

Sample Meal Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Overnight Oats: Add extra berries + 10g almonds	2 x Weet-Bix (Multigrain or Hi Bran) with ½ banana and 200mls low fat milk	2 x poached eggs with ¼ avocado and 1 x toast (wholegrain)	Overnight Oats: Add extra berries + 10g almonds	2 eggs (poached or scrambled) with 1 x toast (wholegrain)	2 x Weet-Bix (Multigrain or Hi Bran) with ½ banana and 200mls low fat milk	Pita filled with Ham and Pesto Scrambled Eggs
Morning Tea	Carrot sticks with hommus	Plain Yoghurt + berries	Fruit	2 rice cakes with cottage cheese & tomato	Plain yoghurt + berries	Smoothie	1 cup strawberries
Lunch	95g tuna (olive oil) with salad + ½ cup chickpeas	Chicken salad sandwich (wholemeal or grain bread)	100g protein of choice with salad + ¼ avocado	Leftover Chicken Pesto Pasta	95g tuna (olive oil) with vegetables + ½ cup cooked brown rice	Beef salad sandwich (wholemeal or grain bread)	80 turkey and salad wrap (Helga's mixed grain wrap)
Afternoon Tea	Smoothie	2 rice cakes with cottage cheese & tomato	Smoothie	Carrot sticks with hommus	2 rice cakes with cottage cheese & tomato	Fruit (1 serve)	Smoothie
Dinner	Satay Chicken Stir-fry with 1/2 cup cooked basmati rice	150g Steak with roasted vegetables and ½ corn cob	Chicken Pesto Pasta	150g seafood of choice with salad and 1 roasted potato (skin on)	1 x Healthy Beef Fajita	Balsamic Chicken with Warm Lentil Salad	Superfood Stroganoff with ½ cup cooked wild rice
Supper	1 cup popcorn	1 serve of fruit	Yoghurt	1 cup berries	Chia Pudding	20g unsalted nuts	Yoghurt