

# 90 Days of Action

## [ menu ]

[neilarey.com](http://neilarey.com)

## Intro

The sample menu suggestions for every day are guidelines only to give you an idea of what your meals should look like - follow the suggestions for better results. In this program your aim is to stick to a sustainable diet that you can maintain after you have finished the program.

This is not a calorie restricted plan so there will not be calorie counting of any kind involved, there will be restrictions on certain things, simple carbohydrates (bread and pastry), alcohol and sugars and general amounts.

You'll get several opportunities to have a cheat meal during the program when you can have whatever you want – once during the day. If you a birthday or a holiday fall past one of these days you can move the closest cheat day to that day. Otherwise, you should avoid processed food (fast-food), alcohol of any kind (that includes beer and cocktails), cookies, cakes and white bread.

Pick wholegrain bread and limit your intake to *one slice* a day if you're having a sandwich or a wrap for lunch. Avoid bread all together on days when you are doing ab work.

Eat either two hours before you work out or two hours after if you are having three meals a day. Have a small protein snack (e.g. no-sugar chocolate milk, yogurt) or a protein shake up to 30 minutes after the workout for quick recovery.

Avoid treating yourself after a workout, you are likely to overestimate just how much you have burned and cancel out all of your work by eating just a little bit more.

**You are allowed two snacks 3oz (100g) and 8oz (250g) during the day.**

Try to avoid snacking on fruit later in the evening and pick something like Greek Yogurt with cinnamon instead. Greek yogurt is very effective in curbing hunger so stock up on a few and have one late at night when you get hungry and it is unreasonable to have a whole meal or a sandwich. Pick 2% fat yogurts, they have enough fat for satiety and not too much for your body to stock some in reserves. Avoid eating anything full fat when you can, for obvious reasons, and zero fat because it won't satisfy your hunger and you'll end up eating more in the end.

*Why Greek Yogurt?* It has the best conversion of protein/carbs in it. It is high in protein and very low in carbohydrates which makes it the perfect guilt-free snack.

Note: If you are having protein shakes they count as snacks.

**Snack rules:** One piece of fruit, one high protein snack

**Snack Examples:**

1. 8oz Greek Yogurt with Cinnamon 2. Banana
1. Turkey ham slices with cucumber 2. Pear
1. Sliced tomato with mozzarella slices 2. Apple
1. A few raw nuts 2. Sliced apple with a tablespoon of peanut butter
1. Glass of juice 2. Hardboiled egg with mustard
1. Handful of grapes 2. Small sardine bruschetta toast with tomato paste
1. Orange 2. Rice cake with cheese stick

