

The background is a solid red color with several overlapping, semi-transparent circles of varying shades of red, creating a layered, organic effect. The circles are centered and overlap each other, with the largest circle being the most prominent in the center.

WEEK 1
MEAL PLANS



FEMALE WEIGHT LOSS MEAL PLAN

WEEK 1



	OPTION 1	OPTION 2	OPTION 3	OPTION 4	OPTION 5	OPTION 6	OPTION 7
	Cooked Banana & Nut Butter Oats	High Fibre Bran Brekkie	Creamy Yoghurt & Fruit Sprinkle	Oh My Omega Toastie	Tropical Breeze Smoothie	French Toast Toppings	Scrambled Eggs on Toast
BREAKFAST	1/2 Cup Low Fat Milk (125ml) Cook 1/4 Cup Raw Oats with the Milk, 1/4 tsp Cinnamon and a Big Splash of Water. Once Cooked Slice into the Oats 1 Small Banana (90g) & 2 tsp. Peanut Butter (1 of 3 fat units*)	1/2 Cup Low Fat Milk (125ml) 1 Cup High Fibre Bran Flakes / Sticks (50g) OR 1/2 Cup High Fibre Bran Flakes / Sticks (25g) with 1 Tbs Raisins Added into the Cereal	1/2 Cup Low Fat Plain Yoghurt (125ml) 2 Tbs Raw Oats Sprinkled on Top of Yoghurt with 1 Peach OR Apple OR Banana OR Nectarine Sliced into Yoghurt	3 Sardines OR 1 Pilchard (40g), Cooked. Optional: Squeeze over Lemon Juice and Chili Place the Sardines OR Pilchard on 1 Slice of Low GI Wholewheat Brown Bread that is Toasted. Optional: 1 tsp Flora Margarine (1 of 3 fat units*)	Blend Together the Following Ingredients Until Smooth and Creamy: 4 - 5 Ice Cubes and 1/2 Cup Low Fat Plain Yoghurt (125ml) with 3 Slices of Pineapple (160g) and 1/2 Small Mango (110g)	Take 1 Slice of Low GI Wholewheat Brown Bread, Cut into 2 Slices and Soak in One Large Egg (50g) that's been Beaten with a Splash of Milk. Fry the Egg-Soaked Bread in a Non-stick Pan with 1 tsp Flora Margarine (1 of 3 fat units*). Once Golden Brown Add Your Topping of Choice Either 1 Tbs Tomato Sauce OR 1 tsp Marmite OR 2 Tbs. Low Fat Plain Yoghurt	1 Large Egg (50g), Scrambled with a Splash of Milk and a 1/4tsp Salt and Black Pepper. Optional: Add into your Scrambled Eggs Chopped Onion, Tomato or Peppers 1 Slice of Low GI Wholewheat Brown Bread that is Toasted. Optional: 1 tsp Flora Margarine (1 of 3 fat units*)
SNACK	Baby Carrots	Baby Snap Peas	Cucumber Wedges	Rosa Tomatoes	Celery Sticks	Mini Sweet Peppers	Medley of Carrot Sticks, Cherry Tomatoes and Cucumber Sticks
	Tuna Mayo Stuffed Sweet Potato	Super Spaghetti Bolognaise	Cottage Cheese Crackers	Chicken Mayo Rice Cakes	Best Burger Lunch	Sweet Chili Chicken Wrap	Baked Fish Parcels **
LUNCH	1 Tin Tuna, Drained (100g) then Mixed with 1 Tbs Reduced Oil Mayonnaise (1 of 3 fat units*) 1/2 Medium Sweet Potato (90g), Keep the Skins on, Poke with a Fork, put into the Microwave for 4 minutes then Cut a Slice in the Middle, Smooth in 1 tsp Flora Margarine and Put into Air fryer for 15 minutes. Once Cooked Stuff into the Split the Tuna Mayo Pair with a Side Salad of Salad Made from Baby Spinach, Tomato and Sweet Peppers	Use Leftover Mince from Last Night and Enjoy 4 Tbs of Mince Over the Pasta 1/2 Cup Cooked Wholewheat Spaghetti (45g) You can Add Extra Veg to your Plate By Bulking Up the Pasta. Add 1/2 Cup Cooked Butternut OR Cauliflower OR Zucchini Vegetable Noodles	1/2 Cup Low Fat Plain Cottage Cheese (120ml). Optional: Choose a Topping Such as Sliced Peppadews OR Gherkins OR Balsamic Vinegar and Caramelised Onions 3 High Fibre Crackerbreads (High Fibre is >6g fibre / 100g) Enjoy with a Medley of Veggie Finger Sticks Such as Carrot, Cucumber & Celery Sticks. You can Use These as Dippers with the Cottage Cheese	1 Small Chicken Breast / Thigh, Skinless and Shredded (80g) then Mixed with 1 Tbs Reduced Oil Mayonnaise (1 of 3 fat units*) 3 High Fibre Rice Cakes OR 3 High Fibre Corn Cakes (High Fibre is >6g fibre / 100g) Top Rice Cakes with Sliced Tomato and then Chicken Mayo. Pair with a Side Salad of Lettuce, Cucumber, Tomato and Carrot	1 Lean Beef, Chicken, Ostrich OR Fish Burger Patty That is Not Crumbed (100g) 1 Small Brown Seeded Roll. Optional: Spread on the Roll 1 tsp Flora Margarine (1 of 3 fat units*) Into the Burger Add in Chopped Lettuce, Sliced Tomato, Gherkins, Red Onion & 1 tsp Tomato Sauce. On the Side Enjoy a Side Salad	1 Small Chicken Breast / Thigh, Skinless and Shredded (80g) with 2 tsp Sweet Chili Sauce 1 Small Brown Wrap Add Into The Wrap a Mix of Shredded Red & Green Cabbage, Carrots & Chopped Herbs Such as Coriander or Parsley	1 Medium White Fish Fillet E.g. Hake, Kingklip (140g). 1/2 Cup Cooked Wholewheat Couscous (45g) Tender Long Green Beans OR Long Stalked Broccoli
SNACK	2 Naartjies (150g)	1 1/2 Cups Air-popped Popcorn (25g)	1 Small Banana (90g)	1 1/2 Cups Air-popped Popcorn (25g)	3 Slices of Pineapple (160g)	1/2 Small Mango (110g)	2 Naartjies (150g)
	Snack on Finger Veg As Needed: Cucumber & Celery Sticks, Carrots, Mini Corns & Snap Peas.						
	5-Veg-Mince Stuffed Gems**	Hearty Fish Pie **	Roasted Chicken & Mixed Veggies	Easy Egg Frittata **	Perfect "Pizza" Night	Chicken a la King **	Chickpea & Butternut Soup
SUPPER	Cook the 5-Veg-Mince Recipe then Divide into 6 Portions. Steam/Boil a Halved Gem Squash. Once Cooked Remove the Seeds and Stuff with 1 Portion of the Cooked Mince. Bake for 20mins at 180°C in the Air fryer or Oven. Serve with Chopped Fresh Basil on Top	Use the Hearty Fish Pie Recipe to Create This Oven Bake. In the Recipe use 4 Fish Fillets Weighing in Total 300g. Divide the Recipe into 4. Enjoy 1 Portion for Dinner and Pair with Steamed Broccoli, Cauliflower & Carrots	1 Medium Chicken Breast / Thigh, Skinless (120g). Place Butternut, Carrot, Beetroot, Zucchini, Onion, Carrot and Sweet Peppers into Oven Tray. Place 1 tsp Flora Margarine (1 of 3 fat units*) over Veggies & Season with Fresh Garlic & Ground Italian Herbs. Roast until Golden	Make the Easy Egg Frittata Recipe Using the 4 Egg Option and then Divide the Frittata into 2 Portions. You can Use Any Vegetables of Choice in this Recipe. Enjoy With Any Vegetables of Choice on the Side Such as a Side Salad / Steamed / Roasted Veg OR a Vegetable-based Soup	Take a Vegetable (Beetroot OR Cauliflower) Wrap and Grill for 2 minutes. Spread over 2 Tbs Tomato & Basil Pasta Sauce. Sprinkle over Sliced Mushrooms, Red Peppers, Mini Tomatoes, Zucchini Rounds & Onion. Add 80g Leftover Shredded Chicken and Grate 25g Mozzarella over the Pizza. Bake at 220°C until Cooked. Slice into Wedges	Make this Heart Healthy Version Chicken a la King Using the 480g Chicken Option. Divide the Recipe into 4 Portions. Enjoy 1 Portion for Dinner and Serve with Cauliflower Rice And Steamed Green Beans	Make a Homemade Butternut Soup or Warm up a Store-bought Butternut Soup (<600kJ per 300ml). Add 1 Cup of Canned & Drained Chickpeas (210g) into 300ml of Butternut Soup
EXTRA	<p>FAT: You May Use 3 Fat Units* Per Day. 1 Fat Unit = 1 tsp Flora Margarine OR 1 tsp Olive/Canola Oil OR 5 Olives OR 2 tsp Nut Butter OR 1 Tbsp Reduced oil Dressing/Mayo OR 1/4 Small Avocado OR 1 tsp Seeds</p> <p>MILK: You May Use 1 Cup of Low Fat Milk OR 2/3 Cup Full Cream Milk OR 1 Cup Unsweetened Almond Milk OR 1 Cup Unsweetened Soya Milk for Teas, Coffees, Cappuccino's Per Day</p>						
	YOUR DAILY INTAKE & MACRONUTRIENT SPLITS: 4 900kJ • CARB: 104g • PROT: 65g • FAT: 50g						** Meal is Accompanied by a Recipe



