

SHAPE UP IN 3 WEEKS

3 Week Program Starter Pack



It's never too late to believe in yourself...

STAY FIT & HEALTHY

*by Steffie
& Demi*

Rules & Regulations

1. SCALE AT HOME

2. GET SOMEONE TO TAKE YOUR BEFORE PICTURES - FRONT, SIDE & BACK VIEW

- wearing a gym bra top & shorts
- using white or plain background
- submit them to Steffie's WHATSAPP on Sunday before the first day of challenge
- pictures won't be shared without permission
- pictures are sent for Steffie to see progress

3. NEED TO ACCEPT & JOIN FACEBOOK GROUP

4. BE ACTIVE ON WHATSAPP COMMUNITY

5. POST PICTURES OF MEALS, SNACKS & YOURSELF AFTER YOUR WORKOUT

6. MOTIVATE EACH OTHER & DON'T JUDGE

7. ENJOY EATING HEALTHY & WORKING OUT

8. ASK US ANY QUESTIONS YOU NEED

Breakfast Week 1



Tea / Coffee

any Milk / Stevia

200ml Water

Add Lemon / Mint / Cucumber

And

OAT BOWL 35g Oats

60g Banana or 1 tbsp frozen fruit or 1 Small Apple

5g Honey or Unsweetened Cocoa

8g nuts or seeds

any Milk of your choosing

Or

CEREAL BOWL

40g Weetabix or Special K

any Milk of your choosing



*Shape Up
By Demi & Steffie*

Lunch Week 1



SALAD

70g Cooked Chicken or 1 small Can Tuna or 60g Salmon
1 boiled egg or 100g Cottage Cheese or 60g Ricotta
Lettuce or Rucula or Baby Spinach
1 Tomato and 1 Onion and 70g Beans or Chickpeas
Dressing: Lemon or Apple Cider Vinigar or Balsamic

Or

PASTA SALAD

45g uncooked barley or rice or couscous or quinoa or brown pasta
50g Cooked Chicken or 1 Small Tuna in Brine or 50g Salmon
and any Vegetables

Or

SCRAMBLED EGGS

2 Egg Whites and 1 Yolk
1 Kcal Spray

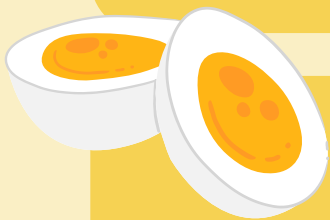
80g Vegetables
12g Feta Cheese

Or

SANDWICH

1 Slice Whole Grain or High Fibre Bread

Choose one: 2 Hard Boiled Eggs & Rucula & 1 Tomato
or 1/2 Avocado & 1 Tomato & Lettuce



Snack Week 1



GREEK YOGHURT

120g Fat Free Plain Greek Yoghurt

15g Almonds

Banana or Apple or Frozen Fruit

Or



NUTS

12 Almonds or 10 Walnuts or Cashew Nuts

Or

FRUIT

100g Melon or 100g Watermelon or 5 Strawberries or
1 Apple or 1 Banana or 1 Orange

Or

SMOOTHIE

150ml Coconut Milk
1/2 Frozen Banana

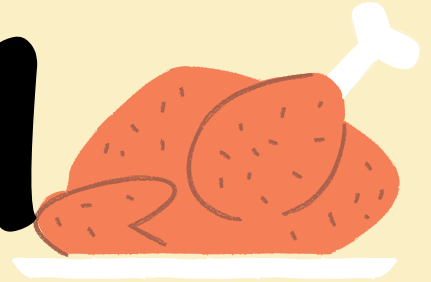
2 tbsp Frozen Berries
1 tsp Honey

Or

PEANUT BUTTER TOASTIE

1 Whole Grain Toast Spread Organic Peanut Butter
Banana Slices

Dinner Week 1



Chicken / Turkey / Meat

150g Chicken or Turkey Breast or 130g Lean Red Meat
Green Beans or Marrows or Broccoli

Or

200g White Fish

Broccoli or Green Beans or 1 Small Potato

Or

150g Salmon or 150g Tuna Steak



Mix Salad
(salmon take only once a week)

