The Meal Plan

bodybykatiam



©2018 KATIA M. ALL RIGHTS RESERVED

Concept

“Why do i train? I train to get stronger, to climb higher, to go further, to have the strength to cross oceans so i can realize my dreams on the other side” - Rihanna

Now, it takes 4 weeks for you to see your body changing, 8 weeks for your friends to see, and 12 weeks for the rest of the world to notice.

In parallel with the fitness program, bodybykatiam, many of you have asked me to share as well my meal plan. It is undeniable that a proper meal program will give you quicker results as you will be fueling your body correctly.
In this Meal Plan, I have also incorporated the weekly workout routine check box to make sure that you are still doing
your program every day. All of the ingredients and products found in the meal recipes are found in Mauritius and I have catered for different budgets as well as for Vegans, so that all of you can start a healthy lifestyle.

In this meal plan booklet, you will find easy breakfast recipe ideas for busy mornings. Some of the breakfast meal you can prepare the night before, like the“Coconut chia pudding”.
They are all easy to realize and great for your body and mind.
As much as possible try to prepare your lunch pack if you work outside home, like this you will have a control over what you eat. Some of the meals, once prepared you can consume them for the next 3 days. I have tried to put as many varieties as possible. Once you mastered the mix and match meal plans, you are now a Pro and you can do your meal plans on your own.

Having a meal plan takes the stress out of organising your weekly meals. This booklet is designed to encourage you to plan out what you will be eating daily so you do not opt for junk food when you cannot decide what to cook.
Tip: Follow healthy meal accounts on Instagram, like @buddha_bowls and get inspired on Pinterest there are so many meal ideas.

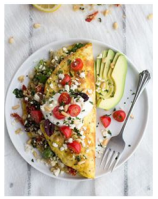
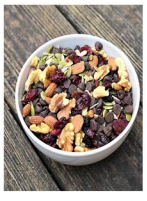
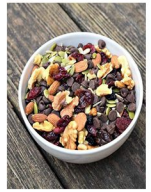
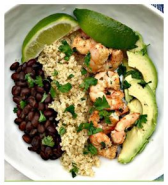
As far as I am concerned, I have the same meal once for my lunch and another time for dinner, I try to avoid heavy carbs in the evening as your body takes more time to process at night.
So rather opt for a pasta meal at lunch time rather than at dinner time. Aim for a low carb diet rather than a no carb diet.

There is also a part where I talk about snacks. The ideal would be that you eat every four hours (breakfast, lunch, a snack and dinner). Your body should not stay too long without food.
If you thinking of skipping a meal to lose weight quicker, you are definitely WRONG!
By doing this you are only making your body weak and therefore not having the strenght to workout later. Food is the source of energy to your body.
The snacks can be of various type: fruits, seeds and nuts, dried fruits, home made protein bars and healthy cookies and snacks options which I also included if you do not find the time to make them.

**Nutritionist Disclaimer
I am not a certified nutritionist and make no claims to the contrary. Each individual’s dietary needs and restrictions are unique to the individual. You are ultimately responsible for all decisions pertaining to your health.

@2018 KATIA M. ALL RIGHTS RESERVED

My Weekly Meal Program - bodybykatia

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	 COCONUT CHIA PUDDING	 AVOCADO TOAST WITH EGG	 GREEK YOGURT QUINOA BOWL	 GOJI BERRY GRANOLA WITH ALMOND MILK	 GREEK OMELETTE	 BANANA OATMEAL PANCAKES	 PINEAPPLE COCONUT SMOOTHIE BOWL
LUNCH	 LENTILS SALAD	 BELUGA SALAD WITH DRIED CRANBERRIES AND ROASTED PUMPKIN	 GREEK SALAD	 CHICKPEAS AND FETA SALAD	 WHITE BEAN AND TUNA SALAD	 BROCCOLI AND LENTILS SALAD	CHEAT MEAL
SNACK	 QUINOA AND CHIA SEEDS BAR	 PICK A SEASONAL FRUIT	 PALEO SNACK MIX	 COCONUT CHIA PUDDING	 PICK A SEASONAL FRUIT	 PALEO SNACK MIX	 BANANA OATMEAL PANCAKES
DINNER	 PESTO ZUCCHINI NOODLES WITH ROASTED TOMATOES AND GRILLED CHICKEN	 LENTILS SALAD	 WHITE BEAN AND TUNA SALAD	 GREEK SALAD	 SHRIMP QUINOA BOWL	 CHICKEN AND MAYO WRAP	CHEAT MEAL
WORKOUT							RESTING DAY