FEMALE WEIGHT MAINTENANCE MEAL PLAN

WEEK 1



	OPTION 1	OPTION 2	OPTION 3	OPTION 4	OPTION 5	OPTION 6	OPTION 7	
	Cooked Banana & Nut Butter Oats	High Fibre Bran Brekkie	Creamy Yoghurt & Fruit Sprinkle	Oh My Omega Toastie	Tropical Breeze Smoothie	French Toast Toppings	Scrambled Eggs on Toast	
BREAKFAST	1 Cup Low Fat Milk (250ml) Cook 1/4 Cup Raw Oats with the Milk, 1/4 tsp Cinnamon and a Big Splash of Water. Once Cooked Slice into the Oats 1 Small Banana (90g) & 2 tsp. Peanut Butter (1 of 5 fat units*)	1 Cup Low Fat Milk (250ml) 1 Cup High Fibre Bran Flakes / Sticks (50g) OR 1/2 Cup High Fibre Bran Flakes / Sticks (25g) with 1 Tbs Raisins Added into the Cereal	1 Cup Low Fat Plain Yoghurt (250ml) 2 Tbs Raw Oats Sprinkled on Top of Yoghurt with 1 Peach OR Apple OR Banana OR Nectarine Sliced into Yoghurt	6 Sardines OR 2 Pilchards (80g), Cooked. Optional: Squeeze over Lemon Juice and Chili Place the Sardines OR Pilchard on 1 Slice of Low GI Wholewheat Brown Bread that is Toasted. Optional: 1 tsp Flora Margarine (1 of 5 fat units*)	Blend Together the Following Ingredients Until Smooth and Creamy: 4 - 5 Ice Cubes and 1 Cup Low Fat Plain Yoghurt (250ml) with 3 Slices of Pineapple (160g) and 1/2 Small Mango (110g)	Take 1 Slice of Low GI Wholewheat Brown Bread, Cut into 2 Slices and Soak in Two Large Eggs (100g) that's been Beaten with a Splash of Milk. Fry the Egg-Soaked Bread Slices in a Non-stick Pan with 1 tsp Flora Margarine (1 of 5 fat units*). Once Golden Brown Add Your Topping of Choice Either 1 Tbs Tomato Sauce OR 1 tsp Marmite OR 2 Tbs. Low Fat Plain Yoghurt	2 Large Eggs (100g), Scrambled with a Splash of Milk and a 1/4tsp Salt and Black Pepper. Optional: Add into your Scrambled Eggs Chopped Onion, Tomato or Peppers 1 Slice of Low GI Wholewheat Brown Bread that is Toasted. Optional: 1 tsp Flora Margarine (1 of 5 fat units*)	
SNACK	Baby Carrots	Baby Snap Peas	Cucumber Wedges	Rosa Tomatoes	Celery Sticks	Mini Sweet Peppers	Medley of Carrot Sticks, Cherry Tomatoes and Cucumber Sticks	
	Tuna Mayo Stuffed Sweet Potato	Super Spaghetti Bolognaise	Cottage Cheese Crackers	Chicken Mayo Rice Cakes	Best Burger Lunch	Sweet Chili Chicken Wrap	Baked Fish Parcels **	
LUNCH	1 Tin Tuna, Drained (100g) then Mixed with 1 Tbs Reduced Oil Mayonnaise (1 of 5 fat units*) 1 Medium Sweet Potato (180g) Keep the Skins on, Poke with a Fork, put into the Microwave for 4 minutes then Cut a Slice in the Middle, Smooth in 1 tsp Flora Margarine and Put into Air fryer for 15 minutes. Once Cooked Stuff into the Split the Tuna Mayo Pair with a Side Salad of Salad Made from Baby Spinach, Tomato and Sweet Peppers	Use Leftover Mince from Last Night and Enjoy 4 Tbs of Mince Over the Pasta 1 Cup Cooked Wholewheat Spaghetti (90g) You can Add Extra Veg to your Plate By Bulking Up the Pasta. Add 1/2 Cup Cooked Butternut OR Cauliflower OR Zucchini Vegetable Noodles	1/2 Cup Low Fat Plain Cottage Cheese (120ml). Optional: Choose a Topping Such as Sliced Peppadews OR Gherkins OR Balsamic Vinegar and Caramelised Onions 6 High Fibre Crackerbreads (High Fibre is >6g fibre / 100g) Enjoy with a Medley of Veggie Finger Sticks Such as Carrot, Cucumber & Celery Sticks. You can Use These as Dippers with the Cottage Cheese	1 Small Chicken Breast / Thigh, Skinless and Shredded (80g) then Mixed with 1 Tbs Reduced Oil Mayonnaise (1 of 5 fat units*) 6 High Fibre Rice Cakes OR 6 High Fibre Corn Cakes (High Fibre is >6g fibre / 100g) Top Rice Cakes with Sliced Tomato and then Chicken Mayo. Pair with a Side Salad of Lettuce, Cucumber, Tomato and Carrot	1 Lean Beef, Chicken, Ostrich OR Fish Burger Patty That is Not Crumbed (100g) 1 Brown Seeded Roll. Optional: Spread on the Roll 1 tsp Flora Margarine (1 of 5 fat units*) Into the Burger Add in Chopped Lettuce, Sliced Tomato, Gherkins, Red Onion & 1 tsp Tomato Sauce. On the Side Enjoy a Side Salad	1 Small Chicken Breast / Thigh, Skinless and Shredded (80g) with 2 tsp Sweet Chili Sauce 1 High Fibre Brown Wrap (High Fibre is >6g fibre / 100g) Add Into The Wrap a Mix of Shredded Red & Green Cabbage, Carrots & Chopped Herbs Such as Coriander or Parsley	1 Medium White Fish Fillet E.g. Hake, Kingklip (140g). 1 Cup Cooked Wholewheat Couscous (90g) Tender Long Green Beans OR Long Stalked Broccoli	
SNACK	1 Hard Boiled Egg (50g)	Lean Biltong (30g)	1 Small Low Fat Yoghurt Tub (100ml)	2 - 3 Wafer Thin Chicken / Turkey / Ham Slices Rolled Up Around Thinly Chopped Veggies	1 Hard Boiled Egg (50g)	Lean Biltong (30g)	1 Small Low Fat Yoghurt Tub (100ml)	
	2 Naartjies (150g)	1 1/2 Cups Air-popped Popcorn (25g)	1 Small Banana (90g)	1 1/2 Cups Air-popped Popcorn (25g)	3 Slices of Pineapple (160g)	1/2 Small Mango (110g)	2 Naartjies (150g)	
	5-Veg-Mince Stuffed Gems**	Hearty Fish Pie **	Roasted Chicken & Mixed Veggies	Easy Egg Frittata **	Perfect "Pizza" Night	Chicken a la King **	Chickpea & Butternut Soup	
SUPPER	Cook the 5-Veg-Mince Recipe then Divide into 6 Portions. Steam/Boil a Halved Gem Squash. Once Cooked Remove the Seeds and Stuff with 1 Portion of the Cooked Mince. Bake for 20mins at 180°C in the Air fryer or Oven. Serve with Chopped Fresh Basil on Top. Pair with 1/2 Cup Cooked Brown Rice (80g)	Use the Hearty Fish Pie Recipe to Create This Oven Bake. In the Recipe use 4 Fish Fillets Weighing in Total 300g. Divide the Recipe into 4. Enjoy 1 Portion for Dinner and Pair with Steamed Broccoli, Cauliflower & Carrots Pair with 3 Baby Potatoes (90g)	1 Medium Chicken Breast / Thigh, Skinless (120g). Place Butternut, Carrot, Beetroot, Zucchini, Onion, Carrot and Sweet Peppers into Oven Tray. Place 1 tsp Flora Margarine (1 of 5 fat units*) over Veggies & Season with Fresh Garlic & Ground Italian Herbs. Roast until Golden. Add 1 Potato, Keep Skins On and Cut into Wedges (90g). Add to Vegetables Tray.	Make the Easy Egg Frittata Recipe Using the 4 Egg Option and then Divide the Frittata into 2 Portions. You can Use Any Vegetables of Choice in this Recipe. In Addition to the Basic Recipe Add into the Frittata 1/2 Cup Corn Kernels (95g) for Your High Fibre Starch	Take 1 High Fibre Brown Wrap and Grill for 2 minutes. Spread over 2 Tbs Tomato & Basil Pasta Sauce. Sprinkle over Sliced Mushrooms, Red Peppers, Mini Tomatoes, Zucchini Rounds & Onion. Add 80g Leftover Shredded Chicken and Grate 25g Mozzarella over the Pizza. Bake at 220°C until Cooked. Slice into Wedges	Make this Heart Healthy Version Chicken a la King Using the 480g Chicken Option. Divide the Recipe into 4 Portions. Enjoy 1 Portion for Dinner and Serve with Cauliflower Rice And Steamed Green Beans. Pair with 1/2 Cup Cooked Bulgur Wheat (95g)	Make a Homemade Butternut Soup or Warm up a Store-bought Butternut Soup (<600kJ per 300ml). Add 1 Cup of Canned & Drained Chickpeas (210g) and 1/2 Cup Cooked Barley (80g) into 300ml of Butternut Soup	
EXTRA	FAT: You May Use 5 Fat Units* Per Day. 1 Fat Unit = 1 tsp Flora Margarine OR 1 tsp Olive/Canola Oil OR 5 Olives OR 2 tsp Nut Butter OR 1 Tbsp Reduced oil Dressing/Mayo OR 1/4 Small Avocado OR 1 tsp Seeds			MILK: You May Use 1 Cup of Low Fat Milk OR 2/3 Cup Full Cream Milk OR 1 Cup Unsweetened Almond Milk OR 1 Cup Unsweetened Soya Milk for Teas, Coffees, Cappuccino's Per Day				
YOUR DAILY INTAKE & MACRONUTRIENT SPLITS: 6 500kJ • CARB: 136g • PROT: 83g • FAT: 70g							** Meal is Accompanied by a Recipe	



