

NUTRITION GUIDE

12 Week Comeback



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WELCOME

You've just taken the first powerful step on your 12-week journey toward feeling stronger, more energised, and more connected with your body than ever before.

This isn't just about food — it's a **complete reset** for your mind and body. This nutrition guide is designed to work alongside your 12-week comeback workout program, helping you fuel your progress, restore balance, and rebuild confidence from the inside out.

Each week, we'll focus on simple, sustainable nutrition strategies, wellness tips, and reflective prompts that support your lifestyle — whether you're returning after a break, rebuilding routines, or simply wanting to feel more like you again.

You're not in this alone — this guide is here to support and empower you every step of the way.

Tierney



what to expect



BREAKDOWN OF EACH WEEK

FOCUS OF THE WEEK

NUTRITION TIPS

KEY HABITS

MEAL PLAN OPTIONS

MINDSET & MOTIVATION

EASY TO FOLLOW RECIPES

WEEKLY JOURNAL

WEEK 1^{OF 12}

RESET & HYDRATE



Did you know?

Even mild dehydration (1-2% of body weight) can affect your energy, focus and mood – and your brain might confuse thirst with hunger.

KEY HABITS THIS WEEK



Hydrate with purpose

Start each day with a large glass of water.



Build balanced plates

Each meal include: protein, fibre-rich carbs + healthy fats + colourful veggies.



Move your body daily

A walk, 5 mins stretching or your week 1 workouts all count.



Mindful Tip of the Week

You're not starting over – you're starting wiser. Give yourself grace. Focus on **consistency, not intensity** this week.

MEAL PLAN OPTIONS

BREAKFAST

Overnight oats with chia & berries

Scrambled eggs with spinach on sourdough

LUNCH

Tuna & bean salad

Chickpea & avocado wrap

DINNER

Salmon with sweet potatoes & greens

Turkey mince lettuce wraps

SNACK

Apple with almond butter

Rice cakes with cottage cheese

QUICK SWAPS

- Swap scrambled egg for tofu for a veggie option
 - No turkey? Try chicken/lentils
-

RECIPE OF THE WEEK

Lunch/Dinner

ONE PAN LEMON GARLIC CHICKEN

INGREDIENTS

- 2 skinless chicken thighs or breasts
- 1 courgette, sliced
- 1 red onion, chopped
- 2 carrots, sliced
- 1 red pepper, chopped
- 2 tbsp olive oil
- Juice of 1 lemon
- 2 garlic cloves, minced
- 1 tsp dried oregano
- Salt & pepper to taste

DIRECTIONS

1. Preheat oven to 200°C (180°C fan).
2. Mix olive oil, lemon juice, garlic, oregano, salt and pepper in a small bowl.
3. Place chicken and chopped vegetables on a baking tray. Drizzle the lemon mixture over everything and toss to coat.
4. Bake for 30–35 minutes or until the chicken is cooked through and veg are tender.
5. Serve warm.

Tip: Double the veg to have leftovers for lunch bowls the next day.



SERVES 30 MIN

2–3



WEEKLY JOURNAL

CHECK-IN

My Favorite Moments

What Challenged Me This Week

Key Accomplishment

I Plan To Do More

I Plan To Do Less

I'll Take Care Of
Myself By

I'm So Excited For

WEEK 2 ^{OF 12}

FINIDING BALANCE



Did you know?

Eating balanced meals with protein, fibre and healthy fats can keep your blood sugar stable for hours – reducing energy crashes and sugar cravings.

KEY HABITS THIS WEEK



Prioritise “me” time daily

10–15 minutes just for you—stretching, journaling, or a quiet cup of tea.



Choose one daily focus

Instead of multitasking, pick one thing that matters most.



Protect your energy

Say no to what drains you and yes to what restores you



Mindful Tip of the Week

Notice when you're pulled in too many directions. Take one deep breath, drop your shoulders, and ask: What do I need most right now? Sometimes balance starts with a single pause.