## Day 1

**Breakfast:** bowl of oatmeal with berries/cinnamon or honey

**Lunch:** turkey sandwich with lettuce and tomatoes

**Dinner:** grilled chicken breast, 3oz (85g) boiled rice, tomato salad

## Day 2

**Breakfast:** 3-egg omelette with tomato and bacon

**Lunch:** chicken salad with lettuce and mayo

**Dinner:** bowl of pasta with tomatoes and olive oil

## Day 3

**Breakfast:** yogurt with honey or yogurt based smoothie with oats

**Lunch:** large sweet potato with cottage cheese and paprika

**Dinner:** oven baked fish (parcel) with vegetables

## Day 4

**Breakfast:** 2-egg omelette with avocado on the side (or eggs baked in avocado halves)

**Lunch:** canned tuna and sweet corn salad with lemon

**Dinner:** two chicken legs with cucumber/tomato salad on the side

## Day 5

**Breakfast:** bowl of oatmeal with berries/cinnamon or honey

**Lunch:** turkey sandwich or wrap

**Dinner:** tuna sweet potato jacket with cottage cheese

## Day 6

**Breakfast:** yogurt with honey or yogurt based smoothie with oats

**Lunch:** 10oz giant beans in red sauce and toast

**Dinner:** pork shoulder roasted with red/green papers in a skillet

## Day 7

**Breakfast:** pork sausages with grapefruit

**Lunch:** club sandwich with tomato, avocado and rocket leaves

**Dinner:** ground beef eggplant cannelloni [goo.gl/XS6Rg8](https://goo.gl/XS6Rg8)

## Day 8

**Breakfast:** bowl of oatmeal with berries/cinnamon or honey

**Lunch:** tuna salad wrapped in lettuce with almonds

**Dinner:** large grilled chicken breast with tomato/cucumber salad on the side

## Day 9

**Breakfast:** avocado-bacon 3-egg omelette

**Lunch:** chicken salad with mayo

**Dinner:** baked sliced aubergine in the oven with tomato and feta cheese

## Day 10

**Breakfast:** yogurt with honey or yogurt based smoothie with oats

**Lunch:** large sweet potato with cottage cheese

**Dinner:** oven baked fish (parcel) with vegetables

## Day 11 [cheatmeal day]

**Breakfast:** green smoothie (apple/banana/3oz spinach) and peanut butter toast

**Lunch:** chicken salad

**Dinner:** small bowl of pasta with tomatoes

## Day 12

**Breakfast:** yogurt with honey or yogurt based smoothie with oats

**Lunch:** turkey sandwich or wrap with lettuce and tomatoes

**Dinner:** 4 spiced chicken drumsticks

## Day 13

**Breakfast:** bowl of oatmeal with berries/cinnamon or honey

**Lunch:** tuna sweet baked potato with cottage cheese

**Dinner:** 10oz pork meatballs in red sauce

## Day 14

**Breakfast:** 3 baked eggs in bacon baskets  [goo.gl/DHnlzp](https://goo.gl/DHnlzp)

**Lunch:** large sweet potato with cottage cheese

**Dinner:** homemade 2 pork burgers with greens on the side

## Day 15

**Breakfast:** 4 Paleo pancakes with honey [goo.gl/MKBnN4](https://goo.gl/MKBnN4)

**Lunch:** chicken salad

**Dinner:** 2 large tomato frittatas [goo.gl/GrFCGC](https://goo.gl/GrFCGC)

## Day 16

**Breakfast:** bowl of oatmeal with berries/cinnamon or honey

**Lunch:** turkey sandwich or wrap with lettuce and tomatoes

**Dinner:** oven baked fish (parcel) with vegetables

## Day 17

**Breakfast:** onion and spinach 3-egg omelet

**Lunch:** large sweet potato with cottage cheese and tuna

**Dinner:** grilled chicken breast with tomato/cucumber salad on the side

## Day 18

**Breakfast:** yogurt with honey or yogurt based smoothie with oats

**Lunch:** small bowl of pasta with tomatoes

**Dinner:** 10oz pork meatballs in tomato sauce

## Day 19

**Breakfast:** avocado eggs

**Lunch:** 8oz rice with diced grilled chicken

**Dinner:** ground beef stuffed bell peppers

## Day 20

**Breakfast:** yogurt with honey or yogurt based smoothie with oats

**Lunch:** baked sweet potato with cottage cheese

**Dinner:** 2 grilled chicken thighs with cucumber salad



## Day 21

**Breakfast:** bowl of oatmeal with berries/cinnamon or honey

**Lunch:** chicken and veggie soup, toast

**Dinner:** sausage, egg and sweet potato skillet

## Day 22

**Breakfast:** 3 scrambled eggs

**Lunch:** chicken salad with lettuce and mayo

