rocket leaves

Method: Rinse the pre-soaked buckwheat under cold water until the water runs clear.

Put all of the ingredients except for the raspberries into a blender and pulse until creamy.

Pour the mixture into a bowl and stir in the raspberries. Serve.

Method: Melt the butter, ghee or oil in a non stick frying pan over a medium heat.

Fry the bacon rasher on both sides until crispy.

Arrange the items on a plate in a stack, starting with one slice of chicken as a base, and finishing with the other slice of chicken to complete the stack. Serve.

Dinner – 497kcal
46g protein, 26g fat, 22g carbs

Mixed Vegetable Omelette

- 4 large free range eggs
- 4 large egg whites
- 5g organic butter, ghee or coconut oil
- 75g white onion, finely sliced
- 70g broccoli, cut into small pieces
- 100g red bell pepper, sliced
- 50g fresh spinach

Method: Whisk the eggs and egg whites in a jug and season well.

Melt half of the butter, ghee or oil in a non-stick frying pan over a medium heat and add the onion. Sauté for 5 minutes, until softened.

Add the broccoli and cook for 5 minutes, stirring occasionally.

Add the red pepper and cook for 3 minutes, stirring occasionally.

Remove the cooked vegetables from the pan and set aside.

Using a wooden spoon, remove any bits from the pan and discard.

Melt the remaining butter, ghee or oil in the pan. Pour the eggs into the pan. Cook gently for around 3-4 minutes until the edges of the mixture start to crisp.

When the centre of the omelette begins to firm up, add the spinach over the entire omelette. Then carefully add the other vegetables on top of the spinach, so that it wilts. Cook for around 1-2 minutes.

Using a wooden slice fold the omelette in half. Remove the omelette from the pan. Serve.

Snack – 303kcal
9g protein, 15g fat, 31g carbs

- 1 red grapefruit
- 30g whole almonds



DAILY TOTALS – 1579kcal
132g protein, 70g fat, 112g carbs

Day 6



Breakfast – 399kcal

36g protein, 25g fat, 5g carbs

Spicy Lemon Salmon Parcels & Kale

140g salmon fillet or fresh tofu (use a fresh, firm, low fat variety)

5g organic butter, ghee or coconut oil, melted

1 garlic clove, finely chopped

1-3 red chillis, finely chopped

juice of ½ a lemon

1 medium sized free range egg

100g curly kale



Method: Preheat oven to 175°C/350°F.

Place a sheet of foil on a baking tray (enough to wrap around the fish/tofu).

Place the salmon or tofu on the foil. Drizzle over the butter, ghee or oil. Add the garlic and chillis. Squeeze the juice of the lemon over the salmon or tofu.

Gently wrap the foil around the salmon or tofu and seal loosely into a parcel.

Cook for 15-20 minutes or until salmon is cooked right through or tofu is a golden colour (when cooked, the salmon should be a pale pink colour throughout).

Meanwhile, bring a small saucepan of lightly salted water to the boil. Reduce to a simmer, and carefully place the egg in the water. Boil for 8-10 minutes, then place in cold water to cool. Peel and slice the egg.

Steam the kale for 3-4 minutes until soft. Serve.

Lunch – 500kcal
42g protein, 12g fat, 52g carbs

Fragrant Thai Mince With Rice

10g organic butter, ghee or coconut oil
 50g red onion, finely chopped
 175g lean turkey breast mince (or use low fat vegetarian turkey mince)
 100g celery, finely sliced
 100g green bell pepper, finely sliced
 1 garlic clove, finely chopped
 100g chopped tinned tomatoes
 1 tsp paprika
 1 tsp Thai 7 spice mix
 40g white or wholegrain basmati rice (dry weight)



Method: Melt the butter, ghee or oil in a large non stick frying pan. Add the onion, and sauté gently for 3-4 minutes until soft.

Add the mince and cook for 3-4 minutes, stirring frequently.

Add the celery and green pepper and cook for 2-3 minutes, stirring continuously.

Add the garlic and cook for 1-2 minutes, stirring continuously.

Add the chopped tomatoes, paprika and Thai 7 spice mix and cook for 10-15 minutes, stirring frequently.

Meanwhile, bring a saucepan of lightly salted water to the boil. Reduce to a simmer, and add the rice. For timings, follow pack instructions (note: wholegrain rice takes longer than white rice). If using white rice, avoid stirring too much as this can cause the rice to become too sticky.

When rice is cooked, drain and leave for 2-3 minutes to stand. Serve.