MEAL PLAN OPTIONS

BREAKFAST

Protein smoothie with oats, banana & spinach

Omelette with mushrooms & feta

LUNCH

Falafel & hummus pita with rocket

Grilled chicken caesar wrap

DINNER

Stir fry tofu & veg with brown rice

Salmon fillet with pesto quinoa & asparagus

SNACK

Trail mix (unsweetened)

Carrot sticks & hummus

QUICK SWAPS

- Hemp seeds, chia seeds in your smoothie for added protein
 - No fish? Use tempeh or tofu for veggie option
-

RECIPE OF THE WEEK

Lunch/Dinner

SALMON & QUINOA NOURISH BOWL

INGREDIENTS

- 2 salmon fillets
- 1/2 cup quinoa (dry)
- 1 cup water or stock
- 1/2 avocado, sliced
- 1 handful baby spinach
- 1/4 cucumber, sliced
- 1 tbsp tahini
- 1 tbsp lemon juice
- Salt & pepper

DIRECTIONS

1. Cook quinoa in water or stock according to packet instructions (about 15 mins).
2. Season salmon with salt & pepper and pan-fry or bake at 180°C for 12–15 mins.
3. Whisk tahini and lemon juice with a splash of water to make dressing.
4. Assemble bowls: quinoa, spinach, cucumber, avocado, salmon. Drizzle dressing on top.

Tip: Swap salmon for cooked chicken, tofu or tempeh for variety.



SERVES 25 MIN



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GUT HEALTH & DIGESTION



Did you know?

Around 70% of your immune system lives in your gut. A diet rich in fibre, colourful veggies and fermented foods helps support digestion and your overall health.

KEY HABITS THIS WEEK



Eat slowly and chew well

Aim for 20+ chews per bite – digestion starts in your mouth.



Add gut-friendly foods

Include fibre (veg, oats, lentils) and fermented foods like yoghurt or kefir.



Avoid water with meals

Drink your water 30 mins before a meal and wait an hour after to aid digestion.



Mindful Tip of the Week

Before eating, take 3 deep belly breaths. This activates your rest-and-digest mode, supporting better digestion and helping you slow down at mealtimes.

MEAL PLAN OPTIONS

BREAKFAST

Sourdough toast with avocado & sauerkraut

Kefir smoothie with flaxseed & berries

LUNCH

Lentil & beetroot salad

Brown rice nori rolls with veg & tofu

DINNER

Turmeric chicken with sauteed greens

Ginger salmon with kimchi and brown rice

SNACK

Yoghurt with honey & walnuts

Pear with almond butter

QUICK SWAPS

- No kefir? Use yoghurt or milk
-

- Dairy-free? Try coconut or almond yoghurt
-

RECIPE OF THE WEEK

Lunch

MISO TURMERIC LENTIL SOUP

INGREDIENTS

- 1 tbsp olive oil
- 1 onion, chopped
- 2 carrots, chopped
- 2 celery sticks, chopped
- 2 garlic cloves, minced
- 1 tsp fresh grated ginger
- 1/2 tsp turmeric
- 1 cup red lentils
- 1L veggie stock
- 1 tbsp miso paste
- Juice of 1/2 lemon
- Salt & pepper

DIRECTIONS

1. Sauté onion, garlic, ginger, carrots, and celery for 5–7 mins in olive oil.
2. Add turmeric, lentils, and stock. Simmer 25 mins.
3. Turn off heat, stir in miso paste and lemon juice. Season.
4. Portion into jars—great for snack or light lunch.



SERVES 4 35 MIN



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WEEK 4^{OF 12}

MOVEMENT & METABOLISM



Did you know?

You don't need a long workout to boost your metabolism – even 15–20 minutes of movement can increase circulation, activate muscle and improve mood for the rest of the day.

KEY HABITS THIS WEEK



Don't skip meals

Fuel your body every 3–4 hours to keep energy steady.



Don't under-eat when active

Support your energy with nourishing meals.



Move with purpose everyday

Even 10–20 mins of walking, dancing or strength can fire up your metabolism..



Mindful Tip of the Week

As you move, tune in to how your body feels—not how it looks. Feel the energy you're creating. Movement is a celebration, not a punishment.