MALE WEIGHT LOSS MEAL PLAN

WEEK 1



	OPTION 1	OPTION 2	OPTION 3	OPTION 4	OPTION 5	OPTION 6	OPTION 7
	Cooked Banana & Nut Butter Oats	High Fibre Bran Brekkie	Creamy Yoghurt & Fruit Sprinkle	Oh My Omega Toastie	Tropical Breeze Smoothie	French Toast Toppings	Scrambled Eggs on Toast
BREAKFAST	1 Cup Low Fat Milk (250ml) Cook 1/4 Cup Raw Oats with the Milk, 1/4 tsp Cinnamon and a Big Splash of Water, Once Cooked Slice into the Oats 1 Small Banana (90g) & 2 tsp. Peanut Butter (1 of 5 fat units*)	1 Cup Low Fat Milk (250ml) 1 Cup High Fibre Bran Flakes / Sticks (50g) OR 1/2 Cup High Fibre Bran Flakes / Sticks (25g) with 1 Tbs Raisins Added into the Cereal	1 Cup Low Fat Plain Yoghurt (250ml) 2 Tbs Raw Oats Sprinkled on Top of Yoghurt with 1 Peach OR Apple OR Banana OR Nectarine Sliced into Yoghurt	6 Sardines OR 2 Pilchards (80g), Cooked. Optional: Squeeze over Lemon Juice and Chilli Place the Sardines OR Pilchard on 1 Slice of Low GI Wholewheat Brown Bread that is Toasted. Optional: 1 tsp Flora Margarine (1 of 5 fat units*)	Blend Together the Following Ingredients Until Smooth and Creamy: 4 - 5 Ice Cubes and 1 Cup Low Fat Plain Yoghurt (250ml) with 3 Slices of Pineapple (160g) and 1/2 Small Mango (110g)	Take 1 Slice of Low GI Wholewheat Brown Bread, Cut into 2 Slices and Soak in Two Large Eggs (100g) that's been Beaten with a Splash of Milk. Fry the Egg-Soaked Bread Slices in a Non-stick Pan with 1 tsp Flora Margarine (1 of 5 fat units*). Once Golden Brown Add Your Topping of Choice Either 1 Tbs Tomato Sauce OR 1 tsp Marmite OR 2 Tbs. Low Fat Plain Yoghurt	2 Large Eggs (100g), Scrambled with a Splash of Milk and a 1/4tsp Salt and Black Pepper. Optional: Add into your Scrambled Eggs Chopped Onion, Tomato or Peppers 1 Slice of Low GI Wholewheat Brown Bread that is Toasted. Optional: 1 tsp Flora Margarine (1 of 5 fat units*)
SNACK	Baby Carrots	Baby Snap Peas	Cucumber Wedges	Rosa Tomatoes	Celery Sticks	Mini Sweet Peppers	Medley of Carrot Sticks, Cherry Tomatoes and Cucumber Sticks
	Tuna Mayo Stuffed Sweet Potato	Super Spaghetti Bolognese	Cottage Cheese Crackers	Chicken Mayo Rice Cakes	Best Burger Lunch	Sweet Chili Chicken Wrap	Baked Fish Parcels **
LUNCH	1 Tin Tuna, Drained (100g) then Mixed with 1 Tbs Reduced Oil Mayonnaise (1 of 5 fat units*) 1 Medium Sweet Potato (180g) Keep the Skins on, Poke with a Fork, put into the Microwave for 4 minutes then Cut a Slice in the Middle, Smooth in 1 tsp Flora Margarine and Put into Air fryer for 15 minutes. Once Cooked Stuff into the Split the Tuna Mayo Pair with a Side Salad of Salad Made from Baby Spinach, Tomato and Sweet Peppers	Use Leftover Mince from Last Night and Enjoy 4 Tbs of Mince Over the Pasta 1 Cup Cooked Wholewheat Spaghetti (90g) You can Add Extra Veg to your Plate By Bulking Up the Pasta. Add 1/2 Cup Cooked Butternut OR Cauliflower OR Zucchini Vegetable Noodles	1/2 Cup Low Fat Plain Cottage Cheese (120ml). Optional: Choose a Topping Such as Sliced Peppadews OR Gherkins OR Balsamic Vinegar and Caramelised Onions 6 High Fibre Crackerbreads (High Fibre is >6g fibre / 100g) Enjoy with a Medley of Veggie Finger Sticks Such as Carrot, Cucumber & Celery Sticks. You can Use These as Dippers with the Cottage Cheese	1 Small Chicken Breast / Thigh, Skinless and Shredded (80g) then Mixed with 1 Tbs Reduced Oil Mayonnaise (1 of 5 fat units*) 6 High Fibre Rice Cakes OR 6 High Fibre Corn Cakes (High Fibre is >6g fibre / 100g) Top Rice Cakes with Sliced Tomato and then Chicken Mayo, Pair with a Side Salad of Lettuce, Cucumber, Tomato and Carrot	1 Lean Beef, Chicken, Ostrich OR Fish Burger Patty That is Not Crumbed (100g) 1 Brown Seeded Roll. Optional: Spread on the Roll 1 tsp Flora Margarine (1 of 5 fat units*) Into the Burger Add in Chopped Lettuce, Sliced Tomato, Gherkins, Red Onion & 1 tsp Tomato Sauce. On the Side Enjoy a Side Salad	1 Small Chicken Breast / Thigh, Skinless and Shredded (80g) with 2 tsp Sweet Chili Sauce 1 High Fibre Brown Wrap (High Fibre is >6g fibre / 100g) Add Into The Wrap a Mix of Shredded Red & Green Cabbage, Carrots & Chopped Herbs Such as Coriander or Parsley	1 Medium White Fish Fillet E.g. Hake, Kingklip (140g). 1 Cup Cooked Wholewheat Couscous (90g) Tender Long Green Beans OR Long Stalked Broccoli
SNACK	1 Hard Boiled Egg (50g)	Lean Biltong (30g)	1 Small Low Fat Yoghurt Tub (100ml)	2 - 3 Wafer Thin Chicken / Turkey / Ham Slices Rolled Up Around Thinly Chopped Veggies	1 Hard Boiled Egg (50g)	Lean Biltong (30g)	1 Small Low Fat Yoghurt Tub (100ml)
	2 Naartjies (150g)	1 1/2 Cups Air-popped Popcorn (25g)	1 Small Banana (90g)	1 1/2 Cups Air-popped Popcorn (25g)	3 Slices of Pineapple (160g)	1/2 Small Mango (110g)	2 Naartjies (150g)
	5-Veg-Mince Stuffed Gems**	Hearty Fish Pie **	Roasted Chicken & Mixed Veggies	Easy Egg Frittata **	Perfect "Pizza" Night	Chicken a la King **	Chickpea & Butternut Soup
SUPPER	Cook the 5-Veg-Mince Recipe then Divide into 6 Portions. Steam/Boil a Halved Gem Squash. Once Cooked Remove the Seeds and Stuff with 1 Portion of the Cooked Mince. Bake for 20mins at 180°C in the Air fryer or Oven. Serve with Chopped Fresh Basil on Top. Pair with 1/2 Cup Cooked Brown Rice (80g)	Use the Hearty Fish Pie Recipe to Create This Oven Bake. In the Recipe use 4 Fish Fillets Weighing in Total 300g. Divide the Recipe into 4. Enjoy 1 Portion for Dinner and Pair with Steamed Broccoli, Cauliflower & Carrots Pair with 3 Baby Potatoes (90g)	1 Medium Chicken Breast / Thigh, Skinless (120g). Place Butternut, Carrot, Beetroot, Zucchini, Onion, Carrot and Sweet Peppers into Oven Tray. Place 1 tsp Flora Margarine (1 of 5 fat units*) over Veggies & Season with Fresh Garlic & Ground Italian Herbs. Roast until Golden. Add 1 Potato, Keep Skins On and Cut into Wedges (90g). Add to Vegetables Tray.	Make the Easy Egg Frittata Recipe Using the 4 Egg Option and then Divide the Frittata into 2 Portions. You can Use Any Vegetables of Choice in this Recipe. In Addition to the Basic Recipe Add into the Frittata 1/2 Cup Corn Kernels (95g) for Your High Fibre Starch	Take 1 High Fibre Brown Wrap and Grill for 2 minutes. Spread over 2 Tbs Tomato & Basil Pasta Sauce. Sprinkle over Sliced Mushrooms, Red Peppers, Mini Tomatoes, Zucchini Rounds & Onion. Add 80g Leftover Shredded Chicken and Grate 25g Mozzarella over the Pizza. Bake at 220°C until Cooked. Slice into Wedges	Make this Heart Healthy Version Chicken a la King Using the 480g Chicken Option. Divide the Recipe into 4 Portions. Enjoy 1 Portion for Dinner and Serve with Cauliflower Rice And Steamed Green Beans. Pair with 1/2 Cup Cooked Bulgur Wheat (95g)	Make a Homemade Butternut Soup or Warm up a Store-bought Butternut Soup (<600kJ per 300ml). Add 1 Cup of Canned & Drained Chickpeas (210g) and 1/2 Cup Cooked Barley (80g) into 300ml of Butternut Soup
EXTRA	FAT: You May Use 5 Fat Units* Per Day. 1 Fat Unit = 1 tsp Flora Margarine OR 1 tsp Olive/Canola Oil OR 5 Olives OR 2 tsp Nut Butter OR 1 Tbsp Reduced oil Dressing/Mayo OR 1/4 Small Avocado OR 1 tsp Seeds		MILK: You May Use 1 Cup of Low Fat Milk OR 2/3 Cup Full Cream Milk OR 1 Cup Unsweetened Almond Milk OR 1 Cup Unsweetened Soya Milk for Teas, Coffees, Cappuccino's Per Day		SUGAR: You May Use 1 tsp of White OR Brown Sugar Per Day. Alternatively You May Use a Non-nutritive Sweetener.		

