






















Michelle Bridges
12WBT



Weight Loss
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



Smashed Avo
Toast Topper

Lunch



Stacked Beef Tortilla
with Avocado Salad

Dinner



Peri Peri Chicken
and Potato Salad

Dessert



Cinnamon Scroll
Mini Cheesecakes

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.

Smashed Avo Toast Topper

2 SERVES

10 MIN PREP

388 CAL / SERVE



Ingredients

- 4 Slices Wholegrain Bread (160g), toasted
- 120g Avocado, scooped out and mashed
- 50g Cherry Tomatoes, sliced
- 60g Low Fat Feta, crumbled
- 2g Basil Leaves, roughly chopped
- 5g Lemon Juice

Method

- 1 Mash up your avocado portion and slice up your cherry tomatoes.
- 2 Toast your bread and place on to the plates.
- 3 Spread the avocado onto the toast and top with cherry tomatoes.
- 4 Sprinkle with crumbled feta, basil and a squeeze of lemon.

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

- ✓ Avocado is a delicious healthy fat that helps slow down the absorption of carbohydrates. Keeping you fuller for longer!

Stacked Beef Tortilla with Avocado Salad

4 SERVES

15 MIN PREP

5 MIN COOKING

399 CAL / SERVE



Ingredients

- 450g Lean Beef Minute Steak
- 40g Fajita Spice Mix
- 1g Olive Oil Spray
- 4 Reduced Fat Tortilla (160g)
- 1/2 Iceberg Lettuce (300g), leaves shredded
- 300g Tomato Salsa, mild
- 1 Avocado (150g), sliced
- 2 Lebanese Cucumber (272g), halved lengthways, thinly sliced
- 1 Cup Fresh Coriander (10g)
- 2 Tablespoons Lemon Juice (40g)

Method

- 1 Preheat a large chargrill pan over medium-high heat.
- 2 Make the avocado salad by gently tossing all the ingredients together until well combined. Season to taste.
- 3 Sprinkle the steak with the spice mix on both sides to coat evenly, then spray lightly with oil. Chargrill for 1 minute on each side or until just cooked and golden. Slice into 8 pieces and then transfer to a heatproof plate and cover loosely with foil to keep warm.
- 4 Spray the tortillas lightly with oil on both sides. Chargrill, in two separate batches, for 5 seconds on each side or until heated and golden. Transfer to serving plates.
- 5 Top the tortillas evenly with the iceberg, steaks, salsa and avocado salad. Serve.

Nutritional Information Per Serve*

Calories 399
 Protein 33.8g
 Fat Total 12.9g
 Fat Saturated 3.4g
 Carbohydrates 32.5g
 Sugars 8.0g
 Sodium 1,190.4g
 Dietary Fibre 6.6g

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

*This recipe has 4 serves

Mish Tips

- ✓ A great recipe to feed the whole family.

Peri Peri Chicken and Potato Salad

 2 SERVES 15 MIN PREP 15 MIN COOKING 384 CAL / SERVE

Ingredients

- 260g Coliban Potato, halved
- 1 1/2 Tablespoons Taco Seasoning (30g)
- 200g Lean Chicken Tenderloins
- 250g Cherry Tomatoes, halved lengthways
- 2 Stalks Celery Stalk (80g), finely sliced
- 1/2 Red Onion (73g), finely sliced
- 100g Mixed Salad Leaves
- 40g Lemon Juice
- 1g Olive Oil Spray
- 30g Pine Nuts

Method

- 1** Place the potato in a saucepan and cover with cold tap water. Bring to the boil over high heat, then reduce the heat to medium and simmer for 12 minutes or until just cooked. Drain. Transfer to a large heatproof bowl or dish.
- 2** Meanwhile, place chicken tenderloins in a microwave-safe bowl and cover with cold tap water. Cover, then microwave on high for 3 minutes or until cooked, then drain. Set aside.
- 3** Add the peri peri seasoning to the potato and season to taste, then spray lightly with cooking spray and toss until well combined. Heat a large chargrill pan over high heat, add the potato and cook for 2 minutes, turning occasionally, until golden on the cut sides. Return to the heatproof bowl or dish.
- 4** Add the remaining ingredients to the hot potato mixture, season to taste and toss gently to combine. Divide among two plates and serve warm.

