



Powerfit
Weight Loss
Programme

Excercise, Meal Plan
and Recipes



POWERFIT



POWERFIT

Complete 4 sessions every week as per the instructions. The programme works by getting your metabolism into real fat burning mode quickly through short but intense bursts of exercise.

After each session your body will continue to burn fat for up to 48 hours. For it to work the key is getting your heart rate up quickly.

Each set is designed to be short and intense to be completed with your PowerFit machine.

The programme is set for 8 weeks. You will find that as you progress through the programme you will get stronger and will be able to complete more repetitions in the 20 second bursts.

The important thing is that as you progress you continue to push yourself as hard as you can during the bursts so that your heart rate is raised and you are short of breath at the end.

At the beginning you should set your Powerfit speed low (10) and steadily increase it as the programme goes on and your body gets accustomed to the Whole Body Vibration.

You should make the exercise routine part of your week and do it at the same time on the allocated days where possible. If you are away from your machine and are due to exercise then you can still complete the routine without it. Please keep these situations to a minimum during the trial though.

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Exercise	Workout		Workout		Workout		Workout
Time	3 mins		3 mins		3 mins		3 mins

Exercise Routine:

Routine	Exercise	Time
Exercise 1	PowerFit Push ups	20 seconds high intensity
Rest 1	Get into position for next exercise	10 seconds
Exercise 2	PowerFit Squats	20 seconds high intensity
Rest 2	Get into position for next exercise	10 seconds
Exercise 3	PowerFit Crunch	20 seconds high intensity
Rest 3	Get into position for next exercise	10 seconds
Exercise 4	PowerFit Arm Abduction	20 seconds high intensity
Rest 4	Get into position for next exercise	10 seconds
Exercise 5	PowerFit Hip Raise	20 seconds high intensity
Rest 5	Get into position for next exercise	10 seconds
Exercise 6	Powerfit Reverse Push Up	20 seconds high intensity
Exercise 6	Stand on PowerFit	10 seconds



These exercises should all be repeated as many times as you can during your 20 second bursts. You should be breathing heavily by the end with a raised heart beat.



PowerFit Push Up

Place your palms on the machine a shoulder width apart with your body extended and feet on tiptoes. Lower your upperbody until flat with the machine. Push back up until arms are straight. Repeat at pace.



PowerFit Squat

Stand on the machine with your legs a shoulder width apart. Cross your arms placing your palms on the opposite forearm in order to keep balance. Bend at your knees whilst keeping your back straight until your thighs are parallel with the ground. Push back up until standing straight. Repeat at pace.



PowerFit Crunch

Lie with your back on the floor and the soles of your feet flat on the device. Curl your upper body up, keeping a straight back until your whole upper body is raised only slightly off the floor. Return to the starting position. Repeat at pace.



PowerFit Arm Abduction

Stand on the machine with your legs separated a shoulder width apart. Take hold of the power band handle, one in each hand. Begin with your arms pointing straight down. Keep both arms straight and raise them both simultaneously out to your side until they are horizontal with the floor. Lower them to the starting position keeping them straight the whole time. Repeat at pace.



PowerFit Hip Raise

Lie with your back on the floor and the soles of your feet on the device; lift your hips, raising your lower back off the floor by tightening your abs and buttocks. Return to the starting position. Repeat at pace.



PowerFit Reverse Push Up

Sit with your back to the machine with your legs slightly bent and feet flat on the floor. Place both hands on the edge of the machine a shoulder width apart. Raise your hips off the ground. Take your bodies weight on your arms and lower your upper body. Lower your body until your arms are at a 90 degree angle whilst keeping your hips off the ground. Push back up until your arms are straight. Repeat at pace.