MEAL PLAN OPTIONS

BREAKFAST

Protein pancakes with berries

Toast with poached eggs & avocado

LUNCH

Tomato & basil soup with sourdough

Turkey burger with sweet potato wedges

DINNER

Prawn & vegetable stir fry

Lean beef chilli with rice

SNACK

Edamame with sea salt

Rice cakes with nutter & banana

QUICK SWAPS

- No eggs? Try scrambled tofu
-

- Veggie option for chilli, use beans (I like red kidney)
-

RECIPE OF THE WEEK

Dinner

TURKEY & SWEET POTATO SKILLET

INGREDIENTS

- 250g lean turkey mince
- 1 medium sweet potato, diced
- 1 red bell pepper, chopped
- 1 handful spinach
- 1/2 tsp paprika
- 1/4 tsp cumin
- Salt & pepper
- 1 tbsp olive oil

DIRECTIONS

1. Cook sweet potato in olive oil until soft (10 mins).
2. Add turkey and cook through.
3. Add pepper, spinach, spices. Cook 5 more mins.
4. Stir together and serve warm.



SERVES 2 25 MIN

2



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WEEK 5^{OF 12}

SLEEP & RECOVERY



Did you know?

Just one night of poor sleep can disrupt hunger hormones like ghrelin and leptin, increasing cravings the next day – especially for sugar and processed carbs.

KEY HABITS THIS WEEK



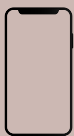
Stick to sleep/wake times

Consistency helps regulate your natural rhythms.



Let rest be productive

Recovery is where strength and energy rebuild – honour it.



Swap screens for calm

Replace late-night scrolling with a soothing ritual—stretching, reading, or a warm bath—to help your mind and body wind down.



Mindful Tip of the Week

Create a wind-down ritual—even just 5 minutes. Dim the lights, stretch, breathe, or journal. Let your body know it's safe to rest and reset.

MEAL PLAN OPTIONS

BREAKFAST

Warm oats with banana & pumpkin seeds

Chia pudding with almonds & berries

LUNCH

Quinoa & black beans nourish bowl

Spinach & lentil soup

DINNER

Mackerel with roasted vegetables & brown rice

Creamy mushroom pasta

SNACK

Chamomile tea & dark chocolate square

Greek yoghurt with cinnamon

QUICK SWAPS

- Swap chamomile for peppermint tea for an energising feel
 - No quinoa? Use rice or couscous
-

RECIPE OF THE WEEK

Breakfast

GINGER & PEAR CHIA PUDDING

INGREDIENTS

- 4 tbsp chia seeds
- 1 cup almond or oat milk
- 1/2 tsp ground ginger
- 1 tsp vanilla extract
- 1 pear, sliced
- 1 tbsp chopped walnuts (optional)

DIRECTIONS

1. Mix chia seeds, milk, ginger, and vanilla in a jar.
2. Stir well, refrigerate overnight.
3. Top with fresh pear and walnuts before serving.



SERVES
2



10 MIN+
OVERNIGHT
CHILL



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PROTEIN & MUSCLE SUPPORT



Did you know?

After age 30, we naturally lose muscle mass each year – but strength training and eating enough protein can completely slow or even reverse that process.

KEY HABITS THIS WEEK



Include protein in every meal

Think eggs, greek yogurt, tofu, chicken, lentils or fish.



Hydrate well

Water supports muscle function and protein absorption



Prep protein ahead

Cook or portion out protein-rich foods in advance so it's easy to add to meals when time is tight.



Mindful Tip of the Week

As you fuel with protein, remind yourself: "This is nourishment for my strength." Eating with intention deepens your connection with your body.

MEAL PLAN OPTIONS

BREAKFAST

Overnight chia pudding with cacao & cherries

Tofu scramble, mushrooms & spinach

LUNCH

Mixed bean salad with olive oil dressing

Chicken & quinoa tabbouleh

DINNER

Teriyaki tofu & steamed greens

Cod fillet with mash & peas

SNACK

Protein shake with almond milk

Chocolate protein balls

QUICK SWAPS

- No time overnight, use porridge oats in the morning
 - Try different milk in your shake, pea milk is high in protein
-

RECIPE OF THE WEEK

Snack

NO BAKE CHOCOLATE PROTEIN BALLS

INGREDIENTS

- 1 cup oats
- 1/2 cup natural peanut butter
- 1/4 cup honey or maple syrup
- 1/4 cup chocolate protein powder
- 1 tbsp chia or flaxseed
- 1 tbsp cacao powder (optional)
- 1 tbsp water if needed

DIRECTIONS

1. Mix all ingredients in a bowl until a sticky dough forms.
2. Roll into balls and refrigerate 30 mins.
3. Store in fridge up to 1 week.