**Dinner:** ground beef stuffed bell peppers

## Day 23 [cheatmeal day]

**Breakfast:** 8oz baked zucchini, bacon and tomato frittata

**Lunch:** large sweet potato with cottage cheese and paprika

**Dinner:** grilled chicken breast with pineapple(canned) rings

## Day 24

**Breakfast:** bowl of oatmeal with berries/cinnamon or honey

**Lunch:** turkey sandwich with lettuce and tomatos

**Dinner:** fried pork chops with sautéed spinach

## Day 25

**Breakfast:** peanut butter toast

**Lunch:** tuna in 2 avocado halves with onions and olive oil

**Dinner:** zucchini and sweet potato frittata [goo.gl/V8n8Yu](https://goo.gl/V8n8Yu)

## Day 26

**Breakfast:** bowl of oatmeal with berries, cinnamon or honey

**Lunch:** bowl of pasta with tomatoes

**Dinner:** bacon wrapped 2 chicken thighs

## Day 27

**Breakfast:** ham with applesauce

**Lunch:** chicken salad with grapes, apples and cranberries with mayo

**Dinner:** grilled steak with mashed cauliflower

## Day 28

**Breakfast:** roasted pepper and sausage 3-egg omelet

**Lunch:** bacon, 2 hardboiled eggs and tomato salad with mayo

**Dinner:** coconut curry stir-fry [goo.gl/Br2R2a](https://goo.gl/Br2R2a)

## Day 29

**Breakfast:** bowl of oatmeal with berries/cinnamon or honey

**Lunch:** tuna/avocado salad

**Dinner:** grilled chicken breast, 3oz (85g) boiled rice, tomato salad

## Day 30

**Breakfast:** ham and asparagus omelet

**Lunch:** beet and walnut salad

**Dinner:** pork chop with sweet potatoes

## Day 31

**Breakfast:** yogurt or yogurt based smoothie with peanut butter and oats

**Lunch:** roasted chicken salad with lettuce

**Dinner:** 3 grilled salmon + tomato skewers

## Day 32

**Breakfast:** 4-egg tomato and spinach frittata

**Lunch:** chicken salad with grapes, apples and cranberries with mayo

**Dinner:** balsamic chicken breast with pears and spinach

## Day 33

**Breakfast:** bowl of oatmeal with berries/cinnamon or honey

**Lunch:** large sweet potato with cottage cheese and paprika

**Dinner:** baked sliced aubergine in the oven with tomato and feta cheese

## Day 34

**Breakfast:** 2 pork sausages with grapefruit

**Lunch:** turkey in lettuce with tomatoes

**Dinner:** 10oz giant beans in tomato sauce with toast

## Day 35

**Breakfast:** banana/kiwi fruit salad, yogurt and peanut butter toast

**Lunch:** canned tuna and sweet corn salad with lemon

**Dinner:** chicken cranberry salad stuffed 2 tomatoes

## Day 36

**Breakfast:** 2 avocado eggs

**Lunch:** tuna sweet potato with cottage cheese

**Dinner:** oven baked fish (parcel) with vegetables

## Day 37

**Breakfast:** bowl of oatmeal with berries/cinnamon or honey

**Lunch:** chicken and veggie soup, toast

**Dinner:** beef pot roast

## Day 38

**Breakfast:** 4 banana almond pancakes with honey

**Lunch:** chicken fajita salad [goo.gl/rbVylZ](https://goo.gl/rbVylZ)

**Dinner:** 3 grilled salmon + tomato skewers

## Day 39

**Breakfast:** tomato and basil 4-egg frittata

**Lunch:** large sweet potato with cottage cheese and paprika

**Dinner:** 10oz pork meatballs with spicy tomato sauce

## Day 40

**Breakfast:** bowl of oatmeal with berries/cinnamon or honey

**Lunch:** bacon and tomato 4 devilled eggs with mayo

**Dinner:** shrimps in tomato sauce

## Day 41

**Breakfast:** yogurt with honey or yogurt based smoothie with oats

**Lunch:** chicken salad with lettuce and mayo

**Dinner:** dijon mustard pork tenderloin with coleslaw

## Day 42 [cheatmeal day]

**Breakfast:** tomato and basil 4-egg frittata

**Lunch:** turkey sandwich with lettuce and tomatoes

**Dinner:** beef pot roast

## Day 43

**Breakfast:** banana/kiwi fruit salad, yogurt and peanut butter toast

**Lunch:** egg salad rolled in lettuce

**Dinner:** sautéed pork chop w/ 1 apple

## Day 44

**Breakfast:** bowl of oatmeal with berries/cinnamon or honey

**Lunch:** avocado/tomato club sandwich

**Dinner:** 10oz pork meatballs with spicy tomato sauce

## Day 45

**Breakfast:** 4- banana almond pancakes

**Lunch:** beet and walnut salad

**Dinner:** chicken