






















Michelle Bridges
12WBT



Fit For Fifty
PROGRAM

Here's a taste of what 12WBT is all about.

Example Meal Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	 <p>Berry Muesli</p>	 <p>Banana Bruschetta</p>	 <p>Porridge with Cinnamon Apples</p>	 <p>Berry Muesli</p>	 <p>Banana Bruschetta</p>	 <p>Baked Eggs, Italian Style</p>	 <p>Bacon & Egg Roll</p>
Lunch	 <p>Roasted Mushroom, Spinach, Asparagus & Ricotta Wrap</p>	 <p>Rare Roast Beef, Avocado & Cottage Cheese Wrap</p>	 <p>Wasabi & Soy Marinated Salmon with Noodles</p>	 <p>Shredded Slaw, Cheese & Black Bean wrap</p>	 <p>Spaghetti with Red Sauce</p>	 <p>Leftover's with Salad</p>	 <p>Broccoli & Mushroom Rice Cakes</p>
Dinner	 <p>Lamb with Spiced Rice</p>	 <p>Wasabi & Soy Marinated Salmon with Noodles</p>	 <p>Chicken & Leek Pie with Mushy Peas</p>	 <p>Spaghetti with Red Sauce</p>	 <p>Bean Nachos with Chilli Guacamole</p>	 <p>Treat Meal</p>	 <p>Beef Pad See Ew</p>

Breakfast



Fluffy Omelette
with Brussels
Sprouts

Lunch



Tuna & Avocado
Wrap

Dinner



Chargrilled Beef
with Avocado &
Corn Salsa

Dessert



Yoghurt Panna
Cotta with Mango
& Lime Crumbs

Tip #1

My plans are 100% customisable with over 1300 recipes to choose from.

Tip #2

Each week, we generate an automated shopping list tailored to your meal plan. Plus, you can have your ingredients delivered straight to your door by our partner, Woolworths!

Tip #3

Choose from four different Meal Preferences - Classic, Budget, Low Carb or Time Saver and choose if you're cooking for 1 or 2. If you're a vegetarian, we have a meal plan for you.

Fluffy Omelette with Brussels Sprouts

2 SERVES

10 MIN PREP

5 MIN COOKING

405 CAL / SERVE



Ingredients

- 4 Cage Free Eggs (236g)
- 2 Teaspoons Dried Thyme (6g)
- 2 Tablespoons Flat Leaf Parsley (8g), chopped
- 1 Tablespoons Chives (4g), finely chopped
- 1 Tablespoons Coconut Oil (20g)
- 6 Brussels Sprout (60g), very finely sliced
- 30g Pepitas
- 60g Low Fat Feta

Method

- 1 Place the eggs and 1 tablespoon water in a large bowl. Using a hand-held mixer, whisk on high speed for 2 minutes or until very foamy. Add the herbs and season to taste, then whisk until just combined.
- 2 Heat a 20 cm heavy-based frying pan over medium-high heat and add some coconut oil to the pan. Pour in the egg mixture. Using a heatproof spatula, slowly draw in the outer edges of slightly firm egg as it cooks to the centre of the pan for the first minute of cooking, then leave untouched for a further 1 minute or until the egg has set underneath and almost set on top.
- 3 Add the sprouts, feta and pumpkin seeds to one half of the omelette, then carefully flip the other half over to cover the filling. Slide the omelette onto a plate and serve hot.

Nutritional Information Per Serve*

Calories 405
Protein 27.9g
Fat Total 28.6g
Fat Saturated 11.1g
Carbohydrates 4.0g
Sugars 1.3g
Sodium 504.6mg
Dietary Fibre 4.3g

- ⬆️ High in Protein
- ⬇️ Low in Carbohydrates

*This recipe has 2 serves

Mish Tips

- ✓ Feel free to use dried or fresh herbs.
- ✓ Delicious with a squeeze of lemon!

Tuna & Avocado Wrap

2 SERVES

5 MIN PREP

358 CAL / SERVE



Ingredients

- 1 x 185g cans Tuna In Springwater, Drained (185g), and flaked
- 80g Avocado, sliced or mashed
- 2 Tablespoons Low Fat Mayonnaise (40g)
- 25g Baby Spinach, rinsed
- 2 Wholegrain Wrap (70g)
- 1 Cage Free Eggs (59g), hard boiled
- 2 Pinches Lemon Pepper Seasoning (3g)

Method

- 1** Place egg into a small saucepan of water and bring to the boil over high heat. As soon as the water boils, begin timing for 8 minutes. Drain and set aside to cool. Peel, then slice.
- 2** Place baby spinach leaves, tuna and avocado on wrap. Top with egg and lemon pepper.
- 3** Wrap to enclose and serve.

Nutritional Information Per Serve*

Calories 358
Protein 30.9g
Fat Total 17.2g
Fat Saturated 4.7g
Carbohydrates 20.9g
Sugars 5.5g
Sodium 757.9g
Dietary Fibre 3.7g

- ⬆️ High in Protein
- ⬇️ Low in Carbohydrates

*This recipe has 2 serves

Mish Tips

- ✓ No lemon pepper? Just use basic cracked pepper.