Dinner – 292kcal
15g protein, 7g fat, 39g carbs

Lentil & Sweet Potato Curry

- 5g organic butter, ghee or coconut oil
- 50g white onion, finely chopped
- 60g sweet potato, peeled and cut into small cubes
- 100g cauliflower, grated or finely chopped
- 1 garlic clove, finely chopped
- 1 tsp fresh ginger, finely chopped
- 40g red split lentils (dry weight)
- 1 tsp curry powder
- 1 organic vegetable stock cube
- 1-3 red chillis (optional), finely chopped

Method: Melt the butter, ghee or oil in a large saucepan over a gentle heat.

Add the onion and sauté, stirring occasionally, until the onion softens.

Add the sweet potato, cauliflower, garlic, ginger, curry powder and chillis and sauté for 2 minutes.

Add 500ml boiling water and stir in the lentils. Crumble in the stock cube and stir until dissolved.

Reduce the heat to medium-low, cover and simmer for around 20-25 minutes, until the lentils break down and the sweet potatoes are soft.

Season with salt and pepper. Serve.

Snack – 378kcal
17g protein, 22g fat, 28g carbs

1 Protein Slice (made on day 1)

- PLUS
- 100g strawberries
 - 30g cashew nuts



DAILY TOTALS – 1569kcal
110g protein, 66g fat, 124g carbs

Note For Tomorrow:

Presoak your porridge oats tonight. See breakfast on next page.

Day 7



Breakfast – 299kcal

19g protein, 9g fat, 36g carbs

Strawberry, Vanilla, Cinnamon, Flaxseed Protein Porridge

40g organic oats

300ml unsweetened almond milk

2 egg whites

½ tsp vanilla essence

100g strawberries, sliced

7g ground flaxseed

1 tsp sweetener of your choice
(optional)

½ tsp ground cinnamon

Method: Put the oats in a saucepan.

Add the almond milk and cook over a medium heat, stirring frequently for 3-4 minutes.

Add the egg whites, and cook for a further 1-2 minutes, stirring continuously, until egg is cooked.

Remove from heat and stir in the vanilla essence.

Pour into a serving bowl.

Top with strawberries and sprinkle over the flaxseed, sweetener and cinnamon. Serve.



Lunch – 497kcal
39g protein, 25g fat, 25g carbs

Spicy Lettuce Wraps

3g organic butter, ghee or coconut oil

170g extra lean steak mince (or use low fat vegetarian beef mince)

50g red onion, finely chopped

100g green bell pepper, diced

1 garlic clove, finely chopped

20g tomato purée

150g chopped tinned tomatoes

1 tsp crushed red chilli flakes (optional)

80g avocado

juice of ½ a lemon

200g sweet gem lettuce leaves

Method: Melt the butter, ghee or oil in a non stick frying pan over a medium heat.

Add the mince and red onion and cook gently for 8-10 minutes, stirring frequently until mince is brown all over.

Season with salt and pepper. Add the green pepper and cook for 2-3 minutes, stirring frequently.

Add the garlic, and cook for 1-2 minutes, stirring frequently.

Add the purée, tinned tomatoes and chilli flakes and cook for 10 minutes, stirring occasionally.

Slice the avocado and sprinkle over the lemon juice to prevent the avocado flesh turning brown.

Add spoonfuls of the mince onto the lettuce leaves, top with avocado and fold into wraps. Serve.



Dinner – 506kcal

54g protein, 4g fat, 63g carbs

Tandoori Chicken Breast With Sweet Potato Mash & Asparagus

160g fresh chicken breast, diced (or use a vegetarian chicken replacement)

1 tsp tandoori seasoning

½ tsp cinnamon

300g sweet potato, skin left on

100g asparagus

Method: Preheat the oven to 175°C/350°F.

Place a sheet of foil on a baking tray (enough to wrap around the chicken). Place the chicken on the foil and sprinkle on the tandoori seasoning.

Gently wrap the foil around the chicken and seal loosely into a parcel. Cook for 20 minutes or until cooked thoroughly. Use a skewer to check that the chicken is cooked. The juices will run clear when thoroughly cooked.

Bring a saucepan of lightly salted water to the boil. Add the sweet potato and reduce to a gentle simmer. Cook for around 8 minutes, until soft, remove from water and drain.

Bring the saucepan of water to the boil again. Reduce to a simmer, add the asparagus and cook for 3-4 minutes until soft, then drain.

Cut open the sweet potato and use a fork to mash the insides. Sprinkle over the cinnamon, and mash that in to the potato. Serve.

