

WHAT YOU CAN EXPECT?

- You'll feel stronger, more stable, and move with more control
- Pilates builds deep core strength and improves posture
- With consistency, most people notice changes in 4–6 weeks

👉 Consistency matters more than intensity

HOW YOUR BODY CHANGES

When you exercise, your muscles experience tiny amounts of stress (sometimes called micro-tears).

Your body repairs these by:


- Rebuilding muscle stronger
- Improving tone and definition
- Increasing strength and endurance

👉 This is how your body becomes stronger and more “toned” over time.

Important: This process needs the right fuel—especially protein

BUILD A BALANCED ROUTINE

Pilates is your strength foundation. For best results, pair it with one or a combination cardio exercise such as:

-  Walking
-  Cycling
-  Swimming

👉 Aim for daily movement + 1–4 Pilates sessions per week

WHAT DOES “TONING” LOOK LIKE

“Toning” isn’t about getting bulky—it’s about:

- Building a small amount of muscle
- Having firmer, stronger muscles
- Building shape and definition
- Reducing Body Fat

YOU MIGHT NOTICE:

- Clothes fitting more loosely
- A flatter-feeling stomach (less bloating, better posture)
- More shape through arms, legs, and waist
- Feeling confident in clothes

👉 These changes come from movement + nutrition + consistency

WHY PROTEIN MATTERS

Supports muscle repair (after those micro-tears)

- Helps build strength and tone
- Keeps you full and satisfied
- Stabilises energy

👉 If you’re doing Pilates, protein isn’t optional—it’s essential

WANT A FLAT STOMACH ?

Pilates strengthens your core...

But visible changes depend on:

- Nutrition
- Overall movement
- Consistency

👉 Food plays a bigger role than most people think.

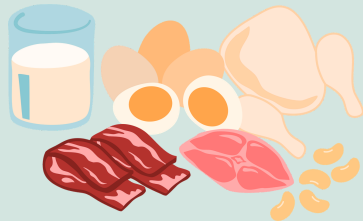
Think of Pilates as shaping your body... and nutrition as helping reveal it.

PRIORITISE PROTEIN

Simple, balanced, feel-good nutrition

WHY PROTEIN?

- Keeps you full
- Supports strength
- Steady energy
- Recovery



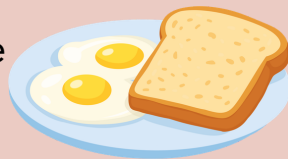
HOW MUCH PROTEIN DO YOU NEED?

- Every meal
- 20–30g per meal
- Add to snacks



BREAKFASTS

- Yoghurt + berries
- Eggs on toast
- Protein Smoothie
- Cottage cheese



LUNCHES

- Chicken wraps
- Protein bowls
- Lentil salad
- Egg sandwich



DINNERS

- Chicken + veg
- Salmon + greens
- Beef Stir-fry
- Bean curry



SNACKS

- Boiled eggs
- Yoghurt
- Protein balls
- Nuts
- Can of Tuna/Sardines

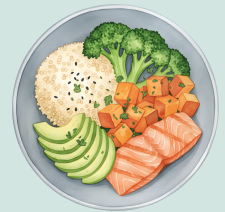


REAL LIFE STRATEGIES

- Keep 2–3 go-to protein meals on repeat
- Always have a protein snack ready
- Don't aim for perfect—aim for consistent

BUILD A BALANCED PLATE

- ¼ plate protein (chicken, fish, eggs, tofu)
- ¼ plate carbs (rice, quinoa, potato)
- ½ plate veggies
- Add healthy fats (olive oil, nuts, seeds)



DOWNLOAD YOUR
MEAL PLAN



PROTEIN MADE SIMPLE – 3 DAY PLAN

Sample Day 1

- Breakfast: Yoghurt + berries + nuts
- Lunch: Chicken wrap
- Dinner: Salmon + veggies
- Snack: Boiled eggs, Seasonal Fruit

Sample Day 2

- Breakfast: Eggs on toast
- Lunch: Tuna salad
- Dinner: Beef and Veg Stir-fry
- Snack: Greek yoghurt / Seasonal Fruit

Sample Day 3

- Breakfast: Smoothie
- Lunch: Lentil bowl
- Dinner: Chicken + roast veg
- Snack: Nuts / Seasonal Fruit

