




















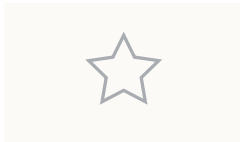

Michelle Bridges  
**12WBT**



*Lean & Strong*  
**PROGRAM**

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

# Example Meal Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Breakfast</b>	 <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 &amp; Egg Roll</p>
<b>Lunch</b>	 <p>Roasted Mushroom, Spinach, Asparagus &amp; Ricotta Wrap</p>	 <p>Rare Roast Beef, Avocado &amp; Cottage Cheese Wrap</p>	 <p>Wasabi &amp; Soy Marinated Salmon with Noodles</p>	 <p>Shredded Slaw, Cheese &amp; Black Bean wrap</p>	 <p>Spaghetti with Red Sauce</p>	 <p>Leftover's with Salad</p>	 <p>Broccoli &amp; Mushroom Rice Cakes</p>
<b>Dinner</b>	 <p>Lamb with Spiced Rice</p>	 <p>Wasabi &amp; Soy Marinated Salmon with Noodles</p>	 <p>Chicken &amp; 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



Baked Eggs in Avocado

## Lunch



Warm Brown Rice & Tuna Bowl

## Dinner



Low Carb Chicken & Veggie Tray Bake

## Dessert



Homemade Protein Bar (Nut)

## 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.



# Baked Eggs in Avocado

2 SERVES

10 MIN PREP

15 MIN COOKING

411 CAL / SERVE



## Ingredients

- 1 Avocado (150g), sliced in half
- 2 Cage Free Eggs (118g)
- 30g Grated Parmesan
- 2 Tablespoons Chives (2g), chopped finely
- 1g Olive Oil Spray
- 150g Smoked Salmon

## Method

- 1 Preheat oven to 220C. Lightly oil a baking sheet with olive oil spray.
- 2 Using a spoon, scoop out about two tablespoons of avocado flesh, or more, as needed, creating a small well in the centre of each avocado. Set this avocado aside.
- 3 Place the avocado halves onto the baking tray/paper and gently crack 1 egg into the 'avocado well'.
- 4 Repeat with the remaining egg.
- 5 Place into oven and bake until the egg

## Nutritional Information Per Serve\*

Calories 388  
Protein 16.1g  
Fat Total 19.6g  
Fat Saturated 8.9g  
Carbohydrates 33.8g  
Sugars 3.2g  
Sodium 714.3mg  
Dietary Fibre 6.0g

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

\*This recipe has 2 serves

## Mish Tips

- ✓ If desired, serve with some baby spinach and cherry tomatoes.
- ✓ If you do not enjoy smoked salmon, swap for haloumi and bake with the avocados

# Warm Brown Rice & Tuna Bowl

2 SERVES

5 MIN PREP

10 MIN COOKING

417 CAL / SERVE



## Ingredients

- 2 Teaspoons Olive Oil (10g)
- 1/2 Onion (73g), finely chopped
- 1 Clove Garlic (3g), crushed
- 1/2 Teaspoons Chilli Flakes (1g)
- 150g Broccoli, cut into florets, stems sliced
- 200g Brown Rice, Cooked, cooked
- 3/4 Cups Frozen Peas (105g)
- 1 Fresh Lemon (100g), halved
- 1 X 185g can Tuna In Springwater, Drained (130g), flaked
- 50g Low Fat Feta, crumbled

## Method

- 1 Heat the oil in a deep non-stick frying pan over medium heat. Add the onion and cook, stirring occasionally, for about 4 minutes or until soft. Add the garlic and chilli and cook, stirring, for 1 minute.
- 2 Add the broccoli and cook, stirring often, for about 3 minutes. Add a tiny splash of water to create steam to help it cook quickly. Add the rice and peas and cook, stirring, for 2 minutes or until heated through.
- 3 Squeeze half a lemon over the mixture and toss to mix the juice through. Divide between serving bowls, add the flaked tuna and gently fork through. Season with freshly ground black pepper and sprinkle with feta.

## Nutritional Information Per Serve\*

Calories 417  
 Protein 32.6g  
 Fat Total 12.0g  
 Fat Saturated 6.2g  
 Carbohydrates 38.4g  
 Sugars 4.6g  
 Sodium 591.9mg  
 Dietary Fibre 10.1g

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

\*This recipe has 2 serves

## Mish Tips

- ✓ The weight of rice given is for cooked rice. You could use pre-cooked microwavable brown rice to save time.