Just put an X through each day as you complete your workout program

©2018 KATIA M. ALL RIGHTS RESERVED

bodybykatiam
The Meal Plan

PINEAPPLE COCONUT SMOOTHIE BOWL
Serves 2

Ingredients:
2 ripe bananas
280 grams of pineapple cut in cubes
400 ml of coconut milk
Ice, optional
Topping: banana slices, coconut flakes, granola, chia seeds or fruit of your choice

Indications:
Place all smoothie ingredients into the nutribullet and blend until smoothe.
Divide servings equally between 2 bowls.
Top with desired toppings and serve immediately.





QUINOA AND CHIA SEEDS BAR

Ingredients:
1/2 cup of dried quinoa
1/2 cup chia seeds
2 Tbsp ground flax seeds
1 cup oats gluten free
1/4 tsp salt
1 tsp cinnamon
1 tsp cardamon
1/2 cup raw almonds, coarsely chopped.
1/4 cup honey
1/4 cup of coconut syrup
1/4 cup of coconut oil

Indications:
Preheat oven 350F
In a large mixing bowl, add all dry ingredients. Stir to combine.
In a small microwafe- safe dish, combine the coconut oil, syrup and honey. Stir to mix, then microwave for 45 seconds to soften.
Pour the wet mix over the dry ingredients and stir with a spatula. Use hands if needed later to knead the mixture together.
Transfer the mixture on a baking paper, place it over the baking dish. Use a plastic spatula to even layer. Bake on middle rack of oven for 15 minutes.
When finished, remove from oven and let cool for 15 minutes. Cut the bars with a sharp knife. Wrap cooled bars in a refrigerated box until ready to eat.

PALEO SNACK MIX

Ingredients:
1 cup almonds
1 1/2 cups pumpkin seeds, raw
1 1/2 sunflower seeds
1 cup wlanuts broken into pieces
1 1/2 cup dried cranberries

Indications:
Put all ingredients in a large bowl.
Mix and keep in a bowl with lid.
Serve as needed.



©2018 KATIA M. ALL RIGHTS RESERVED

bodybykatiam
The Meal Plan

THE GREEK OMELETTE

Ingredients :
6 large eggs
1 1/2 cup cook quinoa (leftovers)
1 cup of fresh spinach chopped
A handful of olives
1/4 cup of red pepper chopped
2 cloves garlic minced or grated
1 teaspoon of dried oregano
1 teaspoon of basil
salt and pepper to taste
A handful of crumbled feta cheese
Top with avocado, walnuts or dried cranberries cranberries

Indications:
To make the quinoa salad:
Add the quinoa, chopped spinach,olives, red peppers, tomatoes, garlic, oregano and basil to a large bowl.
Add 2 tps of extra virgin oil. Season with salt and pepper. Toss well and set aside.

To make the omelet:
In a large bowl, use a fork to whisk together the eggs, add a pinch of salt and pepper.
Heat a large pan over medium-low heat.
Once pan is hot, add 1 tps of coconut oil.
Poor the egg mixture and let it set for 10-20 seconds. Immediately sprinkle the omelet with some feta cheese and then add the quinoa salad. Fold over and keep warm. Do the sme with the other omelet.
Serve with slices of avocado. Eat!





AVOCADO TOAST WITH EGG

1 serve
Ingredients:
2 slices of cereal bread
1 avocado
2 eggs
olives
chilli flakes
salt and pepper

Indications:
To make the poached eggs:
Crack your egg into a bowl, it makes it easier to slide into the simmering water. Bring water to boil in a recipient. Once the water is boiling, put the heat down. Slowly, slide the egg in the water, stir the water to create a gentle whirlpool to help the egg white wrap around the yolk.
Make sure the heat is low enough not to throw the egg around.
Cook for 2-3 minutes. Take the egg out slowly and drain on a kitchen paper.
Cut your avocado in two halves, then slice it.
Before serving toast your bread, place the avocado slices on the toast. Sprinkle with some chilli flakes which already contains salt and other seasoning.
Place your poached aggs on the side.
Ready to eat.