Chargrilled Beef with Avocado & Corn Salsa

 2 SERVES

 5 MIN PREP

 25 MIN COOKING

 417 CAL / SERVE



Ingredients

- 1 Red Capsicum (155g), cut into 2cm pieces
- 1 Corn Cob (125g)
- 80g Avocado, chopped
- 2 Tablespoons Fresh Coriander (6g), chopped
- 2 Teaspoons Lime Juice (10g)
- 400g Lean Rump Steak, fat trimmed
- 1g Olive Oil Spray
- 1 Fresh Lime (49g), cut into wedges

Method

- 1 Preheat oven to 200°C. Place capsicum on a non-stick baking tray, and roast for 15–20 minutes or until tender.
- 2 Meanwhile, microwave corn, in husk, on high for 3 minutes. Set aside to cool slightly. Remove husk and silk. Place cob upright on a chopping board and using a sharp knife, cut down vertically to remove kernels.
- 3 Combine capsicum, corn, avocado, coriander and lime juice in a bowl.
- 4 Preheat a chargrill or frying pan over medium-high heat. Spray steak with oil, and season with freshly ground black pepper. Cook for 2–3 minutes each side for medium, or until cooked to your liking. Transfer to a plate, cover loosely with foil and rest for 2 minutes. Thickly slice.
- 5 Divide salsa between plates and top with steak. Serve with lime wedges.

Nutritional Information Per Serve*

Calories 417
 Protein 45.2g
 Fat Total 19.7g
 Fat Saturated 5.5g
 Carbohydrates 11.2g
 Sugars 5.7g
 Sodium 104.8g
 Dietary Fibre 7.2g

- ⬆️ High in Protein
- ⬇️ Low in Carbohydrates
- ⬆️ High in Fibre
- ⬇️ Low in Sodium

*This recipe has 2 serves

Mish Tips

- ✓ If your corn doesn't come in the husk, wrap in a damp sheet of paper towel before cooking in the microwave.

Yoghurt Panna Cotta with Mango & Lime Crumbs

10 SERVES

30 MIN PREP

5 MIN COOKING

154 CAL / SERVE

★ MARINATING REQUIRED



Ingredients

- 600 ml Buttermilk (600g)
- 1/3 Cups Sugar (73g)
- 10g Gelatine Leaf
- 300g Low Fat Greek Yoghurt
- 2 Teaspoons Vanilla Essence (10g)
- 1 Mango (200g), chopped
- 2 Tablespoons Fresh Lime (6g), zest finely grated
- 100g Rice Cookie, crushed

Method

- 1** Combine buttermilk and sugar in a medium saucepan. Stir over low heat until sugar has dissolved. Heat mixture to almost boiling point but do not boil. Remove from heat.
- 2** Meanwhile, place gelatine leaves in a small bowl of cold water for 1-2 minutes to soften. Drain and squeeze out excess water. Add to warm buttermilk mixture and stir to dissolve. Set aside to cool until just warm.
- 3** Whisk in yoghurt and vanilla. Strain mixture through a fine sieve into a large jug, then pour into ten 1/3 cup (80 ml) capacity glasses or cups. Place on a tray and refrigerate overnight to set.
- 4** To serve, scatter mango over each panna cotta. Combine lime zest and cookie crumbs in a bowl and rub together with fingertips. Sprinkle over mango, and serve.

Nutritional Information Per Serve*

Calories 169
Protein 6.0g
Fat Total 5.6g
Fat Saturated 3.5g
Carbohydrates 20.4g
Sugars 17.6g
Sodium 108.7g
Dietary Fibre 0.4g

- ⬇ Low in Carbohydrates
- ⬇ Low in Fat
- ⬇ Low in Sodium

*This recipe has 10 serves

Mish Tips

- ✓ For a more intense vanilla flavour, use vanilla bean paste or extract.
- ✓ Crush the rice cookies in a plastic bag using a rolling pin, or crush in a food processor. You could use any plain biscuit here, just check the calories.

ESSENTIAL CORE

Warm up

4 MINS



Engage Pelvic Floor (Standing)
10 secs x 6 reps



Kneeling Core Balance
60 secs alternating L/R



Scissor Legs (Bent Legs)
60 secs alternating L/R

Workout

9 MINS

2 x COMPOUND SET



Leg Lift Single
60 secs alternating L/R



Forward Arm Walkout
60 secs alternating L/R

2 x COMPOUND SET



Scissor Crossover (Bent legs)
60 secs alternating L/R



Lower Body Twist - Straight Leg
60 secs



Plank - Fancy (Tapping Legs)
60 secs alternating L/R

FINAL BLAST 60 SECS



Core Rotations
60 secs

Stretch

2 MINS



Hip, ITB & Side Stretch
20 secs each side



Childs Pose
20 secs



Cobra Stretch
20 secs

Tip #1

The Exercise Plans include five workout days per week, targeting a specific set of needs for middle age, with a combination of cardio, strength and toning with a focus on specific needs such as flexibility, balance and bone density.

Tip #2

Choose where and when you work out. This workout is designed to be done at home, but you also have the option to choose workouts tailored for the gym.

12WBT



12 weeks **TO TRANSFORM YOUR LIFE**

Now that you've had a taste of what 12WBT is all about, why not join our next round at [12wbt.com](https://www.12wbt.com).

My program is all about helping you find the right balance of food and exercise, to make sure you're living the best version of yourself. Remember, fate has nothing to do with it. Intention, choice, decisions; these are the things that make a difference. So join me and my team to become a healthier, happier and stronger you.

Mish Xx