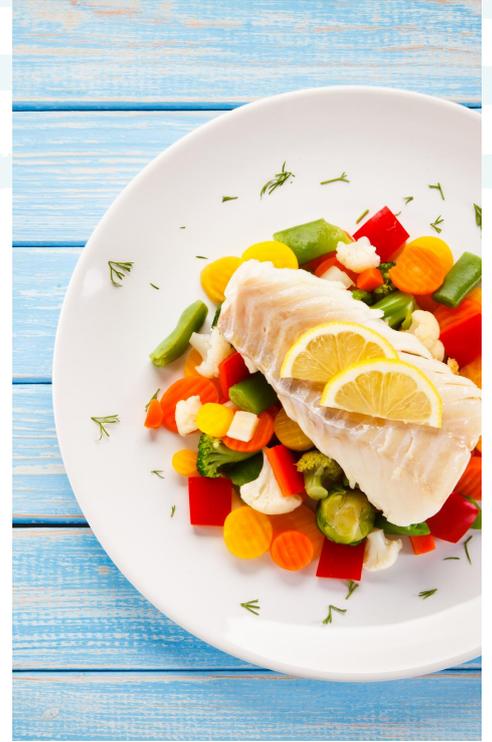


Kitty Kat

12 WEEK BIKINI PROGRAM OFFICIAL NEWSLETTER



That number on the scales?

Yes we have that focus on that number as a measure for whether or not we are succeeding in this transformation. Don't get too hung up on it. Trust me. When you see someone looking great do you say she is 53kgs? No, you say that dress looks amazing on her. So what I want you to do is find a piece of clothing that used to fit you and you would like to get back into. Take photos once a month in this to see how your shape is changing, and most of all ... focus on how good you're feeling. The discipline you have shown and how you have pushed yourself both mentally and physically to achieve something great. Something for you.

Patience...

I lack this as do most, when you're on a journey you just want to get to the goal already, but anything worth having takes time. For you to feel the accomplishment of this achievement you are going to have to go out of your comfort zone and push like you never have before. So take the journey day by day. Tick off each day, cardio yes, workout, yes, sleep yes, food yes, move to the next day. The changes are happening some you will see, some you will feel. It's like travelling overseas, no one wants to be on a 24hr flight, but the destination is worth it.

**"Your body can
withstand
almost
anything, it's
your mind you
have to
convince"**



Marinade Ideas

So the fish or chicken maybe the same but to keep the meals feeling fresh give it a theme. For example Mexican, Mediterranean, Thai, Italian, Portuguese, Japanese and change up which greens you pair with your protein. . Also this week you are able to swap your sweet potato for pumpkin if you like and prawns may be added in as an extra protein option.

Mexican

Use the spicy taco mix 10g

Japanese

Fresh Ginger, Garlic, Soya Sauce, 4 drops of sesame oil

Mediterranean

Lemon Juice, Parsley, Garlic, Salt and Pepper.

Italian

Basil, Parsley, Oregano, Garlic, Salt, Pepper

Thai

Fresh Ginger, Garlic, Coriander, Thai Basil, Chilli, Lemon grass

*"Fresh Herbs
are best."*

*"If it doesn't
challenge you.
It wont change you"*

Posting Competition

Accountability

We are all settled in now it has been a week. Some have stuck to every part of this plan 100% others have not. I know that most of us are happy to let ourselves down but we will not let others down

So what I am proposing is public accountability. Post on your instagram, the challenge your doing, why, your food, your training, how your feeling.

The most posts will get a pair of my leggings. Good luck and happy posting.