COCONUT CHIA SEEDS PUDDING

Ingredients:
4 Tbs Chia Seeds
1/2 tbs vanilla extract
1 1/2 cup coconut milk
2 tps coconut flakes
1 tbs honey

Indications:
Put all ingredients in a container with a lid, stir well, make sure the chia seeds is well incorporated into the liquid.
Refrigerate over night or for 5-6 hours.
Serve with coconut flakes on top or garnish with fresh fruit of your choice , granola, etc.



@2018 KATIA M. ALL RIGHTS RESERVED

bodybykatiam
The Meal Plan

PINEAPPLE COCONUT SMOOTHIE BOWL
Serves 2

Ingredients:
2 ripe bananas
280 grams of pineapple cut in cubes
400 ml of coconut milk
Ice, optional
Topping: banana slices, coconut flakes, granola, chia seeds or fruit of your choice

Indications:
Place all smoothie ingredients into the nutribullet and blend until smoothe.
Divide servings equally between 2 bowls.
Top with desired toppings and serve immediately.





QUINOA AND CHIA SEEDS BAR

Ingredients:
1/2 cup of dried quinoa
1/2 cup chia seeds
2 Tbsp ground flax seeds
1 cup oats gluten free
1/4 tsp salt
1 tsp cinnamon
1 tsp cardamon
1/2 cup raw almonds, coarsely chopped.
1/4 cup honey
1/4 cup of coconut syrup
1/4 cup of coconut oil

Indications:
Preheat oven 350F
In a large mixing bowl, add all dry ingredients. Stir to combine.
In a small microwafe- safe dish, combine the coconut oil, syrup and honey. Stir to mix, then microwave for 45 seconds to soften.
Pour the wet mix over the dry ingredients and stir with a spatula. Use hands if needed later to knead the mixture together.
Transfer the mixture on a baking paper, place it over the baking dish. Use a plastic spatula to even layer. Bake on middle rack of oven for 15 minutes.
When finished, remove from oven and let cool for 15 minutes. Cut the bars with a sharp knife. Wrap cooled bars in a refrigerated box until ready to eat.

PALEO SNACK MIX

Ingredients:
1 cup almonds
1 1/2 cups pumpkin seeds, raw
1 1/2 sunflower seeds
1 cup wlanuts broken into pieces
1 1/2 cup dried cranberries

Indications:
Put all ingredients in a large bowl.
Mix and keep in a bowl with lid.
Serve as needed.



©2018 KATIA M. ALL RIGHTS RESERVED

bodybykatiam
The Meal Plan

CHICKPEA SALAD WITH LEMON VINAIGRETTE AND FETA
2-3 serves

Ingredients:
1 big can chickpeas, drained and rinced or
1 cup dried chickpeas, soaked and cooked**.
4-5 tbsp extra virgin olive oil
2 tbsp fresh lemon juice
1 garlic clove, minced
1/4 cup chopped parsley
1/2 cup crumbled feta
salt and pepper

Indications:
Gently dry chickpeas between a double layer of paper towels discarding excess water and any loosened skin.
In a large bowl, whisk together olive oil, lemon juice, salt, pepper and garlic.
Add in the chickpeas and parsley and toss to combine. Cover and refrigerate for at least an hour. Gently stir salad and add the crumbled feta.
Season to taste with additional salt and pepper and serve.





WHITE BEAN AND TUNA SALAD
2 serves

Ingredients:
Tuna, canned oil
Canned white beans, drained and rinsed
1 red onion, thinly sliced
3 tbsp extra virgin olive oil
1 tbsp vinegar
3 tbsp parsley, chopped (or any other herbs)
Salt and pepper

Indications:
Drain the canned tuna and add to a large bowl. If the tuna is packed in oilive oil, reserve it for use in the dressing. Add the white bean to the tuna and stir to combine.
Mix the olive oil (or tuna oil), vinegar and seasonings together, then pour the bean mixture. Serve sprinkle with fresh chopped parsley.