Snack – 297kcal

9g protein, 18g fat, 21g carbs

100g low fat hummus

100g carrot, cut into sticks

25g cashew nuts



DAILY TOTALS – 1599kcal

121g protein, 56g fat, 145g carbs

Day 8



Breakfast – 373kcal
26g protein, 11g fat, 41g carbs

Blackberry Protein Muesli

50g organic jumbo oats
250ml unsweetened almond milk
20g chocolate flavoured protein powder
75g blackberries
10g omega seed sprinkle (flaxseed, linseed, sesame seeds and sunflower seeds)



Method: Put the oats in a saucepan.

Add the almond milk and cook over a medium heat, stirring frequently for 4-5 minutes, until mixture starts to thicken. Add a small amount of cold water if the mixture becomes too thick, and continue to cook until the water has been absorbed.

Remove from heat and pour into a serving bowl. Stir in the protein powder, mixing well.

Top with blackberries and sprinkle over the omega seed sprinkle. Serve.

Lunch – 329kcal
31g protein, 19g fat, 5g carbs

Salmon With Asparagus & Baby Tomatoes

5g organic butter, ghee or coconut oil

140g salmon fillet (or replace with 100g firm tofu, diced and 1 medium sized free range egg)

½ tsp cayenne pepper

5 baby plum tomatoes, halved

100g asparagus, chopped



Method: If you are having tofu and eggs, bring a saucepan of lightly salted water to the boil. Reduce to a simmer, and carefully place the eggs in the water.

Boil for 10 minutes, then place in cold water until cool. Peel and slice the eggs.

Melt the butter, ghee or oil in a non stick frying pan over a medium heat.

If using salmon, season with salt and pepper. Cook for 10 minutes, or until the salmon is thoroughly cooked (the salmon flesh is a pale pink colour throughout when cooked).

If using tofu, cook over a medium heat for 6 minutes. Use a flat wooden slice to carefully turn the tofu in the pan. Season with salt and cayenne and cook for a further 4 minutes.

Add the asparagus to the pan and cook for 4-5 minutes, stirring frequently. Add the tomatoes and cook for a further 3 minutes, or until soft. Serve.

Dinner – 621kcal

50g protein, 17g fat, 44g carbs

Pork Loin Chops With Baby New Potatoes & Garden Peas

170g pork loin chops (or use a vegetarian pork replacement)

200g baby new potatoes

100g garden peas

Method: Preheat the oven to 175°C/350°F.

Place a sheet of foil on a baking tray.

Place the meat on the foil and season with salt and pepper.

Cook for 10 minutes then turn and cook for a further 10 minutes.

While the meat is cooking, bring a saucepan of lightly salted water to the boil. Add the potatoes and reduce to a gentle simmer.

Cook for around 15 minutes, until soft, remove from water and drain. Then add the peas and simmer for a further 2-3 minutes until soft.

Drain the vegetables. Serve.

Snack – 280kcal

19g protein, 14g fat, 18g carbs

Chocolate Protein Ball

25g smooth or crunchy nut butter (no added sugar)

15g chocolate flavoured protein powder

5g organic cocoa powder (to coat the protein ball)

PLUS

1 kiwi fruit

Method: Mash the nut butter and protein powder together in a small bowl.

Using your hands, roll the mixture into a ball.

Lightly dust a plate with the cocoa powder and roll the ball in the powder to give it a light coating.

Consume immediately or store in an airtight container and refrigerate for up to 3 days.



DAILY TOTALS – 1603kcal

126g protein, 61g fat, 108g carbs

Day 9



Breakfast – 368kcal

41g protein, 18g fat, 4g carbs

Bacon, Tomato & Cauliflower Scrambled Eggs

3g organic butter, ghee or coconut oil

2 rashers unsmoked back bacon (or use a vegetarian bacon if preferred), cut into small pieces

50g cauliflower, grated

1 medium sized vine tomato, diced

2 medium sized free range eggs

4 egg whites



Method: Melt the butter, ghee or oil in a non stick frying pan over a medium heat.

Add the bacon and fry for 3-4 minutes, stirring frequently, until crispy. Remove from pan and set aside.

Add the cauliflower to the pan and sauté gently for 3-4 minutes, stirring frequently.

Add the tomato and cook for a further 2-3 minutes, until softened.

Remove the vegetables from the pan and set aside. Using a wooden spoon, scrape any bits from the pan and discard.

Whisk the eggs and egg whites and pour into the frying pan over a medium heat. Season with salt and pepper, and stir continuously.

As the eggs start to cook, add the bacon and vegetables back into the pan and mix well to combine. Serve.

Lunch – 499kcal

45g protein, 28g fat, 18g carbs

Chicken Salad With Rocket, Almonds, Olives & Sweetcorn

70g rocket leaves

90g tinned sweetcorn, drained

125g cooked chicken breast, cut into strips (or use a vegetarian chicken replacement)

20g flaked almonds

15g black olives (approx 6 olives)

15ml balsamic vinegar

2 tsps organic olive oil

Method: Place the rocket leaves in a serving dish and top with the remaining ingredients.