YOUR DAILY INTAKE & MACRONUTRIENT SPLITS: 6 500kJ • CARB: 143g • PROT: 83g • FAT: 67g

** Meal is Accompanied by a Recipe



MALE WEIGHT MAINTENANCE MEAL PLAN

WEEK 1



	OPTION 1	OPTION 2	OPTION 3	OPTION 4	OPTION 5	OPTION 6	OPTION 7
	Cooked Banana & Nut Butter Oats	High Fibre Bran Brekkie	Creamy Yoghurt & Fruit Sprinkle	Oh My Omega Toastie	Tropical Breeze Smoothie	French Toast Toppings	Scrambled Eggs on Toast
BREAKFAST	1 Cup Low Fat Milk (250ml) Cook 1/4 Cup Raw Oats with the Milk, 1/4 tsp Cinnamon and a Big Splash of Water. Once Cooked Slice into the Oats 1 Small Banana (90g) & 2 tsp, Peanut Butter (1 of 5 fat units*)	1 Cup Low Fat Milk (250ml) 1 Cup High Fibre Bran Flakes / Sticks (50g) OR 1/2 Cup High Fibre Bran Flakes / Sticks (25g) with 1 Tbs Raisins Added into the Cereal	1 Cup Low Fat Plain Yoghurt (250ml) 2 Tbs Raw Oats Sprinkled on Top of Yoghurt with 1 Peach OR Apple OR Banana OR Nectarine Sliced into Yoghurt	6 Sardines OR 2 Pilchards (80g), Cooked, Optional: Squeeze over Lemon Juice and Chili Place the Sardines OR Pilchard on 1 Slice of Low GI Wholewheat Brown Bread that is Toasted. Optional: 1 tsp Flora Margarine (1 of 5 fat units*)	Blend Together the Following Ingredients Until Smooth and Creamy: 4 - 5 Ice Cubes and 1 Cup Low Fat Plain Yoghurt (250ml) with 3 Slices of Pineapple (160g) and 1/2 Small Mango (110g)	Take 1 Slice of Low GI Wholewheat Brown Bread, Cut into 2 Slices and Soak in Two Large Eggs (100g) that's been Beaten with a Splash of Milk. Fry the Egg-Soaked Bread Slices in a Non-stick Pan with 1 tsp Flora Margarine (1 of 5 fat units*). Once Golden Brown Add Your Topping of Choice Either 1 Tbs Tomato Sauce OR 1 tsp Marmite OR 2 Tbs. Low Fat Plain Yoghurt	2 Large Eggs (100g), Scrambled with a Splash of Milk and a 1/4tsp Salt and Black Pepper. Optional: Add into your Scrambled Eggs Chopped Onion, Tomato or Peppers 1 Slice of Low GI Wholewheat Brown Bread that is Toasted, Optional: 1 tsp Flora Margarine (1 of 5 fat units*)
SNACK	1 Hard Boiled Egg (50g) 2 Naartjies (150g)	Lean Biltong (30g) 1 1/2 Cups Air-popped Popcorn (25g)	1 Small Low Fat Yoghurt Tub (100ml) 1 Small Banana (90g)	2 Tbs Reduced Oil Hummus Used as a Dip with 3 High Fibre Crackerbreads (High Fibre is >6g fibre / 100g)	1 Hard Boiled Egg (50g) 3 Slices of Pineapple (160g)	Lean Biltong (30g) 1/2 Small Mango (110g)	1 Small Low Fat Yoghurt Tub (100ml) 2 Naartjies (150g)
	Tuna Mayo Stuffed Sweet Potato	Super Spaghetti Bolognese	Cottage Cheese Crackers	Chicken Mayo Rice Cakes	Best Burger Lunch	Sweet Chili Chicken Wrap	Baked Fish Parcels **
LUNCH	1 1/2 Tins Tuna, Drained (150g) then Mixed with 1 Tbs Reduced Oil Mayonnaise (1 of 5 fat units*) 1 Medium Sweet Potato (180g) Keep the Skins on, Poke with a Fork, put into the Microwave for 4 minutes then Cut a Slice in the Middle, Smooth in 1 tsp Flora Margarine and Put into Air fryer for 15 minutes. Once Cooked Stuff into the Split the Tuna Mayo Pair with a Side Salad of Salad Made from Baby Spinach, Tomato and Sweet Peppers	Use Leftover Mince from Last Night and Enjoy 6 Tbs of Mince Over the Pasta 1 Cup Cooked Wholewheat Spaghetti (90g) You can Add Extra Veg to your Plate By Bulking Up the Pasta. Add 1/2 Cup Cooked Butternut OR Cauliflower OR Zucchini Vegetable Noodles	1/2 Cup Low Fat Plain Cottage Cheese (120ml) with 1 Tbs Biltong Powder Sprinkled on Top (15g). Optional: Choose a Topping Such as Sliced Peppadews OR Gherkins OR Balsamic Vinegar and Caramelised Onions 6 High Fibre Crackerbreads (High Fibre is >6g fibre / 100g) Enjoy with a Medley of Veggie Finger Sticks Such as Carrot, Cucumber & Celery Sticks. You can Use These as Dippers with the Cottage Cheese	1 Medium Chicken Breast / Thigh, Skinless and Shredded (120g) then Mixed with 1 Tbs Reduced Oil Mayonnaise (1 of 5 fat units*) 6 High Fibre Rice Cakes OR 6 High Fibre Corn Cakes (High Fibre is >6g fibre / 100g) Top Rice Cakes with Sliced Tomato and then Chicken Mayo. Pair with a Side Salad of Lettuce, Cucumber, Tomato and Carrot	1 Lean Beef, Chicken, Ostrich OR Fish Burger Patty That is Not Crumbed (100g) 1 Brown Seeded Roll, Optional: Spread on the Roll 1 tsp Flora Margarine (1 of 5 fat units*) Into the Burger Add in Chopped Lettuce, Sliced Tomato, Gherkins, Red Onion & 1 tsp Tomato Sauce. On the Side Enjoy a Side Salad	1 Medium Chicken Breast / Thigh, Skinless and Shredded 120g with 2 tsp Sweet Chili Sauce 1 High Fibre Brown Wrap (High Fibre is >6g fibre / 100g) Add Into The Wrap a Mix of Shredded Red & Green Cabbage, Carrots & Chopped Herbs Such as Coriander or Parsley	1 Large White Fish Fillet E.g. Hake, Kingklip (210g). 1 Cup Cooked Wholewheat Couscous (90g) Tender Long Green Beans OR Long Stalked Broccoli