cranberry salad stuffed 2 tomatoes

## Day 46

**Breakfast:** no-bake peanut butter oat cookie [goo.gl/oOBwYI](http://goo.gl/oOBwYI)

**Lunch:** chicken salad with lettuce and mayo

**Dinner:** 2 pork chops with apple sauce

## Day 47

**Breakfast:** bowl of oatmeal with berries/cinnamon or honey

**Lunch:** large sweet potato with cottage cheese and paprika

**Dinner:** grilled chicken breast, 3oz (85g) boiled rice, tomato salad

## Day 48

**Breakfast:** banana/kiwi fruit salad, yogurt and peanut butter toast

**Lunch:** bacon, 2 hardboiled eggs and tomato salad with mayo

**Dinner:** baked sliced aubergine in the oven with tomato and feta cheese

## Day 49

**Breakfast:** yogurt with honey or yogurt based smoothie with oats

**Lunch:** tuna salad wrapped in lettuce with almonds

**Dinner:** dijon mustard pork tenderloin with coleslaw

## Day 50

**Breakfast:** Paleo breakfast skillet [goo.gl/mUx0m4](http://goo.gl/mUx0m4)

**Lunch:** turkey ham sandwich or wrap with lettuce and tomatoes

**Dinner:** 10oz pork meatballs with spicy tomato sauce

## Day 51 [cheatmeal day]

**Breakfast:** bowl of oatmeal with berries/cinnamon or honey

**Lunch:** chicken and veggie soup, toast

**Dinner:** 2 pork chops and sweet potatoes

## Day 52

**Breakfast:** avocado-bacon 3-egg omelette

**Lunch:** 2 turkey burgers with mixed greens

**Dinner:** chicken cranberry salad stuffed 2 tomatoes



## Day 53

**Breakfast:** tomato and basil 4-egg frittata

**Lunch:** beet and walnut salad

**Dinner:** 2 pork chops with mixed greens

## Day 54

**Breakfast:** bowl of oatmeal with berries/cinnamon or honey

**Lunch:** large sweet potato with cottage cheese and paprika

**Dinner:** 2 turkey burgers with mixed greens

## Day 55

**Breakfast:** kale/kiwi green smoothie

**Lunch:** chicken fajita salad

**Dinner:** 3 grilled salmon + tomato skewers

## Day 56

**Breakfast:** bowl of oatmeal with berries/cinnamon or honey

**Lunch:** 3 hardboiled eggs with salsa

**Dinner:** grilled chicken breast, 3oz (85g) boiled rice, tomato salad

## Day 57

**Breakfast:** roasted pepper and sausage omelet

**Lunch:** roasted chicken salad with cherry tomatoes

**Dinner:** 10oz pork meatballs with spicy tomato sauce

## Day 58

**Breakfast:** banana almond pancakes

**Lunch:** skillet sweet potato, sausage and spinach hash

**Dinner:** fried pork chops with sautéed spinach

## Day 59

**Breakfast:** 2 fried eggs, bacon and ½ avocado

**Lunch:** club sandwich with tomato, avocado and rocket leaves

**Dinner:** 2 pork chops with apple sauce

## Day 60

**Breakfast:** banana/kiwi fruit salad, yogurt and peanut butter toast

**Lunch:** 2 lemon herb rubbed chicken thighs with mixed greens

**Dinner:** 3 grilled salmon + tomato skewers

## Day 61 [cheatmeal day]

**Breakfast:** bowl of oatmeal with berries/cinnamon or honey

**Lunch:** large sweet potato with cottage cheese and paprika

**Dinner:** 10oz pork meatballs with spicy tomato sauce

## Day 62

**Breakfast:** banana/kiwi fruit salad, yogurt and peanut butter toast

**Lunch:** grilled shrimp salad with romaine lettuce and spinach

**Dinner:** 2 pork chops with apple sauce

## Day 63

**Breakfast:** yogurt with honey or yogurt based smoothie with oats

**Lunch:** grilled chicken strips and asparagus

**Dinner:** chicken cranberry salad stuffed 2 tomatoes

## Day 64

**Breakfast:** bowl of oatmeal with berries/cinnamon or honey

**Lunch:** bacon and tomato 4 devilled eggs with mayo

**Dinner:** burger (any meat or fish) with steamed vegetables

## Day 65

**Breakfast:** kale/kiwi green smoothie

**Lunch:** canned tuna and sweet corn salad with lemon

**Dinner:** shrimps in tomato sauce

## Day 66

**Breakfast:** pork sausage and sautéed broccoli

**Lunch:** 10oz giant beans in red sauce and toast

**Dinner:** beef pot roast

## Day 67

**Breakfast:** 3 hardboiled eggs with salsa

**Lunch:** turkey sandwich with lettuce and tomatoes

**Dinner:** 10oz pork meatballs with tomato sauce

## Day 68

**Breakfast:** roasted pepper and