Dinner – 622kcal
47g protein, 18g fat, 66g carbs

**Lamb Leg Steaks With Mint Sauce,
Sweet Potatoes & Tenderstem
Broccoli**

handful fresh mint leaves, finely
chopped

3 tbsps malt vinegar

300g sweet potato, skin left on, cut
into wedges

2 tps organic olive oil

200g lamb leg steaks (or use a
vegetarian lamb replacement)

sprig fresh rosemary or ½ tsp dried
rosemary

100g Tenderstem broccoli

Method: Preheat the oven to 175°C/350°F.

Line 2 baking trays with foil.

Mix the mint leaves and vinegar together in
a jug and set aside.

Bring a saucepan of lightly salted water to
the boil. Add the sweet potato wedges and
reduce to a gentle simmer. Cook for around
6-8 minutes, remove from water and drain.

Add the wedges to one of the baking trays
and season with a little salt and pepper.
Sprinkle over the olive oil, turning the
wedges to coat them.

Cook in the oven for around 40 minutes,
turning halfway, until golden brown and
crispy.

While the wedges are cooking, place the
lamb on the other baking tray, season with
salt and pepper, and add the rosemary.

Cook in the oven for 10 minutes then turn
and cook for a further 10-15 minutes or
until the meat is thoroughly cooked.

Bring a saucepan of lightly salted water to
the boil. Reduce to a simmer, add the
broccoli and cook for 3-4 minutes until soft,
then drain.

Drizzle the mint sauce over the lamb. Serve.



Snack – 103kcal
1g protein, 0g fat, 23g carbs

1 banana

DAILY TOTALS – 1592kcal
134g protein, 64g fat, 108g carbs

Note For Tomorrow:

Presoak your porridge oats tonight. See breakfast on next page.

Day 10



Breakfast – 338kcal

22g protein, 9g fat, 42g carbs

Raspberry Protein Porridge Oats

50g organic oats

350ml unsweetened almond milk

20g vanilla flavoured protein powder

100g raspberries



Method: Put the oats in a saucepan.

Add the almond milk and cook over a medium heat.

Stir continuously for 3-4 minutes, as the mixture starts to thicken. Add a small amount of cold water if the mixture becomes too thick, and continue to cook until the water has been absorbed.

Remove from heat and pour into a serving bowl. Add the protein powder and mix well to combine. Top with the raspberries. Serve.

Lunch – 430kcal

39g protein, 27g fat, 8g carbs

Turkey Breast Steak Salad With Avocado, Beetroot & Tomatoes

70g mixed salad leaves

160g cooked turkey breast steak, cut into strips (or use a vegetarian chicken replacement)

70g avocado, sliced

50g pickled beetroot, sliced

7 baby plum tomatoes, halved

2 tsps organic olive oil

Method: Place the rocket leaves in a serving dish and top with the remaining ingredients.

Dinner – 824kcal
68g protein, 30g fat, 60g carbs

Fish & Chips With Peas

250g all rounder potatoes, cut into chips

2 tsps organic olive oil

2 tsps paprika

1 medium sized free range egg

20g ground almonds

15g oatbran

225g white fish fillet (or replace with 120g firm tofu, diced)

100g garden peas

Method: Preheat oven to 175°C/350°F.

Bring a pan of lightly salted water to the boil.

Add the potatoes and cook for around 6 minutes. Drain carefully, taking care not to damage the potatoes.

Place a sheet of foil on a baking tray. Drizzle with the oil and add the potatoes. Turn them over to coat them in the oil. Sprinkle with paprika and season with salt and pepper.



Oven bake for 20 minutes, then turn the chips and cook for a further 20-30 minutes, until golden.

While the chips are baking, line another baking tray with foil.

Pour the almonds onto a plate and stir in the oatbran. Season with a sprinkle of paprika and salt and pepper.

Whisk the egg in a separate bowl.

Take the fish/tofu and dip into the egg mixture, coating thoroughly. Then dip into the almonds, turning over to give an even coating.

Place the fish/tofu onto the baking tray and bake in the oven for around 15 minutes, or until golden and crispy.

Bring a saucepan of lightly salted water to the boil. Reduce to a simmer, add the peas and cook for 3-4 minutes, then drain. Serve.

DAILY TOTALS – 1592kcal
129g protein, 66g fat, 112g carbs

Note For Tomorrow:

Presoak your buckwheat tonight. See breakfast on next page.



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