SNACK	1 High Protein Lite Bar (40g) 10 Strawberries (250g)	Lean Biltong (30g) 3 High Fibre Rice Cakes with 2 tsp Peanut Butter Spread on Top (1 of 3 fat units*)	1 Small Low Fat Yoghurt Tub (100ml) 1 Cup Chopped Papaya (150g)	2 - 3 Wafer Thin Chicken / Turkey / Ham Slices Rolled Up Around Thinly Chopped Veggies 1/2 Small Mango (110g)	1 Small Low Fat Yoghurt Tub (100ml) 10 Strawberries (250g)	1 Small Reduced Fat Mozzarella Cheese Round (25g) 3 Small Plums (150g)	1 - 2 Protein Balls (40g) 1 Cup Chopped Papaya (150g)
	5-Veg-Mince Stuffed Gems**	Hearty Fish Pie **	Roasted Chicken & Mixed Veggies	Easy Egg Frittata **	Perfect "Pizza" Night	Chicken a la King **	Chickpea & Butternut Soup
SUPPER	Cook the 5-Veg-Mince Recipe then Divide into 5 Portions. Steam/Boil a Halved Gem Squash. Once Cooked Remove the Seeds and Stuff with 1 Portion of the Cooked Mince. Bake for 20mins at 180°C in the Air fryer or Oven. Serve with Chopped Fresh Basil on Top. Pair with 1 Cup Cooked Brown Rice (160g)	Use the Hearty Fish Pie Recipe to Create This Oven Bake. In the Recipe use 4 Fish Fillets Weighing in Total 560g. Divide the Recipe into 4. Enjoy 1 Portion for Dinner and Pair with Steamed Broccoli, Cauliflower & Carrots Pair with 6 Baby Potatoes (180g)	2 Small Chicken Breasts / Thighs, Skinless (160g). Place Butternut, Carrot, Beetroot, Zucchini, Onion, Carrot and Sweet Peppers into Oven Tray. Place 1 tsp Flora Margarine (1 of 5 fat units*) over Veggies & Season with Fresh Garlic & Ground Italian Herbs. Roast until Golden. Add 1 Potato, Keep Skins On and Cut into Wedges (90g). Add to Vegetables Tray.	Make the Easy Egg Frittata Recipe Using the 6 Egg Option and then Divide the Frittata into 2 Portions. You can Use Any Vegetables of Choice in this Recipe. In Addition to the Basic Recipe Add into the Frittata 1 Cup Corn Kernels (190g) for Your High Fibre Starch OR Pair with 1 Slice of Low GI Wholewheat Brown Bread, Toasted on the Side.	Take 1 High Fibre Brown Wrap and Grill for 2 minutes. Spread over 2 Tbs Tomato & Basil Pasta Sauce. Sprinkle over Sliced Mushrooms, Red Peppers, Mini Tomatoes, Zucchini Rounds & Onion. Add 120g Leftover Shredded Chicken and Grate 25g Mozzarella over the Pizza, Bake at 220°C until Cooked. Slice into Wedges	Make this Heart Healthy Version Chicken a la King Using the 640g Chicken Option. Divide the Recipe into 4 Portions. Enjoy 1 Portion for Dinner and Serve with Cauliflower Rice And Steamed Green Beans. Pair with 1 Cup Cooked Bulgur Wheat (190g)	Make a Homemade Butternut Soup or Warm up a Store-bought Butternut Soup (<600kJ per 300ml). Add 1 Cup of Canned & Drained Chickpeas (210g) with 1/2 Round Reduced Fat Feta Cheese Crumbled into Soup (25g) And Put into the Soup 1 Cup Cooked Barley (160g) into 300ml of Butternut Soup
EXTRA	<p>FAT: You May Use 5 Fat Units* Per Day. 1 Fat Unit = 1 tsp Flora Margarine OR 1 tsp Olive/Canola Oil OR 5 Olives OR 2 tsp Nut Butter OR 1 Tbsp Reduced oil Dressing/Mayo OR 1/4 Small Avocado OR 1 tsp Seeds</p> <p>MILK: You May Use 1 Cup of Low Fat Milk OR 2/3 Cup Full Cream Milk OR 1 Cup Unsweetened Almond Milk OR 1 Cup Unsweetened Soya Milk for Teas, Coffees, Cappuccino's Per Day</p> <p>SUGAR: You May Use 1 tsp of White OR Brown Sugar Per Day. Alternatively You May Use a Non-nutritive Sweetener.</p>						
YOUR DAILY INTAKE & MACRONUTRIENT SPLITS: 8 000kJ • CARB: 177g • PROT: 103g • FAT: 82g							
** Meal is Accompanied by a Recipe							

The background is a solid red color with several overlapping, semi-transparent circles of varying shades of red, creating a layered, organic effect. The circles are centered and overlap each other, with the largest one in the center and smaller ones around it.