Tip: Add a pinch of sea salt or cinnamon for flavour depth.



MAKES 12
10 MIN+ CHILL TIME



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STRESS & CORTISOL



Did you know?

Chronic stress increases cortisol, which can lead to stubborn fat storage, poor sleep and sugar cravings. Even 5 minutes of deep breathing or walking outdoors can help reset your stress response.

KEY HABITS THIS WEEK

M T W T F S S



Try daily deep breathing

Pause and breathe deeply for 1 minute to calm your nervous system.



Get outside each morning

Sunlight helps balance cortisol and boost mood.



Sip something soothing

Wind down with a calming herbal tea like chamomile or lemon balm.



Mindful Tip of the Week

Try a “4-7-8” breath: inhale for 4, hold for 7, exhale for 8. Just a few rounds can calm your nervous system and help regulate cortisol levels—your body’s natural stress hormones.

MEAL PLAN OPTIONS

BREAKFAST

Smoothie with oats, spinach & banana

Poached eggs & avocado on rye toast

LUNCH

Black bean rice bowl

Pearl barley salad with chickpeas & tahini

DINNER

Teriyaki tofu & steamed greens

Turkey chilli with brown rice

SNACK

Oat biscuits & herbal tea

Hummus & veggie sticks

QUICK SWAPS

- No sourdough? Try rye or wholewheat bread
 - Swap rice with quinoa for higher protein option
-

RECIPE OF THE WEEK

Lunch/Dinner

CREAMY MUSHROOM BUCKWEHEAT RISOTTO

INGREDIENTS

- 3/4 cup buckwheat groats, rinsed
- 1 tbsp olive oil
- 1 garlic clove, minced
- 1/2 onion, diced
- 1 cup mushrooms, sliced
- 2 cups vegetable stock
- 2 handfuls spinach
- 2 tbsp nutritional yeast (or Parmesan if not dairy-free)
- Salt & pepper

DIRECTIONS

1. Sauté garlic, onion, and mushrooms in olive oil for 5 mins.
2. Add buckwheat and stir for 1 min.
3. Add 1/2 stock, stir, and simmer. Gradually add remaining stock over 15–20 mins.
4. Stir in spinach and nutritional yeast until creamy. Season and serve.



SERVES

2



30 MIN



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WEEK 8 OF 12

MEAL PREP & PLANNING



Did you know?

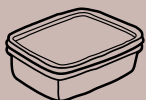
People who plan and prep meals are up to 3 times more likely to meet their nutrition goals – because healthy choices become faster and easier.

KEY HABITS THIS WEEK



Plan your meals ahead

Even a simple outline saves time and decision fatigue.



Batch cook basics

Prep a protein, a grain, and some veggies to mix and match all week.



Keep healthy snacks

Think fruit, boiled eggs, hummus, or trail mix on the go.



Mindful Tip of the Week

Turn your prep time into a moment of presence. Play music, light a candle, and enjoy the process. You're not just preparing food—you're creating future ease.

MEAL PLAN OPTIONS

BREAKFAST

Baked egg muffins with spinach & feta

Coconut yoghurt with flax, granola & berries

LUNCH

Tuna & white bean salad jars

Lentil dhal with brown rice

DINNER

Tray bake salmon, chickpeas, & courgette

Slow cooker pulled chicken tacos

SNACK

Date balls with seeds & nut butter

Homemade energy bars

QUICK SWAPS

- Try kefir instead of yoghurt
 - Swap slow cooker chicken for shredded chicken sauteed
-

RECIPE OF THE WEEK

Snack

SOFT-BAKED BANANA OAT MUFFINS

INGREDIENTS

- 2 ripe bananas, mashed
- 1 cup rolled oats
- 2 eggs
- 1/4 cup almond milk
- 1 tsp cinnamon
- 1/2 tsp baking powder
- 1 tsp vanilla extract
- Optional: 1 tbsp nut butter or dark choc chips

DIRECTIONS

1. Preheat oven to 180°C.
2. Mix all ingredients in a bowl.
3. Spoon into muffin cases and bake 20–25 mins until golden and set.
4. Cool and store in fridge or freezer.