POWERFIT

PowerFit Food Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Wake up Shake or Energizer Smoothie	Wake up Shake or Energizer Smoothie	Wake up Shake or Energizer Smoothie	Wake up Shake or Energizer Smoothie	Wake up Shake or Energizer Smoothie	Bacon & eggs, Green tea, vege opt: mushrooms	Banana pancakes or Bacon/eggs/hash
Tea	Green tea/ Coconut Water	Green tea/ Coconut Water	Green tea/ Coconut Water	Green tea/ Coconut Water	Green tea/ Coconut Water	Green tea/ Coconut Water	Green tea/ Coconut Water
Lunch	Chicken breast	1 small tin Tuna/carrot	Left over fish curry	100 g Fresh or smoked	1-2 meat patties	OPEN LUNCH	Salad and protein wraps
	Green salad	Green salad	with 1 large handful	salmon/Green salad	Raw energy salad 1 cup	NO fast food or sugary drinks	
	1 medium kumara	1/2 avocado	of raw leafy greens	2 pieces pumpkin	1/2 avocado		Mountain wraps
Snack	Miso Soup	Miso Soup	Miso Soup	Miso Soup	Miso Soup	Miso Soup	Miso Soup
Dinner	2 meat patties	Coconut fish curry	200 g Steak	Cauliflower & bacon	SOUP with meat & veges	1 large piece fish	Fried chicken
	1 fried egg	Greens & cauliflower mash	Broccolini/ leafy greens	Risotto		Kumara wedges w skin	Coleslaw
	1/2 avocado		mushroom sauce	Add handful spinach		3 tbsp mushy peas	

FOODS ALLOWED	FOODS NOT ALLOWED
Meats Vegetables Oils/Fats Nuts/Seeds Diet Fruits (EAT FRUITS IN MODERATION!!)	Soft Drinks Fruit Juices Fatty Meats Salty Foods Starchy Vegetables (potatoes) Sweets Alcohol

MEATS ALLOWED	MEATS NOT ALLOWED
Poultry Turkey Chicken Steak Pork Ground Beef Grass Fed Beef Lamb Shrimp Lobster Clams Salmon Venison Buffalo Rabbit Goat Bacon (only on cheat day)	Hot dogs Sausages Processed patties Deep fried meats Fast food meats

OILS/FATS ALLOWED	OILS/FATS NOT ALLOWED
Coconut Oil Olive Oil Macadamia Oil Avocado Oil Grass Fed Butter	Sunflower oil Canola oil Safflower oil



NOT ALLOWED	
Soft drinks	Coke Red Bull Sprite Pepsi Diet coke etc.
Fruit juices	Apple juice Orange juice Pineapple juice Mango juice etc.
Grains	Cereals NO Bread at all! English Muffin Toast Sandwiches Biscuits Wheat Thins Crackers Pretzels
Sugars	Candy bars Ice Creams Chocolate Frozen Yoghurt etc.
Salty Foods	Fast food Chips Nachos Tacos Popcorn Ketchup Mayonnaise French Fries etc.



POWERFIT

RECIPES

MISO SOUP

You can buy sachets from the supermarket or vege shop and just add water.

MEAT PATTIES

Makes 6-8, freeze left overs

- 500 g mince
- ½ onion (finely chopped)
- 1 garlic clove (finely chopped or minced)
- 1 tbsp mustard
- ¼ cup fresh herbs (parsley, coriander, sage, rosemary)
- 1 egg
- 1 grated carrot
- 1 tsp ground black pepper or more
- ½ tsp salt
- 1 tsp fresh or dried chilli
- 1 beef OXO cube

Mix ALL ingredients in large bowl together and mix with hands.

Form into balls and flatten.

BBQ, fry or grill your patties.

VEGE: Use 2 cups of cooked lentils and ½ cup of almond meal

Chop a handful of leafy greens and lay out on plate, top with 1-2 meat patty's, 1 fried egg and ½ avocado. Tomato sauce and mustard are great accompaniments.



STEAK/BROCCOLI/SPINACH



BBQ or pan fry steak of your choice (ribeye, sirloin, scotch)

BBQ or pan fry your broccolini and leafy greens in small amount of butter or coconut oil.

- Mushroom sauce
- 2 large flat or Portobello mushrooms
- 1 clove garlic
- 1/4 beef OXO cube (to taste, you may need less)
- 1 tbsp butter
- 25 mls cream
- Salt and pepper to taste

Fry mushrooms and garlic in butter, add stock and 3-4 tbsp of water, salt and pepper, lastly add cream and let thicken for a few minutes.