sausage omelet

**Lunch:** egg salad rolled in lettuce

**Dinner:** ground beef stuffed bell peppers

## Day 69

**Breakfast:** bowl of oatmeal with berries/cinnamon or honey

**Lunch:** chicken and veggie soup, toast

**Dinner:** 2 pork chops with apple sauce

## Day 70

**Breakfast:** tomato and basil 4-egg frittata

**Lunch:** 2 turkey burgers with mixed greens

**Dinner:** baked sliced aubergine in the oven with tomato and feta cheese

## Day 71 [cheatmeal day]

**Breakfast:** banana/kiwi fruit salad, yogurt and peanut butter toast

**Lunch:** 10oz giant beans in red sauce and toast

**Dinner:** 3 grilled salmon + tomato skewers

## Day 72

**Breakfast:** tomato and basil 4-egg frittata

**Lunch:** chicken salad with lettuce and mayo

**Dinner:** 4 spiced chicken drumsticks

## Day 73

**Breakfast:** bowl of oatmeal with berries/cinnamon or honey

**Lunch:** large sweet potato with cottage cheese and paprika

**Dinner:** grilled chicken breast, 3oz (85g) boiled rice, tomato salad

## Day 74

**Breakfast:** coconut milk / banana smoothie with tablespoon of peanut butter

**Lunch:** bacon, 2 hardboiled eggs and tomato salad with mayo

**Dinner:** sautéed pork chop w/ 1 apple

## Day 75

**Breakfast:** bacon, 2 fried eggs and fruit salad

**Lunch:** tuna salad

**Dinner:** fried pork chops with sautéed spinach

## Day 76

**Breakfast:** bowl of oatmeal with berries/cinnamon or honey

**Lunch:** club sandwich with tomato, avocado and rocket leaves

**Dinner:** 10oz pork meatballs with spicy tomato sauce

## Day 77

**Breakfast:** pork sausage and 3-egg omelet

**Lunch:** canned tuna and sweet corn salad with lemon

**Dinner:** zucchini and sweet potato frittata [goo.gl/V8n8Yu](https://goo.gl/V8n8Yu)

## Day 78

**Breakfast:** 4 banana almond pancakes

**Lunch:** 3 hardboiled eggs with salsa

**Dinner:** 10oz pork meatballs with tomato sauce

## Day 79

**Breakfast:** yogurt with honey or yogurt based smoothie with oats

**Lunch:** roasted chicken salad with cherry tomatoes

**Dinner:** ground beef stuffed bell peppers

## Day 80

**Breakfast:** bowl of oatmeal with berries/cinnamon or honey

**Lunch:** 2 turkey burgers with mixed greens

**Dinner:** baked sliced aubergine in the oven with tomato and feta cheese

## Day 81

**Breakfast:** yogurt with honey or yogurt based smoothie with oats

**Lunch:** egg salad rolled in lettuce

**Dinner:** oven baked fish (parcel) with vegetables

## Day 82

**Breakfast:** bowl of oatmeal with berries/cinnamon or honey

**Lunch:** turkey ham sandwich or wrap with lettuce and tomatoes

**Dinner:** grilled chicken breast, 3oz (85g) boiled rice, tomato salad

## Day 83

**Breakfast:** avocado-bacon 3-egg omelette

**Lunch:** chicken salad with lettuce and mayo

**Dinner:** 3 grilled salmon + tomato skewers

## Day 84

**Breakfast:** banana/kiwi fruit salad, yogurt and peanut butter toast

**Lunch:** turkey sandwich with lettuce and tomatoes

**Dinner:** 10oz pork meatballs with tomato sauce



## Day 85

**Breakfast:** bacon, 2 fried eggs and fruit salad

**Lunch:** 2 turkey burgers with mixed greens

**Dinner:** 3 grilled salmon + tomato skewers

## Day 86 [cheatmeal day]

**Breakfast:** bowl of oatmeal with berries/cinnamon or honey

**Lunch:** large sweet potato with cottage cheese and paprika

**Dinner:** sautéed pork chop w/ 1 apple

## Day 87

**Breakfast:** tomato and basil 4-egg frittata

**Lunch:** chicken salad with lettuce and mayo

**Dinner:** beef pot roast

## Day 88

**Breakfast:** coconut milk / banana smoothie with tablespoon of peanut butter

**Lunch:** chicken and veggie soup, toast

**Dinner:** 4 spiced chicken drumsticks

## Day 89

**Breakfast:** yogurt with honey or yogurt based smoothie with oats

**Lunch:** tuna salad wrapped in lettuce with almonds

**Dinner:** dijon mustard pork tenderloin with coleslaw

## Day 90

**Breakfast:** bowl of oatmeal with berries/cinnamon or honey

**Lunch:** club sandwich with tomato, avocado and rocket leaves

**Dinner:** 2 pork chops and sweet potatoes