MAKES
9 - 10



25 MIN



WEEKLY JOURNAL

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WEEK 9 OF 12

HABIT STACKING & CONSISTENCY



Did you know?

Your brain loves routine – and “habit stacking” (linking new habits to an existing one) is one of the easiest ways to make changes stick for the long haul.

KEY HABITS THIS WEEK



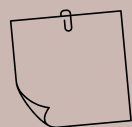
Track your habits

Tick it off daily—tiny wins add up fast.



Reward consistency, not perfection

Show up most days and let that be enough.



Keep your habits visible

Leave a water bottle out, your workout outfit on the bed, or a post-it on the mirror. Visual cues make habits easier to stick with.



Mindful Tip of the Week

Pair a new habit with something you already do (e.g. stretch after brushing teeth). Start small and celebrate every time you follow through—tiny wins build lasting change.

MEAL PLAN OPTIONS

BREAKFAST

Toast with almond butter & chia seeds

Omelette with peppers, onion & mushroom

LUNCH

Grilled salmon noodle bowl

Turkey & hummus wrap with greens

DINNER

Creamy leek & mushroom spaghetti

Lemon baked cod with potatoes & greens

SNACK

Hard boiled egg & cracker

Homemade oat bar

QUICK SWAPS

- Use any nut butter on toast (almond, cashew or peanut)
 - Swap baked cod with baked tofu for veggie option
-

RECIPE OF THE WEEK

Breakfast

OVERNIGHT OATS WITH ALMOND BUTTER

INGREDIENTS

- 1/2 cup rolled oats
- 1 scoop vanilla protein powder (or plain for less sweetness)
- 1 tbsp chia seeds
- 3/4 cup unsweetened almond or oat milk
- 1/2 cup mixed berries (fresh or frozen)
- 1 tbsp almond butter
- Optional: sprinkle of cinnamon or flaxseed

DIRECTIONS

1. In a jar or bowl, mix oats, protein powder, chia seeds, and milk until combined.
2. Stir in berries and a sprinkle of cinnamon.
3. Cover and refrigerate overnight.
4. In the morning, top with almond butter and any extra berries or seeds.



SERVES
1



5 MIN PREP
OVERNIGHT
CHILL



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WEEK 10^{OF 12}

MINDFUL EATING



Did you know?

It takes about 20 minutes for your brain to register fullness. Eating slowly and without distractions helps you naturally tune in to your body's signals and prevent overeating.

KEY HABITS THIS WEEK



Pause before you eat

Check in: Are you physically hungry or emotionally craving?



Remove distractions

Try eating one meal a day with no screens or multitasking.



Listen to fullness cues

Stop when satiated – not stuffed. It takes practise and presence.



Mindful Tip of the Week

For one meal today, sit without distractions. Chew slowly.

Notice the colours, smells, and textures. Let this be a sensory experience, not just fuel.

MEAL PLAN OPTIONS

BREAKFAST

Blueberry muffins with seeds

Toasted rye with ricotta, figs & honey

LUNCH

Warm lentil salad with grilled chicken

Sardines on toast with rocket

DINNER

Grilled halloumi & chickpea salad

Miso-glazed salmon with rice & greens

SNACK

Cottage cheese & cherry tomatoes

Apple & peanut butter

QUICK SWAPS

- No halloumi? Swap with baked falafel
 - Try grilled prawns instead of salmon
-

RECIPE OF THE WEEK

Lunch

THAI BEEF SALAD WITH LIME & HERBS

INGREDIENTS

- 200g lean beef steak
- 1 tbsp sesame oil
- 2 cups mixed salad leaves
- 1/2 cucumber, thinly sliced
- 1/2 red onion, thinly sliced
- 1 handful fresh mint & coriander
- Juice of 1 lime
- 1 tsp tamari or low-sodium soy sauce

DIRECTIONS

1. Heat sesame oil and sear steak to your liking (medium is ideal). Let rest.
2. Toss salad leaves, cucumber, onion, and herbs in a bowl.
3. Slice steak and add to salad. Drizzle with lime juice and tamari. Serve fresh.



SERVES

2



20 MIN



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WEEK 11

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STRENGTH & CONFIDENCE



Did you know?