COCONUT FISH CURRY

Serves 2

- 1 piece Snapper or Terakihi
- 1 ½ cups of stock
- ½ cup of coconut milk
- 1 onion/leek
- 1 tbsp tomato paste
- 2 cups baby spinach
- ½ tsp paprika
- ½ tsp cumin
- ½ tsp coriander
- ½ tsp finely grated fresh ginger
- 1-2 garlic cloves
- 1 tbsp butter
- 2 tbsp of olive oil
- Salt and pepper to taste

Method: Pan fry or BBQ fish in 1 tbsp of butter, cook until gently browned each side and set aside. Add olive oil & fry (sliced) leek or (diced) onion until soft, add ginger and spices - stir for a minute, add stock and coconut milk and bring to the boil. Once boiling turn heat down and simmer for around 40 minutes. Add 2 cups of spinach and fish when nearly ready to serve and allow spinach to wilt (approx. 2 min). Can garnish with fresh chopped coriander.

SOUP

Makes plenty. Freeze remainder or have for lunch the next day.

Eat 1-2 cups per meal.

Ingredients:

- 5 cups stock or broth
- 1 can tomatoes, chopped (peeled Italian roma tomatoes are easiest)
- 1 tbsp olive oil
- 4 cloves of garlic
- 1 medium onion
- 1 tbsp paprika
- 3 tsp turmeric
- ½ tsp cinnamon
- 2 bay leaves
- Salt and pepper to taste
- Use as many of the following items as you like
- 2 stalks celery, chopped
- 1 medium bell pepper
- 1-2 cups of chard, spinach or another leafy green vegetable
- 1 cup of pumpkin
- 4 cups of meat, chopped into bite-size pieces – leftover turkey, chicken, steak, pork tenderloin.

Method:

In a large soup pot, put oil, onion, and celery (if using). Cook on low heat for 5 minutes to soften. Turn up heat, and add garlic and any other vegetables (except the greens) that you plan to use. Cook for one minute, add spices. Stir and cook about one more minute. Add tomatoes, stock, and meat (if using), and allow to simmer 10-15 minutes. Adjust seasonings to taste. This recipe will make about 9 cups of soup.



POWERFIT

FISH AND WEDGES

(once a week meal)

Pan fry a fresh piece of fish. (Snapper, Terakihi, gurnard are good options)

Kumara wedges: Go with 2 medium sized kumara. Wash and cut your kumara, put in a large pot and boil for around 20 minutes until soft. (You don't have to pre boil but this will give you a nice crispy skin!) Put raw or pre boiled kumara into a large roasting dish and add:

- 3 cloves of garlic (whole)
- A good coating of olive oil or coconut oil
- Salt and pepper
- Sprinkle dried mixed herbs or fresh herbs or your choice

Roast until crispy on the outside, about 45 minutes on a high heat.

Leave skin on kumara. (you may want to sporadically pull tray from oven and turn/shake the kumara to ensure an even cook)



RISOTTO

- 2 heads of cauliflower, cut into small chunks (bottom stem and leaves trimmed off)
- 4 to 6 pieces of bacon cut into small pieces
- 1 small white onion or large shallot, finely chopped
- 2 stalks of celery, finely chopped
- 2 garlic cloves, finely chopped or thinly sliced
- 6-8 large mushrooms, sliced thinly
- ½ cup chicken stock (120 ml)

Optional toppings: *Parmigiano-Reggiano cheese, butter, finely chopped fresh herbs*

Method: In small batches, put the cauliflower chunks into a food processor.

Process until the cauliflower has the consistency of rice. Set aside.

Cook the bacon in a skillet/pan over medium-high heat.

After a few minutes add the onion/shallot, celery and garlic.

If the bacon hasn't released enough fat, add a little bit of olive oil or butter to the pot. Sauté for 3 minutes then add the mushrooms. Sauté for 5 minutes more. Season the mushrooms lightly with salt and pepper.

Add 6-8 cups of cauliflower rice

If you have more - great, save the extra for another meal.