WEEK 2
MEAL PLANS



FEMALE WEIGHT LOSS MEAL PLAN

WEEK 2



	OPTION 1	OPTION 2	OPTION 3	OPTION 4	OPTION 5	OPTION 6	OPTION 7	
	Malted Sorghum Porridge	Apple Pie Overnight Oats **	Hummus Toastie	Baked Beans Brekkie	Peanut ButterBomb Smoothie	Cottage Cheese & Avo on Toast	Egg-celent Omlette	
BREAKFAST	Mix 8 Tbs Maltabella Powder with 1/2 tsp Salt and Cold Water Until a Smooth Paste Forms, Pour the Porridge into Boiling Water While Whisking to Prevent Lumps, Cook Over a Medium Heat for 4 Minutes, Stirring Continuously, Once Cooked, Divide into 2 Portions. Enjoy 1 Portion Mixed with 1/2 Cup Warmed Low Fat Milk (125ml) Until Smooth & Combined	Use the Apple Pie Overnight Oats Recipe to Make this Dessert-like Breakfast. Use the 1 Cup Low Fat Plain Yoghurt Option and Then Divide into 2 Portions. Enjoy 1 Portion in the Morning with 1 Tbs Chopped Almonds Scattered on Top (1 of 3 fat units*)	2 Tbs Reduced Fat Hummus Spread onto the Toast and Topped with Sliced Gherkins OR Sundried Tomatoes OR Peppadews 1 Slice of Low GI Wholewheat Brown Bread that is Toasted, Optional: 1 tsp Flora Margarine (1 of 3 fat units*)	1/3 Cup Warmed Baked Beans (70g) Place the Baked Beans on 1 Slice of Low GI Wholewheat Brown Bread that is Toasted, Optional: 1 tsp Flora Margarine (1 of 3 fat units*)	Blend Together the Following Ingredients Until Smooth and Creamy: 4 - 5 Ice Cubes and 1/2 Cup Low Fat Milk (125ml) with 1 Small Banana (90g) and 2 tsp Peanut Butter (1 of 3 fat units*)	1/3 Cup Fat Free Plain Cottage Cheese (80ml) OR 1/4 Cup Low Fat Plain Cottage Cheese (60ml), Crack over Black Pepper and 1/4 Small Avocado on Top (1 of 3 fat units*) 1 Slice of Low GI Wholewheat Brown Bread that is Toasted,	2 Large Eggs (100g) Whisked with a Splash of Milk and Seasoned with a Touch of Salt and Black Pepper, In a Hot Non-stick Pan add 1 tsp Flora Margarine (1 of 3 fat units*) then Pour in the Fluffy Egg Mixture, After a Minute Add in Any Leftover Cooked Veggies of Choice such as Peppers, Onions, Tomatoes and Mushrooms AND then Scatter in 1/2 Cup Corn Kernels (95g), Once Set, Flip Over One Side and Serve Hot	
SNACK	Baby Carrots	Baby Snap Peas	Cucumber Wedges	Rosa Tomatoes	Celery Sticks	Mini Sweet Peppers	Medley of Carrot Sticks, Cherry Tomatoes and Cucumber Sticks	
	Leftover Chicken a la King **	Leftover Chickpea & Butternut Soup	Tasty Tuna Quiche **	Hummus & Crackers	Chicken Mayo Wrap	Chickpea & Feta Poke Bowl	Ham & Mushroom Pasta	
LUNCH	1 Portion of Leftover Chicken a la King From Last Week, This Should Use 1 Small Chicken Breast / Thigh, Skinless (80g), Leftover Portion Should Weigh Approx. 100-120g 1/2 Cup Cooked Brown Rice (80g) Serve with Leftover Long Green Beans OR Long Stalked Broccoli	Use Your Leftover Homemade Butternut Soup or Leftover Store-bought Butternut Soup (<600kJ per 300ml) Add 2/3 Cup of Canned & Drained Chickpeas into the Soup (140g) Pair the Soup with 3 High Fibre Crackerbreads (High Fibre is >6g fibre / 100g) on the Side	Fry 1 Chopped Bell Pepper, 1 Grated Carrot & 2 Small Onions with 1 tsp Flora Margarine (1 of 3 fat units*), Add 2 Tins of Tuna, 1/2 tsp Salt and Pepper, Whisk Together 4 Large Eggs, 1 1/2 Cups of Milk, 1 Tbs Sweet Chili Sauce and a Big Handful of Chopped Parsley, Divide Tuna Mixture into a Large 6 Muffin Tray, Add Egg Mixture and Mix with a Fork to Combine, Bake for 25 minutes at 180°C. Serve 1 Quiche (Warm or Cold) with 3 Boiled Baby Potatoes (90g) and a Side Salad of Mixed Leaves	4 Tbs Reduced Fat Hummus Spread onto the Crackers and Topped with Sliced Gherkins OR Sundried Tomatoes OR Peppadews 3 High Fibre Crackerbreads (High Fibre is >6g fibre / 100g) Enjoy with a Medley of Veggie Finger Sticks Such as Carrot, Cucumber & Celery Sticks, You can Use These as Dippers with the Hummus	1 Small Chicken Breast / Thigh, Skinless and Shredded (80g) then Mixed with 1 Tbs Reduced Oil Mayonnaise (1 of 3 fat units*) 1 Medium Brown High Fibre Wrap (High Fibre is >6g fibre / 100g) Into the Wrap Add in Chopped Lettuce, Sliced Tomato, Grated Carrot & Sliced Bell Pepper	1/3 Cup Canned & Drained Chickpeas (70g) & 1/2 Round Reduced Fat Feta (25g), Drizzle over Lemon Juice and Add 1/4 Small Avocado Sliced In (1 fat unit*) 1/2 Cup Cooked Quinoa (80g) OR 1/2 Cup Cooked Bulgur Wheat (95g) Vegetable Base of Shredded Purple Cabbage, Thinly Sliced Carrot, Cucumber and Leftover Roasted Butternut.	Chop a Punnet of Mushrooms and Sauté in a Hot Pan with 1 tsp Flora Margarine (1 of 3 fat units*), Add in Fresh Garlic, Black Pepper, a Touch of Salt and 2 tsp Italian Herbs, After 2 Minutes Add in Chopped Tomatoes and Sauté, Once Golden, Add in 1 Tin Diced and Peeled Tomatoes, Season to Taste. Into the Sauce Add in 320g Diced Wafer Thin Ham, Let this Simmer, Divide into 4 Portions and Serve on Top of 1/2 Cup Cooked Wholewheat Pasta (45g)	
SNACK	15 - 16 Grapes (110g)	A Handful of Baked Pretzels (30g)	1 Small Apple (150g)	1 Small Banana (90g)	15 - 16 Grapes (110g)	A Handful of Baked Pretzels (30g)	1 Small Banana (90g)	
	Snack on Finger Veg As Needed: Cucumber & Celery Sticks, Carrots, Mini Corns & Snap Peas.							
	Meatballs in Creamy Tomato Sauce	April Chicken **	Box Fish & Lemon Drizzled Greens	Chicken & Roasted Veg Sosasaties	South African Botbotie**	Asian Sweet n Sour Stir-fry	Quick & Easy Tuna Fish Cakes	
SUPPER	Sauté 12 Ready-Made / Homemade Meatballs In A Saucepan, Pour Over 800ml Of A Fresh Ready-Made Tomato Soup, Add In 200g Of Baby Spinach Leaves, Cook Until Reduced, Divide into 4 Portions to Have 3 Meatballs in 1 Portion. Serve Over Cauliflower Rice	A Super Easy Weekday Dinner Option using Tomato Sauce, Mayonnaise, Chutney & Lemon Juice to make a quick & tasty Chicken Marinade, Use the 480g Option and then Divide the Cooked Chicken into 4 Portions, Have 1 Portion as a Dinner, Pair with a Cooked Gem Squash and Steamed Baby Spinach	In the Air-Fryer Cook 1 Small Crumbed Hake Fillet (100g) Use Tender Stem Broccoli Florets And Cook Until Just Done, Mix Together Wholegrain Mustard And Lemon Juice And Drizzle Over The Broccoli	Buy Chicken Kebabs and Cook in a Hot Griddle Pan or on the Braai, Enjoy 1 1/2 Chicken Kebabs (120g), Make Veggie Skewers by Microwaving a Packet of Roasting Vegetables for 5 Minutes Then Thread the Veggies Like Butternut, Onion, Peppers, Patty Pans, Mushrooms onto Skewers, Season with Paprika, Italian Herbs & 1/2 tsp Garlic Salt, Cook with the Kebabs.	Use the South African Botbotie Recipe, This Recipe Uses Extra-Lean Mince and Packs in Flavour Without Using Too Much Salt, Divide the Recipe into 8 Portions. Enjoy 1 Portion for Dinner and Pair with Chopped Tomato & Cucumber Sambals with Steamed Peas & Carrots	Marinate 1 Large Chicken Breast (120g) OR 150g of Pork Stroganoff Strips with 1/4 tsp Bicarbonate of Soda, 1 tsp Sesame Oil, 1 tsp Sweet Chili Sauce and 1/2 Tbs Reduced Sodium Soya Sauce, Stir-fry in a Deep Pan, Add in a Selection of Stir Fry Vegetables Such as Cabbage, Spinach, Carrot, Bok Choy, Peppers and Red Onion, Fry until Just Tender and Drizzle over 1 Tbs Reduced Sodium Soya Sauce.	Mash Together 2 Tins of Tuna, 2 Tbs Dijon mustard, 1/2 cup Breadcrumbs, 1 tsp Lemon zest, 1 Tbs Lemon Juice, 2 Tbs Chopped Parsely and 2 Tbs Chopped Chives, Season with Salt & Pepper, Then Add 1 Large Beaten Egg, Form into 4 Patties & Pan-fry Using 1 tsp Flora Margarine (1 of 3 fat units*), Divide into 2 Portions and Enjoy 1 Portion as a Dinner. Serve with a Large Salad of Mixed Lettuce Leaves, Cabbage, Baby Spinach, Cucumber & Cherry Tomatoes	
EXTRA	FAT: You May Use 3 Fat Units* Per Day, 1 Fat Unit = 1 tsp Flora Margarine OR 1 tsp Olive/Canola Oil OR 5 Olives OR 2 tsp Nut Butter OR 1 Tbsp Reduced oil Dressing/Mayo OR 1/4 Small Avocado OR 1 tsp Seeds			MILK: You May Use 1 Cup of Low Fat Milk OR 2/3 Cup Full Cream Milk OR 1 Cup Unsweetened Almond Milk OR 1 Cup Unsweetened Soya Milk for Teas, Coffees, Cappuccino's Per Day				
	YOUR DAILY INTAKE & MACRONUTRIENT SPLITS: 4,900kJ • CARB: 104g • PROT: 65g • FAT: 50g						** Meal is Accompanied by a Recipe	