Muscle is more metabolically active than fat – meaning it burns more calories at rest. That’s why building strength not only reshapes your body but also boosts your metabolism.

KEY HABITS THIS WEEK



Celebrate non-scale wins

Notice how your clothes fit, how you move or how you feel.



Practise positive self-talk

Say something kind about your body daily – especially in the mirror.



Progress your workouts gradually

Add an extra rep, hold a move for a few seconds longer. Small, steady challenges build strength and confidence over time.



Mindful Tip of the Week

Stand tall and speak kindly to yourself in the mirror. Say: “My body is strong. My body is capable. I am proud of what I’ve built.”

MEAL PLAN OPTIONS

BREAKFAST

Banana protein waffles with yoghurt drizzle

Oat & banana pancakes

LUNCH

Grilled steak strips with quinoa & vegetables

Chicken satay with cucumber salad

DINNER

Baked falafel, roasted vegetables & tahini

Black bean chilli

SNACK

Fresh fruit salad

Protein balls with oats, nut butter & dates

QUICK SWAPS

- No steak, use any protein choice (chicken, turkey, tempeh)
 - Use tahini instead of nut butter for nut free option
-

RECIPE OF THE WEEK

Dinner

ROASTED VEG & HALLOUMI TRAYBAKE

INGREDIENTS

- 1 red onion, sliced
- 1 courgette, chopped
- 1 red pepper, chopped
- 200g halloumi, sliced
- 1 tbsp olive oil
- 1 tsp oregano
- Salt & pepper
- Optional: drizzle of balsamic or squeeze of lemon

DIRECTIONS

1. Preheat oven to 200°C.
2. Toss chopped veg in olive oil, oregano, salt & pepper.
3. Roast for 20 mins, then add halloumi on top. Roast 10–15 more mins.
4. Finish with lemon juice or balsamic before serving.



SERVES
2 - 3



35 MIN



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REFLECTION & NEXT STEPS



Did you know?

Tracking even small wins (like more energy, fewer cravings or better sleep) keeps you motivated long-term – and reminds you how far you’ve come beyond just the scale.

KEY HABITS THIS WEEK



Set your next gentle goal

Choose at least one habit to carry forward into next month.



Keep showing up

Progress isn't perfect – it's consistent effort over time.



Visualise your future self

Take a moment to imagine how you want to feel 1 month from now. Use that vision to guide your next small, intentional step.



Mindful Tip of the Week

Take 5 minutes to write down what you're most proud of—and what you want to take with you. Let reflection guide your next chapter, not perfection.

MEAL PLAN OPTIONS

BREAKFAST

Yoghurt, granola & seasonal fruit

Overnight oats with fave topping

LUNCH

Chicken caesar wrap

Tuna pasta salad with capers & rocket

DINNER

Black bean tacos, avocado & salsa

Baked cod, lemon couscous & greens

SNACK

Smoothie or protein shake

Homemade banana muffin

QUICK SWAPS

- No tuna? Try mackerel with salad
 - Use hemp seeds in your protein shake for added boost
-

RECIPE OF THE WEEK

Snack

BAKED OAT BARS

INGREDIENTS

- 1½ cups rolled oats
- 2 ripe bananas, mashed
- 1/3 cup natural peanut butter or almond butter
- 1/4 cup maple syrup or honey
- 1 tsp cinnamon
- 1 tsp vanilla extract
- Optional: 2 tbsp chopped nuts, seeds, or dark chocolate chips

DIRECTIONS

1. Preheat oven to 180°C (160°C fan).
2. Mix all ingredients in a bowl until well combined.
3. Press into a lined square baking dish.
4. Bake for 20–25 mins or until golden. Cool completely before slicing.



MAKES 25–30 MIN
8 BARS



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YOU DID IT!

CONGRATULATIONS ON COMPLETING THE 12 WEEK COMEBACK PROGRAM

You've just completed 12 weeks of showing up for you—and that's something to be proud of. Whether you followed every step or made this journey your own, you've built a foundation of strength, energy, and confidence. Remember: this is just the beginning. You now have the tools, habits, and mindset to keep moving forward—one small, powerful step at a time.



Next Step Ideas:

- Keep a few non-negotiable habits going
- Repeat the program with new goals
- Try a new program or challenge & continue your journey



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