Add chicken stock. Put a lid on the pot and cook the cauliflower for 5 to 7 minutes until tender but not completely mushy.

Before serving, top your risotto with optional toppings (as above)



FRIED CHICKEN

(once a week meal)

- 1 cup coconut oil
- 2 large eggs
- 1 cup almond flour
- 1 tsp. paprika
- 1 tsp. garlic powder
- 1/2 tsp. salt
- 1/2 tsp. black pepper
- 1/2 tsp. dried thyme
- 1 tsp. chipotle powder (optional) or smoked paprika
- 1 kg chicken- thighs, drums, breasts

This recipe does make a lot depending whether chicken has bone. Halve the recipe if needed. Aim for 2-3 small pieces each.

Method: Heat oil in large frying pan to 180-200 degrees C.

Whisk eggs in medium sized bowl.

Combine all dry ingredients in large bowl and mix well.

Dip chicken in whisked eggs.

Coat/cover chicken in dry mixture and place in hot oil. Allow both sides to brown (about 2-4 minutes each side).

Place drying rack in an oven dish, insure there is space between all pieces.

Put chicken in oven for 10-15 minutes or until the chicken is cooked through. Remove and serve.

COLESLAW

- ¼ white cabbage finely sliced
- ¼ red cabbage finely sliced
- 2 carrots grated
- ¼ onion finely sliced
- Salt and pepper to season
- 2 tbsp mayonnaise
- 2 tbsp Greek yoghurt
- Juice of half a lemon

Mix all ingredients until well combined, chill before serving.

Serves 3-4 portions





POWERFIT

HOMEMADE HASH BROWN Serves 2

These are to have with Sunday's breakfast if you like. Do not buy supermarket hash browns, most often they're pre-cooked in trans fats and artificial vegetable oils our bodies DON'T process very well.

Ingredients:

- 2 large potatoes grated
- Salt and pepper
- Onion finely chopped (optional)
- Chopped fresh parsley or chives
- 2 tbsp Coconut oil or olive oil

Method: Grate the potato and squeeze all the excess water out until potato is almost dry. You can use a cheese cloth or thin tea towel.

Put in a bowl, add salt and pepper, add onion if using, mix and set aside.

In a skillet or non-stick fry pan, add coconut oil and heat to a medium to high heat, pour your whole mixture in the pan and flatten out and press down to a large round pancake shape. Once brown flip and brown, make sure you get a good brown on each side so the middle will be cooked.

Serve with 2 poached eggs and other breakfast options:

- Bacon
- Mushrooms
- Fried onions
- Smoked salmon

BANANA PANCAKES

- 1-2 ripe Banana
- 2 Eggs
- 1 tsp cinnamon
- 1 Vanilla pod (or extract)
-

Mash all the ingredients in a bowl. Pan fry in butter or coconut oil. Sprinkle with Greek yoghurt and blueberries to serve.





WAKE UP SHAKE

Serves 1

- 1 ripe banana
- 300ml milk of your choice
- 1 Tablespoon cocoa powder
- 20 whole almonds or 1 desert spoon of almond butter
- 1 shot of espresso or your favourite freeze dried coffee dissolved in a little boiling water
- Dash of Vanilla essence

Load all the ingredients into a blender. Blend until thick and creamy.

ENERGIZER SMOOTHIE

Serves 1

- 1 ripe banana or 1 mango
- ½ cup of Greek yogurt
- 1.5 cm of peeled ginger
- 20 whole almonds
- ½ cup berries of your choice
- ½ cup soy/almond or coconut milk
- 1 tablespoon honey

Load all the ingredients into a blender. Blend until thick and creamy.





POWERFIT

Powerfit **Weight Loss** Programme



Exclusively Distributed Throughout Australasia by:

Brand Developers Aust Pty Ltd
461 Plummer Street,
Port Melbourne, VIC 3207, AUSTRALIA
AUST Customer Care: 1800 890 840

Brand Developers Limited
Unit H, 686 Rosebank Road,
Avondale, 1026 Auckland, NEW ZEALAND
NZ Customer Care: 0800 002 999

Exercise, Meal Plan and Recipes Programme - BDV3