Nutritional Information Per Serve*

Calories 384
Protein 30.4g
Fat Total 13.8g
Fat Saturated 1.4g
Carbohydrates 29.7g
Sugars 10.6g
Sodium 1,513.9g
Dietary Fibre 8.6g

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

*This recipe has 2 serves

Cinnamon Scroll Mini Cheesecakes

👤 16 SERVES

🕒 10 MIN PREP

🕒 35 MIN COOKING

🥄 185 CAL / SERVE



Ingredients

- 1 1/4 Cups Almond Meal (150g)
- 1/3 Cups Coconut Flour (45g)
- 360g Cream Cheese, Full Fat, room temperature and softened
- 240g Reduced Fat Ricotta
- Natural Yoghurt (130g), greek style
- 2 Teaspoons Vanilla Essence (8g)
- 160g Calorie Free Sweetener
- 2 Tablespoons Ground Cinnamon (15g)
- 2 Cage Free Eggs (110g), Large

Mish Tips

- ✓ An easy way to split dough equally is to roll dough into a cylinder shape and cut into 4 equal amounts. You can then divide EACH of those 4 pieces into another 4 to make 16 small pieces.

Method

Cheesecake crust:

- 1 Preheat oven to 165°C. Line sixteen 80ml (1/3 cup) capacity muffins pans with cupcake liners. Set aside.
- 2 Add to a food processor and blend the following for 2 minutes, or until dough comes together easily:
- 3 Almond meal, Coconut flour, 2 tablespoons of Sweetener, 60 grams of Cream Cheese, 1 teaspoon Vanilla essence, 1 tablespoon cinnamon and 3 tablespoons of yoghurt.
- 4 Place dough onto a non stick surface and divide into 16 equal amounts (see tip below).
- 5 Flatten like a coin each of the dough amounts and place in the bottom of each of the 16 cupcake liners and put aside.

Cheesecake filling:

- 6 Add to blender 120gm Cream cheese, 240gm Ricotta cheese, 2 eggs, 1/4 cup yoghurt, 1/4 cup of granulated sweetener.
- 7 Blend lightly until mixture just comes together and is smooth (NB you don't want to over-blend)
- 8 Carefully pour the filling onto each of the crust bases. Set aside.

Cinnamon sugar topping:

- 9 Combine in a small bowl 2 tablespoons of sweetener and 1 tablespoon of cinnamon. Sprinkle over cheesecakes.
- 10 Place the cheesecakes in the oven and bake for 35-40 minutes OR until cheesecake is just cooked in the middle.
- 11 Once cooked, set aside and let the cheesecakes cool fully.

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

Icing

- 12 In a bowl or blender mix together until smooth 60 grams of Cream Cheese, 1 teaspoon of Vanilla Essence, 2 tablespoons of granulated sweetener and 1 tablespoon of yoghurt.
- 13 Add a dash of milk if the mixture needs thinning.
- 14 Use a knife to spread icing thinly on each cheesecake OR place mix into piping bag to create patterns or swirls.

START THE DAY STRONG

Warm up

5 MINS



Step Touch
30 secs



Leg Swings - Sideways
10 reps (each side)



Low Steps - Fast
30 secs (each side)



Inner Thigh Stretch (Standing)
10 reps (alternate L/R)



Leg Swings - Forwards
10 reps (each side)



Arm Circle - Backwards
10 reps



Quadricep Stretch
10 secs (each side)

Abs and Core

7 MINS

No, this isn't a mistake, today you're starting with your Abs. Switching on your core before ANY workout, including endless loads of washing and making beds is vital to a productive, pain-free day.



Plank (Knees)
30 secs



Plank Toes
30 secs



Hip Raise
12 reps



Hip Raises - Single Leg
6 reps (each side)



Side Plank - Raise (Knees)
30 secs (each side)



Side Plank - Raise
12 reps (each side)

Workout

9 MINS

This workout will involve a couple of circuits, one cardio, one active strength activity, the perfect combination to start any day, but especially a busy one. Start with 1 circuit, if it feels good to do it twice through then go for it.



Box Jump (Step)
30 secs



Push Up - Rollout (Knees)
12 reps (alternate L/R)

Tip #1

Choose where and when you workout. This workout is designed to be done at home, however, you can also choose to get workouts for outdoors or at 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.

START THE DAY STRONG



Ice Skaters
30 secs



Lower Body Twist (Bent Legs)
12 reps (alternating L/R)



Mishy Maker (Bench)
12 reps (alternating L/R)



Squat - Functional
30 secs



Step Up - Knee Lift
30 secs (each side)

Stretch

4 MINS



Chest Stretch - Single Arm
20 secs (each side)



Glute and Hip Flexor Stretch
20 secs (each side)



Quadriцеп Stretch
20 secs (each side)



Sit and Reach Stretch
20 secs



Downward Dog Pose
20 secs

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