BROCCOLI AND BELUGA LENTILS SALAD
2-3 serves

Ingredients :
1/3 cup of flaked almonds, or any other chopped nut
1/3 cup pf tahini sauce (if not low fat salad dressing)
1 lemon
1 tbsp maple syrup
1 tbsp extra virgin olive oil
500 g broccolini
250 g cooked beluga or
1 can drained and rinsed lentils.
1 handful of coriander leaves, chopped
1 ripe avocado

Indications :
Start by toasting your pepitas (nuts) in a hot, dry fry pan. Stir continuously to ensure they do not burn and remove from pan quickly before they color too much- about 1-2 min
Then make the dressing in a small jar or bowl- combine the tahini, lemon juice, maple syrup and extra virgin olive oil and stir till smooth.
Prepare your broccolino; cut each stalk in half crossways, then finally slice them lengthways into rough matchsticks. Put them in a large bowl and smoother them with 3/4 of the tahini dressing. Use your hands to massage the dressing into the broccoli till well coated ad then add lentils. Toast few times and season with salt and pepper. Set aside ready to serve.
Toss with coriander and toast pepitas anf top serve with avocado, Drizzle the remaining tahini dressing,



@2018 KATIA M. ALL RIGHTS RESERVED

bodybykatiam
The Meal Plan

LENTILS SALAD
2 serves

Ingredients:
1 big canned box of Daucy Lentils
1 english cucumber
1 red pepper
2 tomatoes
1 onion
1 avocado
1 lemon
Basil leaves
Corriander, mint
1 tbsp Soya sauce
2 tbsp Extra virgin oil
Salt and pepper
Extra add:
smocked marlin
mozzarella cheese / goat cheese

Indications:
Wash the vegetables and dice them.
Open a can of lentils and put it in a strainer.
Squeeze a lemon on the avocado.
Finely chopped the mint, coriander and the basil leaves.
In a large salad bowl, put first the lentils, then add the diced fresh veggies.
Add 2 tablespoon of extra virgin oil and a pinch of salt, pepper , cinnamon, and add a litlle of soya sauce. Mix well everything at the end add the diced avocadoes so they do not get smashed and the finely chopped herbs. Ready to serve.
You can also add mozzarella cheese and smocked marlin to the salad.





BELUGA LENTILS SALAD WITH DRIED C CRANBERRIES AND ROASTED PUMPKIN
2 serves

Ingredients:
2 cups of beluga lentils cooked
3 garlic cloves
1/2 cup of dried cranberries/
Pomegranade or grapes red halves
Mint leaves
1 handful fresh rocket
1 onion
1/2 small pumpkin
2 tsp coconut oil
2 tsp extra virgin oil
1/4 cup of walnuts
salt and pepper

Indications:
Preheat the oven 350 F
Put a baking paper on the oven tray, add the cubed pumpkin, drizzle with coconut oil. Season with salt and pepper and toss to coat evenly.
Roast for 20 minutes, remove from oven and set outside to cool.
In a small bowl add the dressing ingredients and whisk to obtain a creamy liquid.
In a large bowl add the cooked beluga lentils, roasted pumpkin, dried cranberries, onion and toss to combine.
Add the dressing and rocket and toss one more time. Top with walnuts and serve.

GREEK SALAD
2 serves

Ingredients:
1/2 cup cherry tomatoes
1 English cucumber
1 lemon
1 avocado
1 red onion
1/4 cup black olives
1 tsp dried oregano
4 tbsp extra virgin oil
Feta cheese

Indications:
Dice all the veggies and finely chop the red onion. In a large bowl put all the veggies in together with the diced avacado, the black olives and the feta cheese. Add the apple cider vinegar and the extra virgin oil and squeeze a lemon, toss it all. Add salt and pepper to taste and the dried oregano.
Ready to serve.