FEMALE WEIGHT MAINTENANCE MEAL PLAN

WEEK 2



	OPTION 1	OPTION 2	OPTION 3	OPTION 4	OPTION 5	OPTION 6	OPTION 7	
BREAKFAST	<p>Malted Sorghum Porridge</p> <p>Mix 8 Tbs Maltablend Powder with 1/2 tsp Salt and Cold Water until a Smooth Paste Forms, Pour the Porridge into Boiling Water While Whisking to Prevent Lumps, Cook Over a Medium Heat for 4 Minutes, Stirring Continuously, Once Cooked, Divide into 2 Portions.</p> <p>Enjoy 1 Portion Mixed with 1 Cup Warmed Low Fat Milk (250ml) until Smooth & Combined</p>	<p>Apple Pie Overnight Oats **</p> <p>Use the Apple Pie Overnight Oats Recipe to Make this Dessert-like Breakfast. Use the 1 Cup Low Fat Plain Yoghurt Option and Then Divide into 2 Portions.</p> <p>Enjoy 1 Portion in the Morning with 1 Tbs Chopped Almonds Scattered on Top (1 of 3 fat units*)</p>	<p>Hummus Toastie</p> <p>4 Tbs Reduced Fat Hummus Spread onto the Toast and Topped with Sliced Gherkins OR Sundried Tomatoes OR Peppadews</p> <p>1 Slice of Low GI Wholewheat Brown Bread that is Toasted. Optional: 1 tsp Flora Margarine (1 of 3 fat units*)</p>	<p>Baked Beans Brekkie</p> <p>2/3 Cup Warmed Baked Beans (140g)</p> <p>Place the Baked Beans on 1 Slice of Low GI Wholewheat Brown Bread that is Toasted. Optional: 1 tsp Flora Margarine (1 of 3 fat units*)</p>	<p>Peanut Butter Bomb Smoothie</p> <p>Blend Together the Following Ingredients until Smooth and Creamy:</p> <p>4 - 5 Ice Cubes and 1 Cup Warmed Low Fat Milk (250ml) with 1 Small Banana (90g) and 2 tsp Peanut Butter (1 of 3 fat units*)</p>	<p>Cottage Cheese & Avocado on Toast</p> <p>2/3 Cup Fat Free Plain Cottage Cheese (160ml) OR 1/2 Cup Low Fat Plain Cottage Cheese (120ml), Crack over Black Pepper and 1/4 Small Avocado on Top (1 of 3 fat units*)</p> <p>1 Slice of Low GI Wholewheat Brown Bread that is Toasted.</p>	<p>Egg-celent Omelette</p> <p>2 Large Eggs (100g) Whisked with a Splash of Milk and Seasoned with a Touch of Salt and Black Pepper. In a Hot Non-stick Pan add 1 tsp Flora Margarine (1 of 3 fat units*) then Pour in the Fluffy Egg Mixture. After a Minute Add in Any Leftover Cooked Veggies of Choice such as Peppers, Onions, Tomatoes and Mushrooms. Once Set, Flip Over One Side and Serve Hot.</p> <p>Pair with 1 Slice of Low GI Wholewheat Brown Bread that is Toasted.</p>	
SNACK	Baby Carrots	Baby Snap Peas	Cucumber Wedges	Rosa Tomatoes	Celery Sticks	Mini Sweet Peppers	Medley of Carrot Sticks, Cherry Tomatoes and Cucumber Sticks	
LUNCH	<p>Leftover Chicken a la King **</p> <p>1 Portion of Leftover Chicken a la King From Last Week. This Should Use 1 Small Chicken Breast / Thigh, Skinless (80g). Leftover Portion Should Weigh Approx. 100-120g</p> <p>1 Cup Cooked Brown Rice (160g)</p> <p>Serve with Leftover Long Green Beans OR Long Stalked Broccoli</p>	<p>Leftover Chickpea & Butternut Soup</p> <p>Use Your Leftover Homemade Butternut Soup or Leftover Store-bought Butternut Soup (~600kJ per 300ml)</p> <p>Add 2/3 Cup of Canned & Drained Chickpeas into the Soup (140g)</p> <p>Pair the Soup with 6 High Fibre Crackerbreads (High Fibre is >6g fibre / 100g) on the Side</p>	<p>Tasty Tuna Quiche **</p> <p>Fry 1 Chopped Bell Pepper, 1 Grated Carrot & 2 Small Onions with 1 tsp Flora Margarine (1 of 3 fat units*). Add 2 Tins of Tuna, 1/2 tsp Salt and Pepper, Whisk Together 4 Large Eggs, 1 1/2 Cups of Milk, 1 Tbs Sweet Chili Sauce and a Big Handful of Chopped Parsley, Divide Tuna Mixture into a Large 6 Muffin Tray, Add Egg Mixture and Mix with a Fork to Combine. Bake for 25 minutes at 180°C.</p> <p>Serve 1 Quiche (Warm or Cold) with 6 Boiled Baby Potatoes (180g) and a Side Salad of Mixed Leaves</p>	<p>Hummus & Crackers</p> <p>4 Tbs Reduced Fat Hummus Spread onto the Crackers and Topped with Sliced Gherkins OR Sundried Tomatoes OR Peppadews</p> <p>6 High Fibre Crackerbreads (High Fibre is >6g fibre / 100g)</p> <p>Enjoy with a Medley of Veggie Finger Sticks Such as Carrot, Cucumber & Celery Sticks, You can Use These as Dippers with the Hummus</p>	<p>Chicken Mayo Wrap</p> <p>1 Small Chicken Breast / Thigh, Skinless and Shredded (80g) then Mixed with 1 Tbs Reduced Oil Mayonnaise (1 of 3 fat units*)</p> <p>1 High Fibre Brown Wrap (High Fibre is >6g fibre / 100g)</p> <p>Into the Wrap Add in Chopped Lettuce, Sliced Tomato, Grated Carrot & Sliced Bell Pepper</p>	<p>Chickpea & Feta Poke Bowl</p> <p>1/3 Cup Canned & Drained Chickpeas (70g) & 1/2 Round Reduced Fat Feta (25g). Drizzle over Lemon Juice and Add 1/4 Small Avocado Sliced In (1 fat unit*)</p> <p>1 Cup Cooked Quinoa (160g) OR 1 Cup Cooked Bulgur Wheat (190g)</p> <p>Vegetable Base of Shredded Purple Cabbage, Thinly Sliced Carrot, Cucumber and Leftover Roasted Butternut.</p>	<p>Ham & Mushroom Pasta</p> <p>Chop a Punnet of Mushrooms and Sauté in a Hot Pan with 1 tsp Flora Margarine (1 of 3 fat units*), Add in Fresh Garlic, Black Pepper, a Touch of Salt and 2 tsp Italian Herbs. After 2 Minutes Add in Chopped Tomatoes and Sauté, Once Golden, Add in 1 Tin Diced and Peeled Tomatoes. Season to Taste.</p> <p>Into the Sauce Add in 320g Diced Wafer Thin Ham, Let this Simmer, Divide into 4 Portions and Serve on Top of 1 Cup Cooked Wholewheat Pasta (90g)</p>	