Or

Zucchini Lasagna or Aubergine Pizza

Or

Home Made Soups

Onion or Cabbage or Tomato

Or

Bell Peppers

Stuffed with Tuna, Olives, Capers and Barley
or 120g Minced Beef with Onions



Breakfast Week 2



Tea / Coffee

any Milk /Stevia

200ml Water

Add Lemon / Mint / Cucumber

And

OAT BOWL 35g

60g Banana or 1 tbsp frozen fruit or 1 Small Apple

5g Honey or Unsweetened Cocoa

8g nuts or seeds

any Milk of your choosing

Or

CEREAL BOWL

40g Weetabix or Special K

any Milk of your choosing

Or

SCRAMBLED EGGS

2 Egg Whites and 1 Yolk

1 Kcal Spray

80g Vegetables

12g Feta Cheese

Or

x2 RICE CAKES

Cottage Cheese and Tomatoes and Peppers

Lunch Week 2



SALAD

70g Cooked Chicken or 1 small Can Tuna
or 60g Salmon

1 boiled egg or 100g Cottage Cheese
or 60g Ricotta

Lettuce or Rucula or Baby Spinach

1 Tomato & Onion & 70g Beans or Chickpeas

Dressing:

Lemon or Apple Cider Vinigar or Balsamic

PASTA SALAD

45g uncooked barley or rice or couscous
or quinoa or brown pasta

50g Cooked Chicken or 1 Small Tuna in Brine
or 50g Salmon

and any Vegetables

SCRAMBLED EGGS

2 Egg Whites and 1 Yolk

1 Kcal Spray

80g Vegetables

12g Feta Cheese

SANDWICH

1 Slice Whole Grain or High Fibre Bread

Choose one:

2 Hard Boiled Eggs & Rucula & 1 Tomato
or

1/2 Avocado & 1 Tomato & Lettuce

AVOCADO SALAD

Onion

Tomato

Avocado

Fresh Parsley

1 slice of whole grain bread

SANDWICH 2

Smoked Salmon or

50g Cooked Chicken Breast
or 25g Lean Ham or 1 Small Can Tuna

Lettuce or Rucula or Baby Spinach

1 Tomato

1 Slice Edam cheese

Snack Week 2



GREEK YOGHURT

120g Fat Free Plain Greek Yoghurt
15g Almonds & Banana or Apple or Frozen Fruit

Or



NUTS

12 Almonds or 10 Walnuts or Cashew Nuts

Or

FRUIT

100g Melon or 100g Watermelon or 5 Strawberries or
1 Apple or 1 Banana or 1 Orange

Or

SMOOTHIE

150ml Coconut Milk & 2 tbsp Frozen Berries
1/2 Frozen Banana & 1 tsp Honey

Or

PEANUT BUTTER TOASTIE

1 Whole Grain Toast Spread with Organic Peanut Butter
& Banana Slices

Or

1 Power Ball or
1 Cup Chia Seeds Pudding or 1 Oat Bar

Dinner Week 2



Same as Week 1 and also the below

Falafel Patties

with Salad or Vegetables

Or



170g Veal

with Vegetables and 1 Boiled small Potatoe

Or

Omelette

2 egg whites & 1 yolk
100g mushrooms and 1 onion
(using 1 Kcal Spray)

Or

Vegetable Bake

Or

Cabbage Steak

with 4 tbsp white rice

Or

Mushroom Patties

with Salad or Vegetables



Breakfast Week 3



Tea / Coffee

any Milk /Stevia

200ml Water

Add Lemon / Mint / Cucumber

And

OAT BOWL 35g

60g Banana or 1 tbsp frozen fruit or 1 Small Apple

5g Honey or Unsweetened Cocoa

8g nuts or seeds

any Milk of your choosing

Or

CEREAL BOWL

40g Weetabix or Special K

any Milk of your choosing

Or

SCRAMBLED EGGS

2 Egg Whites and 1 Yolk

1 Kcal Spray

80g Vegetables

12g Feta Cheese

Or

x2 RICE CAKES

Cottage Cheese and Tomatoes and Peppers

Lunch Week 3



SALAD

70g Cooked Chicken or 1 small Can Tuna
or 60g Salmon

1 boiled egg or 100g Cottage Cheese
or 60g Ricotta

Lettuce or Rucula or Baby Spinach

1 Tomato & Onion & 70g Beans or Chickpeas

Dressing:

Lemon or Apple Cider Vinigar or Balsamic

PASTA SALAD

45g uncooked barley or rice or couscous
or quinoa or brown pasta

50g Cooked Chicken or 1 Small Tuna in Brine
or 50g Salmon

add any Vegetables

SCRAMBLED EGGS

2 Egg Whites and 1 Yolk
1 Kcal Spray

80g Vegetables

12g Feta Cheese

SANDWICH 2

Smoked Salmon or
50g Cooked Chicken Breast
or 25g Lean Ham or 1 Small Can Tuna
Lettuce or Rucula or Baby Spinach

1 Tomato

1 Slice Edam cheese

AVOCADO SALAD

Onions & Tomato

Avocado & Fresh Parsley

1 slice of whole grain bread

SANDWICH

1 Slice Whole Grain or High Fibre Bread

Choose one:

2 Hard Boiled Eggs & Rucula & 1 Tomato
or

1/2 Avocado & 1 Tomato & Lettuce

**Mozzarella di Buffala Salad or High Protein
Bowl or Veg Frittata or
Creamy Asparagus or Broccoli Rice**

Snack Week 3



GREEK YOGHURT

120g Fat Free Plain Greek Yoghurt
15g Almonds & Banana & Apple or Frozen Fruit

Or



NUTS

12 Almonds or 10 Walnuts or Cashew Nuts

Or

FRUIT

100g Melon or 100g Watermelon or 5 Strawberries or
1 Apple or 1 Banana or 1 Orange

Or

SMOOTHIE

150ml Coconut Milk & 2 tbsp Frozen Berries
1/2 Frozen Banana & 1 tsp Honey

Or

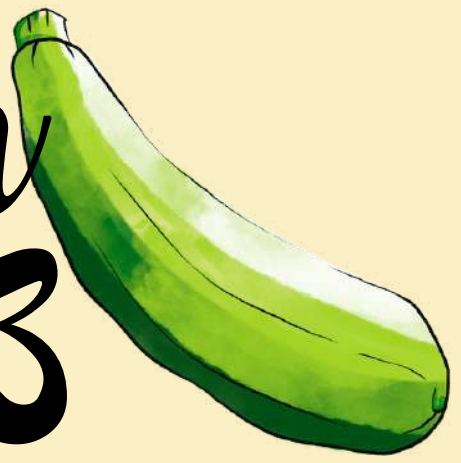
PEANUT BUTTER TOASTIE

1 Whole Grain Toast Spread with Organic Peanut Butter
& Banana Slices

Or

1 Power Bar or 1 Cup Chia Seeds Pudding or
1 Oat Bar or 3 Homemade Pancakes with Fruit or
1 Almond Cookie or 1 Oat Chia Cookie

Dinner Week 3



Same as Weeks 1 & 2 and also the below

Zucchini Chicken Rolls

Or

Tuna Patties

Or

Avocado Patties

Or

Baked Ricotta Marrows

Or

120g Stuffed Chicken Breast

with Fresh Spinach & 1 Cheeselet & Side of Vegetables



It's All About Portion Size

IT'S ALL ABOUT THE PORTION SIZE INDEED

VERY IMPORTANT TO CONTROL YOUR KCAL INTAKE

CONTROLLING KCAL STARTS WITH PORTION SIZES

MEASURE THE FOOD YOU EAT BEFORE COOKING

FOLLOW THE EXACT MEASUREMENTS GIVEN IN MEAL PLAN

Finding Recipes

RECIPES YOU WILL FIND THEM ON:

- SHAPE UP FACEBOOK GROUP

[Shape Up in 3 Weeks](#)

- DIET + NUTRITION BOOKLET SENT TO YOU ON WHATSAPP

[NUTRITION BOOKLET EXPLAINED](#)

- [PINTEREST FOLLOW STEFFIE BORDA](#)

Tips

HYDRATION

DRINK 2.5 LTRS OF WATER A DAY

**HAVE A SMALL BOTTLE OF WATER HANDY,
FILL IT UP EVERY TIME YOU EMPTY IT**

BEFORE YOU GO TO BED

DRINK A GLASS OF WATER WITH SQUEEZED 1/2 LEMON

PREPARE MEALS

**ALWAYS PREPARE MEALS,
HANDY WHEN YOU LEAVE HOME**

CHOOSING THE RIGHT FOOD EATING OUT

- NO OILY OR FRIED FOOD
- NO BREAD
- ASK FOR BROWN PASTA OR RICE AS STARTER SIZE
- HEALTHY SALADS
- MEAT OR FISH WITH SALAD ONLY NO CHIPS

WORKOUTS

- DO 4 WORKOUTS A WEEK

PROGRAM

- FOLLOW THE DIETS & WORKOUTS AS MUCH AS POSSIBLE
TO LOOSE WEIGHT
- **STAY IN CONTACT WITH US EVERYDAY**

DIET PLAN

- YOU MUST LEAVE 3 HOURS BETWEEN EACH MEAL - B'FAST
SHOULD BE TAKEN BETWEEN 6AM TILL 8AM

Weight & Measurements

WEIGHT IN KILOS

MEASURING CHEST, ARMS, WAIST & HIPS IN INCHES

EVERY SATURDAY MORNING TIME TO CHECK YOUR WEIGHT & MEASUREMENT

IMPORTANT TO SEND TO STEFFIE'S WHATSAPP

WATCH VIDEO HERE

	DAY 1 SUNDAY BEFORE PROGRAM STARTS	WEEK 1 SATURDAY MORNING	WEEK 2 SATURDAY MORNING	WEEK 3 SATURDAY MORNING	TOTAL
WEIGHT					
CHEST					
ARMS					
WAIST					
HIPS					