3-DAY STRONG & SIMPLE RESET (APPROX. 1300 CALORIES)

DAY ONE



Breakfast: Berry Chia Oats

- ½ cup rolled oats
- 1 cup unsweetened almond milk
- ½ cup mixed berries
- 1 tbsp chia seeds

Lunch: Chicken & Avocado Garden Wrap

- 1 wholegrain wrap
- 80–100g grilled chicken
- 1 cup mixed salad
- ¼ avocado
- 1 tbsp hummus

Snack: Apple with Peanut Butter

- 1 medium apple
- 1 tbsp peanut butter

Dinner: Salmon, Quinoa & Greens Bowl

- 100g grilled salmon
- ¾ cup cooked quinoa
- 1–2 cups steamed greens
- 1 tsp olive oil

Important Note:

Please increase portion sizes if you are highly active, regularly exercising, performing physical work, pregnant or breastfeeding, or aiming to maintain your current weight.

If you are feeling overly hungry, fatigued, lightheaded, or low in energy, consider increasing portion sizes and/or adding extra snacks to better support your body's needs.

Energy requirements vary greatly between individuals based on age, body size, activity levels, metabolism, and health status.

For personalised nutrition advice, please consult an Accredited Practising Dietitian or qualified healthcare professional.

 **Breakfast: Yoghurt, Banana & Nut Bowl**

- ¾ cup Greek-style yoghurt
- ½ banana (sliced)
- 1 tbsp mixed nuts
- 1 tsp honey (optional)

 **Lunch: Chickpea & Veg Nourish Bowl**

- ½ cup chickpeas
- 1 cup roasted vegetables
- 1 cup leafy greens
- 1 tbsp olive oil + lemon dressing

 **Snack: Boiled Eggs & Cherry Tomatoes**


- 2 boiled eggs
- ½ cup cherry tomatoes

 **Dinner: Chicken, Sweet Potato & Greens**

- 100g grilled chicken
- ½–¾ cup roasted sweet potato
- 1–2 cups green vegetables
- 1 tsp olive oil

 **Breakfast: Avocado & Egg Toast**

- 1 slice wholegrain toast
- 1 egg (poached or boiled)
- ¼ avocado

 **Lunch: Tuna & Salad Sourdough**

- 1 slice sourdough
- 1 small tin tuna (in springwater)
- 1 tbsp Greek yoghurt or olive oil mayo
- 1 cup salad vegetables

 **Snack: Yoghurt & Berries**

- ¾ cup yoghurt
- ½ cup berries

 **Dinner: Simple Lentil & Veg Bowl**

- 1 cup lentil & vegetable mix (cooked)
- ½ cup cooked brown rice
- 1–2 cups greens

 Vegetables & Greens

- Mixed salad leaves (1 bag)
- Spinach or leafy greens (1 bag)
- Cucumber (1)
- Carrot (1–2)
- Cherry tomatoes (1 punnet)
- Broccoli (1 head)
- Green beans or zucchini (1–2 cups worth)
- Sweet potato (1 medium)
- Mixed roasting vegetables (capsicum, zucchini, onion)

 Fruit

- Apples (2–3)
- Banana (1–2)
- Mixed berries (fresh or frozen, ~1–2 cups)

 Protein

- Chicken breast (~200–300g)
- Salmon fillet (~100g)
- Eggs (½ dozen)
- Tinned tuna (1 tin, in springwater)
- Canned chickpeas (1 tin)
- Lentils (1 can or ~1 cup cooked)

 Dairy / Alternatives


- Greek-style yoghurt (~500g tub)
- Unsweetened almond milk (1 carton)

 Grains & Bread

- Rolled oats
- Wholegrain wrap (1 pack)
- Wholegrain or sourdough bread (1 loaf or small pack)
- Quinoa (small pack)
- Brown rice (small pack)


 Healthy Fats & Extras

- Avocado (1–2)
- Olive oil
- Peanut butter
- Mixed nuts (small pack)
- Chia seeds
- Hummus

 Pantry / Flavour

These were used in meals but not clearly listed:

- Lemon (for dressing)
- Honey (optional, for yoghurt)

 Keep It Simple

You don't need to buy everything perfectly or in exact amounts—this is about having enough on hand to make the meals easy to follow.