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# Snap Back meal plan

encourages healthy weightloss for Mothers through Diet and exercise.

Food and exercise plan  
Which encourages healthy  
weightloss after Pregnancy



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# Yummy Yummy Rules

- 1) *follow plan*
- 2) *Drink 3 litres of water Daily*
- 3) *exercise 3 to 4 times weekly*
- 4) *Try and Drunk early morning Tea*  
*Early morning Tea Recipe*  
*Warm water*  
*1/2 cinnamon*  
*1/2 lime or lemon*
- 5) *Ask for help if needed*



# Snap Back Meal Plan

DAY 01

## Breakfast

Green Smoothie  
2 Cups of Spinach  
1 Green Apple  
1 Cup of Greek yogurt  
1tbs Honey  
(Serve with 2 boiled eggs  
and whole wheat toasted  
bread)

## Lunch

Grilled Chicken  
Serve with seasoned sweet  
potato (120 to 130G roughly  
the size of your fist. )

Serve with Avocado  
smoothie  
Half of one medium Avoca-  
do (65Grams)

One Round Slice of Pineap-  
ple (1cup)  
Blend with 1 Cup water  
1 TBS honey

## Dinner

Grilled Chicken  
1 thigh Steamed Spinach  
and Cabbage(season to  
Taste) (200grams )

Snacks (2 tablespoon  
peanut butter)  
1 Apple Or Cup Almond



# Snap Back Meal Plan

DAY 02

## Breakfast

1 Cup of chopped Paw paw  
2 chopped carrots  
Blend with 1 cup of Almond  
or Soya milk  
Serve with steamed  
vegetables (small bowl)

## Lunch

Grilled chicken  
1 thigh or two breast  
Serve with steamed vege-  
tables (200Gram)

## Dinner

Beans porridge  
(no red oil)  
(Measure the size of your  
fist twice )  
Serve with

Fish options with low  
mercury levels  
Pick 1 below  
Sardine  
Salmon slice  
Tilapia



# Snap Back Meal Plan

DAY 03

## Breakfast

Smoothie

Banana (1)

1/2 cup of oats

1 Apple

1/2 cup spinach

Blend with Almond or Soya milk (1 cup)

## Lunch

Lunch

Homemade shawarma ☑

Let's get into this simple Recipe

Ingredients

Chicken Breast (1), Spinach

Greek yogurt, 1 garlic clove minced

Powder pepper, Shawarma bread (1)

Season /Grill / slice the chicken Breast. Set one shawarma bread  
Add chopped grilled chicken  
Add washed spinach

Let's create our mayo dressing  
Add 2 Tablespoon of natural yogurt in a bowl, add minced garlic, Pepper  
Squeeze one teaspoon of lemon juice, Mix together  
Add to shawarma bread  
Wrap and Enjoy

## Dinner

Beans porridge

( two fist size portion )

Serve with 1 whole wheat bread

Two boiled eggs



# Snap Back Meal Plan

DAY 04

## Breakfast

1 whole wheat bread  
3 eggs made into omelettes

Enjoy with 1/2 Avacado

Drink 1 litre of water for breakfast  
Add 1/2 teaspoon of cinnamon

## Lunch

Ofada Rice or brown rice  
Or Quinoa or Bulgar wheat  
1cup of which ever you pick

Serve with seasoned steam vegetables  
(You can make it into a sauce )