Work Out Plan

Week 1

Monday

Cardio & Core

Tuesday

Toned Arms

Wednesday

Booty Burn

Thursday

Flat Abs

Friday

HIIT

Saturday

Core Power

Sunday

Stretching

Work Out Plan

Week 2

Monday

Booty Burn

Tuesday

Flat Abs

Wednesday

HIIT

Thursday

Core Power

Friday

Toned Arms

Saturday

Cardio & Core

Sunday

Stretching

Work Out Plan

Week 3

Monday

Cardio & Core

Tuesday

Booty Burn

Wednesday

Flat Abs

Thursday

HIIT

Friday

Core Power

Saturday

Toned Arms

Sunday

Stretching

Grocery List

Week 1

FRUITS

- apples
- banana
- oranges
- strawberries
- melon
- watermelon

NUTS

- 100g almonds

PROTEINS

- Chicken Breast
- Turkey Breast
- White Fish
- Salmon 150g
- Ground Beef
- Eggs
- Inbrine Tuna

GRAINS

- Brown Rice
- Quinoa
- Couscous
- Barley
- Oats
- Weetabix wholegrain
- Special K
- Corn cakes
- Rice cakes
- Brown pasta or Gluten Free pasta
- Whole Grain Toast or Rye Bread

NATURAL SWEETNERS

- Organic smooth Peanut Butter

SEEDS

- Sesame seeds

VEGETABLES

- Broccoli
- Green Beans
- Avocado
- Tomatoes
- Lettuce
- Peppers
- Mushrooms
- Marrows or Zucchini
- Aubergines
- Onion
- Garlic
- Capers

SPICES

- pepper
- himalayan salt
- garam masala
- tikka masala
- curry
- cumin
- paprika
- basil

DAIRY

- Skimmed milk
- Coconut milk
- Ricotta
- Low Fat Greek Yoghurt

PULSES

- Red Kidney Beans 1 can
- Chick Peas 1 can

SAUCE

- Tomatoe sauce

Grocery List

Week 2

FRUITS

- apples
- banana
- kiwi

NUTS

- 100g almonds
- 100g cashews
- 100g hazelnuts

PROTEINS

- Chicken Breast
- Tuna Steak
- Veal
- Salmon 150g
- Eggs
- Inbrine Tuna

GRAINS

- Brown Rice
- Quinoa
- Couscous
- Barley
- Oats
- Weetabix wholegrain
- Special K
- Brown pasta or Gluten Free pasta
- Whole Grain Toast or Rye Bread

NATURAL SWEETENERS

- Maple Syrup or Agave Syrup
- Honey
- Prunes + Raisins
- Vanilla Extract
- Cocoa Powder
- Shredded Coconut

SEEDS

- Pumpkin seeds
- Chia seeds

EGETABLES

- Broccoli
- Green Beans
- Avocado
- Tomatoes
- Lettuce
- Mushrooms
- Marrows or Zucchini
- Onion
- Garlic
- Cabbage
- Potatoes

DAIRY

- Skimmed milk
- Coconut milk
- Low Fat Greek Yoghurt
- Cheeselet

PULSES

- Chick Peas 1 can
- Corn 1 sml can
- Fava Beans frozen
- Whole Grain Wraps

Grocery List

Week 3

FRUITS

- clementine
- apple
- banana
- berries
- lemon

NUTS

- 100g almonds
- 100g cashews
- 100g hazelnuts
- 100g walnuts

PROTEINS

- Chicken Breast
- Veal
- Eggs
- Inbrine Tuna

GRAINS

- Brown Rice
- Oats
- Weetabix wholegrain
- Special K
- Brown pasta or Gluten Free pasta
- Whole Grain Toast or Rye Bread
- Almond Flour opt if doing almond cookies - Wholemeal Flour

NATURAL SWEETNERS - Raisins

- Cinnamon
- Almond extract

SEEDS

- Sunflower seeds
- Baking Powder

VEGETABLES

- Broccoli
- Green Beans
- Tomatoes
- Lettuce
- Peppers
- Mushrooms
- Marrows or Zucchini
- Onion
- Fava Beans
- Potatoe
- Asparagus
- Cabbage
- Carrot
- Spinach fresh or frozen

DAIRY

- Skimmed milk
- Almond milk
- Ricotta
- Low Fat Greek Yoghurt
- Parmesan Cheese

PULSES

- Butter Beans 1 sml can
- Chick Peas 1 large can
- Peas 1 large can

SAUCE

- Tomatoe sauce
- Low Fat Coconut Milk Can