# Low Carb Chicken & Veggie Tray Bake

2 SERVES

15 MIN PREP

45 MIN COOKING

403 CAL / SERVE



## Ingredients

- 2 250g Coliban Potato, quartered
- 200g Pumpkin, cut into 1.5cm thick wedges
- 1/2 Red Onion (75g), cut into 4 wedges
- 1 Tablespoon Olive Oil (20g)
- 250g Lean Chicken Breast, cut into long strips
- 100g Brussels Sprout, halved
- 1/2 Teaspoon Moroccan Seasoning (1g)
- 1/4 Cup Low Fat Natural Yoghurt (60g)
- 2 Teaspoons Lemon Juice (10g)
- 1/2 Teaspoon Honey (3g)
- 1/2 Teaspoon Sesame Seeds (2g)
- 2 Tablespoons Fresh Coriander (5g), torn

## Method

- 1** Preheat the oven to 200°C and line a large baking tray with baking paper. Arrange potatoes, pumpkin and onion onto tray and drizzle with half the oil, rubbing to coat. Bake for 30 minutes.
- 2** Add chicken and Brussels sprouts to the tray and drizzle with remaining oil. Sprinkle Moroccan seasoning onto the chicken. Bake for a further 15 minutes.
- 3** Combine the yoghurt, lemon juice and honey in a small bowl. Divide the chicken and veggies between serving plates and sprinkle with sesame seeds. Top with coriander and serve with a dollop of yoghurt mixture.

## Nutritional Information Per Serve\*

Calories 403  
Protein 37.0g  
Fat Total 13.3g  
Fat Saturated 2.2g  
Carbohydrates 29.2g  
Sugars 13.1g  
Sodium 110.5g  
Dietary Fibre 7.9g

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

\*This recipe has 2 serves

## Mish Tips

- ✓ Give your chicken dinner a Moroccan

# Homemade Protein Bar (Nut)

👤 12 SERVES

🕒 10 MIN PREP

🍽️ 211 CAL / SERVE



## Ingredients

- 200g Rolled Oats
- 55g Skim Milk Powder, or protein powder
- 30g Cocoa Powder
- 1/2 Cups Peanut Butter, No Added Sugar Or Salt (125g)
- 1/4 Cups Maple Syrup (84g)
- 1 Pinches Salt (2g)
- 4 Tablespoons Skim Milk (60g)
- 1/4 Cup Dried Dates (40g), pitted
- 2 Teaspoons Vanilla Essence (8g)
- 30g Dark Chocolate
- 15g Groundnut, granulated
- 20g Desiccated Coconut

## Method

- 1** Line a baking tray with baking paper and set it aside.
- 2** Place the oats, milk powder, peanut butter, maple syrup, salt, 4 tablespoons of milk, coconut, dates, vanilla essence and cocoa powder into the food processor and combine. If the mixture is still crumbly or very dry ( i.e only as necessary) slowly add more milk by the teaspoon and process.
- 3** Transfer the mixture to the prepared pan and press firmly into an even layer, smoothing the top as much as possible. Cover with baking paper and place in the refrigerator or freezer to chill until firm (about 1 hour in the refrigerator, or 20 minutes in the freezer).
- 4** Remove the bars from the baking tray and slice into 12 equal sized bars.
- 5** Drizzle the melted dark chocolate over the bars and sprinkle with the granulated peanuts. Store the bars in an airtight sealed container in the refrigerator for 1 week OR freezer for 3 months.

## Nutritional Information Per Serve\*

Calories 211  
Protein 7.2g  
Fat Total 10.0g  
Fat Saturated 3.3g  
Carbohydrates 22.2g  
Sugars 11.1g  
Sodium 98.49g  
Dietary Fibre 3.7g

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

\*This recipe has 12 serves

# SCULPTING YOUR ARMS

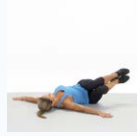
## Warm up

2 MINS

### Super Set x 3



**Cobra Stretch**  
10 secs



**Lower Body Twist (Bent Legs)**  
20 secs (alternate L/R)



**Downward Dog Pose**  
10 secs

## Workout

18 MINS

### Super Set x 3



**Tricep Dip (Bent Legs)**  
12 reps



**Row - Single Arm**  
12 reps (each side)  
3-6 kg weights

### Super Set x 3



**Lateral Raises**  
12 reps  
2-4 kg weights



**Bicep Curl**  
12 reps  
3-5 kg weights

### Compound Set x 3



**French Press - Single Arm**  
12 reps (each side)  
3-5 kg



**Shoulder Press - Standing (Dumbbells)**  
12 reps  
3-6 kg weights

## Stretch

3 MINS



**Tricep Stretch**  
20 secs (each side)



**Chest Stretch - Single Arm**  
20 secs (each side)



**Chest Stretch**  
20 secs



**Shoulder Stretch**  
20 secs (each side)

### Tip #1

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.

### Tip #2

For those of you who like to workout with an instructor, get access to the 12WBT online library of Workout Videos, including Boxing, Cardio, Barbell, Yoga and Pilates – do them anywhere, anytime.

### Tip #3

We've created a selection of Express Workouts, short 10-30 minute workouts, focussed, fast, and fun! Squeeze one in on those days you don't have time to train. Stack them together for a variety of results driven workouts.



**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*