

Meal Plan

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast wrap: 1 wholegrain wrap 40g reduced fat cheese 1 egg Tomato, onion, spinach	½ cup oats made on ½ cup water, ½ cup milk of your choice) ½ sliced banana 2 tsp peanut butter or 1/2 serve protein powder 1 tsp chia seeds	Chia pudding: 2 tbsp chia seeds ½ cup milk 1 tbsp low fat Greek yoghurt ½ cup sliced fruits	Breakfast smoothie: ½ banana 1 cup spinach ½ cup milk (or coconut water) 1/4 cup natural Greek yoghurt 1 tsp LSA or chia seeds ½ serve protein powder	1 slice wholegrain/rye bread 2 eggs OR 4 egg white omelette or Savoury beans (see recipe) w/ 2 cups of vegies (try mushrooms, tomato, spinach, onion etc.)
Snack	1 small piece fruit OR 1/2 cup chopped fruit (See list) + 20g unsalted raw nuts or seeds (or 2 tsp natural nut butter spread on fruit)	1-2 cups steamed/boiled edamame beans 8 brown rice crackers	Veg sticks (carrot, snow peas, green beans, capsicum, cherry tomato + 2 tbsp dip (try hummus, low fat tzatziki, tomato salsa, baba ganoush)	1 boiled egg 1 Ryvita Sliced tomato and spinach/basil	1 small (250mL) milk-based coffee (e.g. latte, flat white etc.)
Lunch	½ cup cooked wholemeal pasta 80g grilled chicken, sliced 2-3 cups salad/veg 1 tspn basil pesto	2 wholegrain Ryvitas 60g lean leg ham Spinach/tomato/onion/carrot 2 tbsp LF cottage cheese	1 slice wholegrain/rye bread (toasted -use as croutons in salad) 1 can (95g) tuna in springwater 2-3 cups salad 1/4 avocado	Wholegrain wrap: 80g grilled beef/lamb 2-3 cups salad 2 tbsp hummus	½ cup cooked quinoa/brown rice 50g smoked salmon or leftover steak 2-3 cups salad/veg 1 tsp garlic infused olive oil
Snack	2 Ryvitas OR 3 Cruskits 3 tbsp low fat cottage cheese Sliced tomato + spinach	150-170g low sugar yoghurt 1 tsp psyllium husk	1 small piece fruit OR 1/2 cup chopped fruit + 20g unsalted nuts	3 corn/rice thins 2 tbsp low fat cream cheese Sliced cucumber	1 can tuna in springwater 6 brown rice wholegrain crackers
Dinner	100g sweet potato chips (sliced and over baked) 100g baked salmon 2-3 cups salad	½ cup steamed brown rice 100g chicken 2-3 cups stir fried veg	½ cup spaghetti 100g lean beef mince 1 cup veg + 1 cup tomato puree 1 tbsp low fat grated cheese	½ cup mashed sweet potato 100g grilled lean steak 2-3 cups veg	1 boiled corn on the cob 100g chicken (crumbed with quinoa flakes) 2-3 cups steamed veg
Supp	150-170g low sugar yoghurt	20g unsalted nuts	1/2 serve protein powder stirred through 100g natural yoghurt	1 cup sugar-free hot chocolate	4 squares dark chocolate – Well Naturally stevia sweetened