@2018 KATIA M. ALL RIGHTS RESERVED

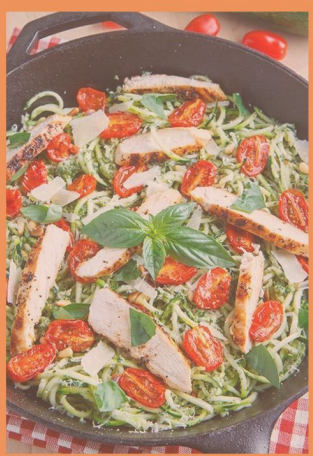
bodybykatiam
The Meal Plan

SHRIMP QUINOA BOWL
Serves 4

Ingredients :
500g shrimp peeled and deveined
2 cups quinoa cooked
250g black beans drained
1 lemon
1/2 cup cilantro chopped
1 Avocado sliced
1 tsp soy sauce
1tsp BBQ seasoning
Salt and pepper to taste

Indications:
Add the shrimp to a zip bag.
Drizzle the soy sauce and lemon juice throughout.
Sprinkle the seasoning and chopped cilantro throughout.
Seal the bag and refrigerate for 30- 45 mins. Cook the quinoa.
Add the black beans to a saucepan . Cook on medium-high heat for 3-4 minutes.
Remove the shrimp from the zip bag and put the shrimps onto a grill pan. Grill the shrimp on medium heat for 3-4 minutes until the shrimp turns bright pink.
Add the cooked shrimp, quinoa, sliced avocado and black beans into a bowl and serve





PESTO ZUCCHINI NOODLES WITH PESTO AND GRILLED CHICKEN
Serves 4

Ingredients:
1 kg chicken breast, boneless and skinless
250g cherry tomatoes
4 zucchini, medium
1 pot of basil pesto
Salt and pepper
1 tbsp of coconut oil

Option: Shrimp Scampi

Indications:
Toss the tomatoes in the coconut oil, salt and pepper, place a baking sheet in the oven tray and roast in a preheated 400F/ 200C oven until they start ro caramelized, about 10-15 minutes.
Meanwhile, season the chicken with salt and pepper to taste, grill it over 3-5 minutes per side and set aside to rest and slice it.

Add the zucchini noodles to the pan and cook until just tender about 1-2 minutes stirring.
Toss the zucchini noodle, tomatoes, and chicken in the pesto and serve.

CHICKEN AND MAYO WRAP
Serves 4

Ingredients:
1kg chicken breast, grilled
1/4 cup cilantro
28 tortillas
1/2 cup mozarella cheese
low fat mayo dressing

Indications:
Open one tortillas flat.
In a bowl put the sliced grilled chicken, the mozarella cheese, and the cilantro and mix them well.
Now place the mix evenly in the middle of the tortillas. Put the mayo dressing on top.
Roll and close the tortillas and put 2-4 at a times in the grill machine. 2 minutes on each side and serve.



©2018 KATIA M. ALL RIGHTS RESERVED

The Meal Plan

bodybykatiam



Ingredients:

2 serves
2 ripe bananas
280 grams of pineapples cut in cubes
400 ml of coconut milk***
Ice, optional
Topping: banana slices, coconut flakes**,
granola,chia seeds, sunflower seeds,
pumpkin seeds, flax seeds or fruit of your choice

Indications:

Place all smoothie ingredients into the nutribullet* and blend until smoothe.
Divide servings equally between 2 bowls.
Top with desired toppings and serve immediately.

Note: Feel free to play around with the seeds as well as with the milk flavor.

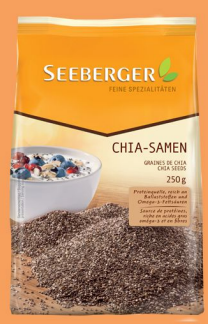
NUTRiBULLET by MAGIC BULLET



Power Blender - Nutribullet



Coconut Milk



Chia Seeds

©2018 KATIA M. ALL RIGHTS RESERVED

The Meal Plan

bodybykatiam



Ingredients:

2 Serves
Ingredients:
2 cups of oats
1 1/4 cup of unsweetened vanilla/ almond / Coconut milk
2 large ripe bananas
1 tablespoon of agave or pure maple syrup
1 large egg
1/4 tea spoon of salt
1/2 teaspoon of ground cinnamon
1 teaspoon of pure vanilla
1 1/2 teaspoon of baking powder
Coconut oil

Instructions

Place all ingredients in the blender and blend on high until completely mixed together and oats have broken down.