Protein for Dinner Grilled Chicken  
1 thigh or 2 chicken breast

## Dinner

Salad bowl of your choice

Drink 1 litre of water after Dinner



# Snap Back Meal Plan

DAY 05

## Breakfast

Smoothie

One medium Beetroot

1 round slice of pineapple

Add 1 banana

Blend with 1/2 cup Almond milk

Serve with Grilled Chicken

1 thigh or two breast

## Lunch

Salad bowl of choice

Serve with Fish of choice

Sardine

Or

Tilapia

Or

Salmon

Or

Mackerel

## Dinner

Smoothie

1 Avacado

1 Apple

1 teaspoon cinnamon

1 cup of spinach

Blend with

1/2 cup of Almond or

Soya milk

Enjoy with 2 boiled eggs



# Snap Back Meal Plan

DAY 06

## Breakfast

Fruit bowl

1 Apple sliced

1 banana sliced

1/2 cup Almond

1 cup of Greek yogurt

Add all ingredients together in a bowl

Serve with Grilled Chicken

1 thigh or 2 chicken breast

## Lunch

Drink 1 litre of water with  
1/2 teaspoon of cinnamon

Lunch

Sweet Potato porridge

Ingredients needed

200g sweet potatoes, 1 spinach

Seasoning cube (2), Fresh or Dry pepper,  
Crayfish, Fresh tomatoes, 1 Onion, Tomato  
Purée, Curry, 1 tablespoon Ground spice  
2 minced Garlic.

Start by blending Garlic/pepper/ Onions  
Add 3 tablespoons of coconut or Olive oil or  
vegetable oil  
(No Red oil )

Pour Blended mix

Add 1 tablespoon tomato paste

Add Fresh tomato

Cook for 5 to 7 minutes

Add sweet potatoes chopped into the pot

Add 1 cup of water

Add seasoning cubes

Add 2 tablespoons of Ground All spice.

Add(1 tablespoon of curry powder

Add 1 tablespoon of crayfish

Once's the potatoes is almost cooked Add  
2 cups of chopped spinach or Greens.

Enjoy

## Dinner

Smoothie

2 cups of spinach

1 Apple

1 slice round of pineapple

Blend with coconut water

1/2 cup Or regular water 1/2  
cup

Serve with Grilled Chicken

1 lap or 2 boiled eggs



# Snap Back Meal Plan

DAY 07

## Breakfast

Start with a warm glass of water  
1/2 teaspoon of cinnamon  
1/2 lemon juice

Boiled eggs (2)  
1 piece of fish  
1 whole wheat bread toast-  
ed  
1/2 avocado

## Lunch

( blend 1 cup spinach)  
1 cup Cucumber  
1 cup pineapple  
Blend with 1/2 cup water

Serve with  
Carrot soup

Recipe  
Bring to boil carrot 1/2 kilo  
Add 1 onion (chopped )  
2 tablespoons thyme  
Fresh pepper to taste  
1 tablespoon curry  
1 tablespoon cumin seeds  
1 small sweet potato  
Boil everything with 3 cups of water  
Until soft.

Remove from fire then blend into  
smooth paste

Serve and enjoy

## Dinner

Salad bowl  
Drink 2 litres of water  
after Dinner.



# Snap Back Meal Plan

DAY 08

## Breakfast

Greek yogurt  
And Green apple  
Serve in a bowl, Add Honey  
to taste.  
Serve with 2 boiled eggs

## Lunch

Black Beans porridge  
Grilled Chicken  
1 thigh or two breast  
Serve with your choice of  
steamed vegetables  
(200grams)

## Dinner

Smoothie  
1 cup of Spinach  
1/2 cup Kale  
1 Apple  
3 teaspoons Honey  
1 tablespoon peanut  
butter  
Blend with 1 cup Greek  
yogurt

Drink 2 litres of water  
after dinner



# Snap Back Meal Plan

DAY 09

## Breakfast

Egg and Avocado Salad  
Boil 2 eggs Peel chop Add 1 avocado to the Egg mix-  
Season with black pepper  
And 1 tablespoon of Olive oil Season to taste. Mix the Avocado and egg mixture well Serve with 1 whole wheat bread toasted

## Lunch

Salad bowl  
Serve with 2 chicken breast

## Dinner

Salad bowl  
Serve with  
Grilled fish  
Do you remember the type of fish to have?  
Ok let's remind you  
Salmon  
Or  
Tilapia  
Or  
Mackerel  
Or  
Sardine  
Or  
catfish  
Or  
Hake



# Snap Back Meal Plan

DAY 10

## Breakfast

Grilled Chicken  
1 thigh or 2 breast  
Serve with  
Steamed seasoned  
spinach

## Lunch

Salad bowl  
With 2 boiled eggs

## Dinner

Avocado smoothie  
  
Blend 1 avocado  
1 Apple  
1 cup of spinach  
2 tablespoons of honey  
1 banana  
Blend with 1/2 cup  
Almond milk or Soya milk