



JANUARY STARTER PACK

SANCTUARY FITNESS, CLYDEBANK

The next 8-Week Package starts on Monday the 4th of January. This pack is what I'd tell you over a coffee: how the eight weeks work, how to eat without counting calories, and a week of meals you can start this week.

Stevie Fulton

HOW THE EIGHT WEEKS WORK

- Week 1: I weigh you and take a full set of measurements, privately. I write your nutrition plan and book your first classes and Personal Training sessions.
- Weeks 2 to 7: classes and Personal Training through the week. I check the nutrition and adjust it. Technique gets coached in every session, and I notice if you go missing.
- Week 8: weighed and measured exactly as in week one. You see the two sets of numbers side by side, and we decide what comes next.

THE WEEKLY CLASSES

Monday	5:40pm Conditioning
Tuesday	6am Conditioning, 5:40pm Strength
Wednesday	6am Strength, 5:40pm Functional
Friday	6am Functional
Saturday	9am Total Body

THE PRICE

The 8-Week Package is £205. You can split it into three: £68.50 on 1st November (the deposit that holds your place), £68.50 on 1st December and £68 on 1st January, if you sign up by 1st November.

Book January and you can join the winter classes from the 30th of November to the 19th of December (£59 for the three weeks), so you walk in on the 4th already going.



HOW TO EAT: THE PRINCIPLES

- Eat mostly whole foods. Foods close to their natural state keep you fuller, provide more nutrients and make portion control easier.
- Protein at every meal. Protein repairs and builds muscle, and keeps hunger under control.
- Carbohydrates fuel training. Carbs are your main energy source. Eat them around your sessions to train and recover well.
- Healthy fats support health. Fats support hormones, joints and general health. A small amount at most meals is enough.
- Vegetables and fruit daily. They provide fibre, vitamins and minerals, and add volume to meals for very few calories.
- Drink water regularly. Even mild dehydration reduces energy, focus and performance.
- Sleep is part of your programme. Your body recovers, repairs and adapts while you sleep. Treat it like training.

BUILD A PLATE

One from each, three times a day. No calorie counting.

- Protein: Chicken breast, Turkey breast, White fish, Salmon, Lean steak, 5% mince, Eggs, Greek yoghurt, Tofu, Prawns
- Carbohydrate: Rice, Potatoes, Sweet potato, Pasta, Quinoa, Wholemeal bread, Oats, Wholegrain wrap, Lentils, Chickpeas
- Vegetables: Broccoli, Spinach, Peppers, Green beans, Carrots, Mushrooms, Tomatoes, Salad, Cauliflower, Cucumber
- Healthy fat: Olive oil, Avocado, Almonds, Walnuts, Mixed nuts, Peanut butter, Seeds, Oily fish

A SAMPLE WEEK

Quick meals from the Sanctuary nutrition guide. Swap any day for any other. In the 8 weeks I write your plan around your appetite, your shifts and your week.

Monday

Breakfast: Overnight oats. Lunch: Chicken salad wrap.
Dinner: Chicken stir fry.

Tuesday

Breakfast: Greek yoghurt bowl. Lunch: Tuna and bean salad.
Dinner: Mince and pasta.



SANCTUARY FITNESS

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Wednesday	Breakfast: Weetabix and banana. Lunch: Chicken rice bowl. Dinner: Salmon and rice.
Thursday	Breakfast: Scrambled eggs on toast. Lunch: Eggs on toast. Dinner: Fajitas.
Friday	Breakfast: Grab and go. Lunch: Yoghurt and oatcakes. Dinner: Big omelette.
Saturday	Breakfast: Overnight oats. Lunch: Chicken salad wrap. Dinner: Chicken stir fry.
Sunday	Breakfast: Greek yoghurt bowl. Lunch: Tuna and bean salad. Dinner: Mince and pasta.

YOUR FIRST STEP

Book a free ten-minute chat at the gym: what you want, what's got in the way before, which classes suit your week. No card, no contract. Message me, or reply to the email this pack came with.

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