Heat the pan over medium-low heat and melt a teaspoon of coconut oil.
Cook 2-3 minutes on both sides and serve hot with extra bananas (fruit topping of your choice) and honey /maple syrup or coconut syrup.



Non-Dairy Milk



Organic Rolleld Oats



Coconut Oil



Agave / coconut syrup

©2018 KATIA M. ALL RIGHTS RESERVED

The Meal Plan

bodybykatiam



Ingredients:

Makes 4 waffles

2 Cups roughly ground flaxseed
1 tbsp baking powder
1 tsp salt
5 large eggs
1/2 cup water
1/3 melted coconut oil
1 tbsp of herbs (if making it savoury)
or 2 tsp ground cinnamon

Indications:

Put the waffle maker on medium heat, or your desired setting for crisp waffles. Combine flaxseed and baking powder and salt in a large bowl. Whisk to combine fully and set aside.
Add eggs, water and oil to the jug of your high power Nutri bullet blender. Blend on high for 30 seconds until foamy. Transfer liquid mixture to the bowl with flaxseed mixture. Stir with a spatula until incorporated. The mixture will be very fluffy. Once incorporated let it sit for 3 minutes. Add in the fresh herbs or stir in the cinamon. Divide mixture into 4 serving and scoop each serving onto the heated waffle maker.
Eat immediately or freeze in an air-tight container for a couple of weeks.

NOSTALGIA™



Waffle Maker

NUTRiBULLET



Power Blender - NutriBullet

SEEBERGER



Flaxseed

The Meal Plan

bodybykatiam



Ingredients:

1/2 cup of dried quinoa
1/2 cup chia seeds
2 Tbsp ground flax seeds
1 cup oats gluten free
1/4 tsp salt
1 tsp cinnamon
1 tsp cardamon
1/2 cup raw almonds, coarsely chopped.
1/4 cup honey
1/4 cup of coconut syrup
1/4 cup of coconut oil

Note: Feel free to play around with the seeds

Indications:

Preheat oven 350F
In a large mixing bowl, add all dry ingredients. Stir to combine. In a small microwafe- safe dish, combine the coconut oil, syrup and honey. Stir to mix, then microwave for 45 seconds to soften. Pour the wet mix over the dry ingredients and stir with a spatula. Use hands if needed later to knead the mixture together. Transfer the mixture on a baking paper, place it over the baking dish. Use a plastic spatula to even layer. Bake on middle rack of oven for 15 minutes. When finished, remove from oven and let cool for 15 minutes. Cut the bars with a sharp knife. Keep refrigerated box until ready to eat.

SEEBERGER



Seed Mix



Healthy snacks with fruits



Fruit and Nut bar

©2018 KATIA M. ALL RIGHTS RESERVED

The Meal Plan

bodybykatiam



Indications:

2-3 Serves

If using Dried chickpeas:

Sort through dried chickpeas to remove any stones.
Rinse chickpeas and place in a large bowl with enough water to cover by about 2 inches.
Soak overnight (12 hours)
Drain and transfer soaked chickpeas to a large pot.
Fill with water to cover chickpeas by 2-3 inches and bring to boil over high heat.
After 10 minutes, Reduce heat and simmer for 1/12 hours to 2 hours until chickpeas are tender, but not mushy.
Drain and cool until slightly warm or room temperature.

