



Ricardo Riskalla is one of Australia's leading Fitness and Health experts. Contacting Ricardo is the first step to living a healthy lifestyle.

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6-day makeover:

HOW TO GET GORGEOUS BY NEW YEAR'S EVE

NUTRITIONIST Lisa Guy AND TRAINER Ricardo Riskalla HELP YOU SHED THE SIGNS OF CHRISTMAS INDULGENCE FOR THE NEW YEAR

If you have overindulged this festive season you may be feeling and looking a little worse for wear. To get you looking wonderful and feeling great for the new year, nutritionist Lisa Guy and personal trainer Ricardo Riskalla have devised the following plan.

Before you start this program it is a good idea to have a general check-up with your doctor. You may also want to visit a naturopath if you think you need some extra support.

DAY 1 - BOXING DAY

■ **MEASUREMENTS:** Measure your waist with a metric tape. Just go around your waist at bellybutton height. Write down the result.

■ **MEAL PLAN**

Breakfast: Half a cup of natural muesli (avoid toasted varieties) topped with natural yoghurt and mixed berries or seasonal fruit.

Snack: Handful of almonds and a piece of fruit.

Lunch: Lentil salad with beetroot, rocket and a little crumbled fetta.

Dinner: Salmon cakes with a green salad.

■ **EXERCISE:** 30-minute jogging or walking session and push-ups (aim for 30).

DAY 2 - DECEMBER 27

■ **MEAL PLAN**

Breakfast: Rye or gluten-free toast with a poached egg and grilled or fresh tomato.

Snack: Natural yoghurt and piece of fruit.

Lunch: Rice cakes with hummus, avocado, tomato and fresh greens.

Dinner: Lamb cutlets with steamed broccoli, baby carrots and red cabbage.

■ **EXERCISE:** 40-minute jogging or walking session and squats (aim for 90).

DAY 3 - DECEMBER 28

■ **MEAL PLAN**

Breakfast: Bircher muesli with flaked almonds, strawberries and grated apple.

Snack: Carrot sticks with hummus and fruit.

Lunch: Tuna salad with baby spinach, cherry tomato and pumpkin seeds.

Dinner: Prawn and vegetable stir-fry with bean sprouts and brown rice.

■ **EXERCISE:** Three-minute star jumps, push-ups (aim for 50) and assume a push-up position and hold for one minute (plank).

DAY 4 - DECEMBER 29

■ **MEAL PLAN**

Breakfast: Banana and berry smoothie with natural yoghurt (opt for one with no sugar or artificial sweeteners).

Snack: Handful of mixed nuts and seeds and a piece of fresh, seasonal fruit.

Lunch: Vegetable frittata with green salad.

Dinner: Grilled chicken breast with steamed snow peas, carrot and baby corn.

■ **EXERCISE:** Two-hour bush walk and one-minute plank.

DAY 5 - DECEMBER 30

■ **MEAL PLAN**

Breakfast: Scrambled eggs with basil on wholegrain toast.

Snack: Small vegetable juice (carrot, beetroot, celery, ginger) and a handful of almonds.

Lunch: Couscous salad with chickpeas and vegetables, topped with Greek yoghurt.

Dinner: Grilled salmon fillet with steamed greens and baked sweet potato chips.

■ **EXERCISE:** 30-minute jogging or walking session and push-ups (aim for 30).

DAY 6 - DECEMBER 31

■ **MEASUREMENTS:** Compare your waist measurement from today with the first day.

■ **MEAL PLAN**

Breakfast: Fruit salad topped with natural yoghurt topped and mixed nuts.

Snack: Celery sticks with hummus.

Lunch: Turkey, avocado, lettuce and chutney wholegrain sandwich.

Dinner: Tofu and vegetable curry with brown rice.

■ **EXERCISE:** One-hour jog or walk. Ⓜ

GET YOUR BODY READY FOR THE NEW YEAR

- Eat more enzyme-rich foods, such as raw vegetables and fruit.
- Increase your water intake.
- Include nutrient-dense superfoods in your diet such as spirulina and raw cacao.
- Reduce or eliminate alcohol and caffeine (including soft drinks, green and black tea and coffee).
- Increase your vegetable intake, in the form of salads, green juices and soups.
- Add lots of omega-3 to your diet. Omega-3 essential fatty acids are found in salmon, flaxseed oil, walnuts and soy.

Ricardo Riskalla runs personal training company RawFit, www.rawfit.com.au

