



BOOTCAMP SAT 11TH MAY

“WEAR PINK FOR BREAST
CANCER AWARENESS”

BIRDSLAND 9.30AM



Our group May 2012. In pink for Breast Cancer Awareness

FOODS TO RID YOUR DIET OF

Rice snacks - white rice is a source of concentrated carbohydrate, with a high glycaemic index and little dietary fibre. This includes rice cakes, crackers and snacks.

2 minute noodles - a packet of 2 minute noodles can contain as much carbohydrate as three slices of bread and up to half your daily sodium requirement.

Turkish bread - you probably were not aware that the average serve of Turkish bread contains the equivalent amount of carbohydrate as six slices of bread.

Biscuits – a standard sweet biscuit is a mix of white flour, sugar and fat.

Cordial - cordial is a mix of sugar, water and colours and even the fruit based ones offer nothing nutritionally.

Fruit bars - even if they say that they are 100% fruit, the fact is that fruit bars are packaged into an extremely concentrated food item, without the water, fibre and vitamin content of fresh fruit.

Chocolate spread - while advertisers may claim that chocolate nut spreads are low GI and made from heart healthy nuts, if you check the label you will see that the first ingredient is actually sugar.

RECIPE

Breakfast Scramble

Ingredients

Spray olive oil

2 eggs, lightly beaten

½ cup low fat milk

1 cup chopped vegetables (mushrooms, tomato, onion, spinach, capsicum)

20g of reduced fat feta OR goats cheese

2 tablespoons reduced fat cheese

Method

1. Beat egg with milk. Mix cut up vegetables with feta or goats cheese.
2. Spray hot fry pan with spray oil and coat bottom of pan with egg mix.
3. Once egg is set, add vegetables and mix together. Sprinkle with cheese.

DATES TO REMEMBER

MON 13TH MAY

MON 20TH MAY

WED 19TH JUNE

THURS 20TH JUNE

SUN 23-28 JUNE

WED 3RD JULY

MON 15TH JULY

TUES 16TH JULY

LAST SESSION OF APRIL/MAY BOOTCAMP

START OF MAY/JUNE 4 WEEK BOOTCAMP \$150

LAST SESSION OF MAY/JUNE BOOTCAMP

LAST TERM 2 SESSION

“BALI BOOTCAMP” 3 SPOTS STILL AVAILABLE

FITNESSNRG PT TRAINING RESUMES

BOOTCAMP STARTS

TERM 3 CLASSES START

fitnessNRG.com.au