1 Cup of dried chickpeas, makes about 3 cups of cooked chickpeas



Dried Chickpeas

@2018 KATIA M. ALL RIGHTS RESERVED

The Meal Plan

bodybykatiam



Ingredients:

2 Serves

1 tbsp of peanut butter
1/2 cup of cooked quinoa
1tsp of chocolate chips
1 tsp of chia seeds
3/4 cup of Greek yogurt non-fat
Add a fruit of your choice

Indications:
Add all ingredients in a bowl like on picture and eat

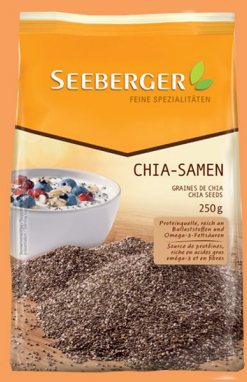
Note: Play around with the quinoa red or white or even mix them



Red and White Quinoa



Feves de Cacao



Chia Seeds

@2018 KATIA M. ALL RIGHTS RESERVED



Beyond Communications



Avec SUKRIN, ne faites plus attention, faites vous plaisir !

Un sucre sans calories, d'origine naturelle et sans conservateur, vous en rêviez ? Voici la solution pour continuer à se faire des petits plaisirs. Avec Sukrin, la gourmandise n'est plus un pêché !

Sukrin Mauritius

100% d'origine naturelle | sans calories | sain | convient aux diabétiques et vegans

sukrin

Bodybykatia - Monthly Workout Calendar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Resistance Bands	Power Core	Lower Body Super Set	Killer Obliques	Power Core	Upper Body Focus	RESTING DAY
WEEK 2	Power Core	Resistance Bands	Resistance Bands	Killer Obliques	Power Core	Lower Body Super Set	RESTING DAY
WEEK 3	Lower Body Super Set	Power Core	Killer Obliques	Upper Body Focus	Resistance Bands	Power Core	RESTING DAY
WEEK 4	Killer Obliques	Upper Body Focus	Power Core	Lower Body Super Set	Killer Obliques	Lower Body Super Set	RESTING DAY
WEEK 5	Resistance Bands	Power Core	Resistance Bands	Killer Bands	Lower Body Super Set	Power Core	RESTING DAY

©2018 KATIA M. ALL RIGHTS RESERVED

Bodybykatia - Monthly Workout Calendar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEk 6	Upper Body Focus	Killer Obliques	Lower Body Super Set	Power Core	Killer Obliques	Upper Body Focus	RESTING DAY
WEEK 7	Power Core	Upper Body Focus	Resistance Band	Lower Body Super Set	Killer Obliques	Resistance Band	RESTING DAY
WEEK 8	Resistance Band	Power Core	Killer Obliques	Lower Body Super Set	Power Core	Upper Body Focus	RESTING DAY
WEEK 9	Lower Body Super Set	Resistance Band	Upper Body Focus	Resistance Band	Power Core	Killer Obliques	RESTING DAY
WEEK 10	Power Core	Killer Obliques	Lower Body Super Set	Upper Body Focus	Lower Body Super Set	Resistance Band	RESTING DAY

@2018 KATIA M. ALL RIGHTS RESERVED

Bodybykatia - Monthly Workout Calendar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 11	Power Core	Killer Obliques	Lower Body Super Set	Power Core	Killer Obliques	Resistance Band	RESTING DAY
WEEK 12	Killer Obliques	Upper Body Focus	Power Core	Lower Body Super Set	Power Core	Lower Body Super Set	RESTING DAY
WEEK 13	Lower Body Super Set	Power Core	Killer Obliques	Lower Body Super Set	Killer Obliques	Upper Body Focus	RESTING DAY
WEEK 14	Upper Body Focis	Resistance Band	Upper Body Focus	Power Core	Resistance Band	Killer Obliques	RESTING DAY
WEEK 15	Killer Obliques	Power Core	Lower Body Super Set	Upper Body Focus	Lower Body Super Set	Resistance Band	RESTING DAY

@2018 KATIA M. ALL RIGHTS RESERVED

HERITAGE Trail

12 août 2018

C Beach Club, Bel Ombre, **île Maurice**

55km (3400m D+) | 21km (900m D+) | 10km (450m D+) | Kids Fun Jog



Beyond Communications

Inscriptions :

www. heritagetrail.mu

UTMB® COURSE QUALIFICATIVE 2018

GRAND RAID LA RÉUNION

ITRA INTERNATIONAL TRAILRUNNING ASSOCIATION