SNACK	1 Hard Boiled Egg (50g)	Lean Biltong (30g)	1 Small Low Fat Yoghurt Tub (100ml)	2 - 3 Wafer Thin Chicken / Turkey / Ham Slices Rolled Up Around Thinly Chopped Veggies	1 Hard Boiled Egg (50g)	Lean Biltong (30g)	1 Small Low Fat Yoghurt Tub (100ml)	
	15 - 16 Grapes (110g)	A Handful of Baked Pretzels (30g)	1 Small Apple (150g)	1 Small Banana (90g)	15 - 16 Grapes (110g)	A Handful of Baked Pretzels (30g)	1 Small Banana (90g)	
SUPPER	<p>Meatballs in Creamy Tomato Sauce</p> <p>Sauté 12 Ready-Made / Homemade Meatballs In A Saucepan, Pour Over 600ml Of A Fresh Ready-Made Tomato Soup, Add In 200g Of Baby Spinach Leaves, Cook Until Reduced.</p> <p>Divide into 4 Portions to Have 3 Meatballs in 1 Portion.</p> <p>Serve Over 1/2 Cup Cooked Wholewheat Pasta (45g)</p> <p>Enjoy with a Side Salad of Choice</p>	<p>April Chicken **</p> <p>A Super Easy Weekday Dinner Option using Tomato Sauce, Mayonnaise, Chutney & Lemon Juice to make a quick & tasty Chicken Marinade. Use the 480g Option and then Divide the Cooked Chicken into 4 Portions. Have 1 Portion as a Dinner.</p> <p>Pair with a Cooked Gem Squash and Steamed Baby Spinach</p> <p>Enjoy with 1/2 Cup Cooked Brown Rice (80g)</p>	<p>Box Fish & Lemon Drizzled Greens</p> <p>In the Air-Fryer Cook 1 Small Crumbed Hake Fillet (100g)</p> <p>Use Tender Stem Broccoli Florets And Cook Until Just Done, Mix Together Wholegrain Mustard And Lemon Juice And Drizzle Over The Broccoli</p> <p>Pair with 1/2 Small Sweet Potato, Skins On (90g), Roasted / Steamed / Boiled</p>	<p>Chicken & Roasted Veg Sosasities</p> <p>Buy Chicken Kebabs and Cook in a Hot Griddle Pan or on the Braai. Enjoy 1 1/2 Chicken Kebabs (120g).</p> <p>Make Veggie Skewers by Microwaving a Packet of Roasting Vegetables for 5 Minutes Then Thread the Veggies Like Butternut, Onion, Peppers, Patty Pans, Mushrooms onto Skewers. Season with Paprika, Italian Herbs & 1/2 tsp Garlic Salt. Cook with the Kebabs.</p> <p>Pair with 1/2 Corn on the Cob (90g) Cooked on the Braai or Microwaved</p>	<p>South African Bobotie**</p> <p>Use the South African Bobotie Recipe. This Recipe Uses Extra-Lean Mince and Packs in Flavour Without Using Too Much Salt. Divide the Recipe into 8 Portions.</p> <p>Enjoy 1 Portion for Dinner and Pair with Chopped Tomato & Cucumber Sambals with Steamed Peas & Carrots.</p> <p>Pair with 1/2 Cup Cooked Brown Rice (80g)</p>	<p>Asian Sweet n Sour Stir-fry</p> <p>Marinate 1 Large Chicken Breast (120g) OR 150g of Pork Stroganoff Strips with 1/4 tsp Bicarbonate of Soda, 1 tsp Sesame Oil, 1 tsp Sweet Chili Sauce and 1/2 Tbs Reduced Sodium Soya Sauce. Stir-fry in a Deep Pan. Add in a Selection of Stir Fry Vegetables Such as Cabbage, Spinach, Carrot, Bok Choy, Peppers and Red Onion, Fry until Just Tender and Drizzle over 1 Tbs Reduced Sodium Soya Sauce.</p> <p>Pair with 1/2 Cup Wholewheat Asian Noodles (45g)</p>	<p>Quick & Easy Tuna Fish Cakes</p> <p>Mash Together 2 Tins of Tuna, 2 Tbs Dijon mustard, 1/2 cup Breadcrumbs, 1 tsp Lemon zest, 1 Tbs Lemon Juice, 2 Tbs Chopped Parsley and 2 Tbs Chopped Chives. Season with Salt & Pepper. Then Add 1 Large Beaten Egg. Form into 4 Patties & Pan-fry Using 1 tsp Flora Margarine (1 of 3 fat units*). Divide into 2 Portions and Enjoy 1 Portion as a Dinner.</p> <p>Serve with a Large Salad of Mixed Lettuce Leaves, Cabbage, Baby Spinach, Cucumber & Cherry Tomatoes Mixed with 1/2 Cup Cooked Quinoa (80g)</p>	
EXTRA	<p>FAT: You May Use 3 Fat Units* Per Day. 1 Fat Unit = 1 tsp Flora Margarine OR 1 tsp Olive/Canola Oil OR 5 Olives OR 2 tsp Nut Butter OR 1 Tbsp Reduced oil Dressing/Mayo OR 1/4 Small Avocado OR 1 tsp Seeds</p> <p>MILK: You May Use 1 Cup of Low Fat Milk OR 2/3 Cup Full Cream Milk OR 1 Cup Unsweetened Almond Milk OR 1 Cup Unsweetened Soya Milk for Teas, Coffees, Cappuccino's Per Day</p>							
YOUR DAILY INTAKE & MACRONUTRIENT SPLITS: 6500kJ • CARB: 136g • PROT: 83g • FAT: 70g							** Meal is Accompanied by a Recipe	



MALE WEIGHT LOSS MEAL PLAN

WEEK 2



	OPTION 1	OPTION 2	OPTION 3	OPTION 4	OPTION 5	OPTION 6	OPTION 7
	Malted Sorghum Porridge	Apple Pie Overnight Oats **	Hummus Toastie	Baked Beans Brekkie	Peanut ButterBomb Smoothie	Cottage Cheese & Avo on Toast	Egg-celent Omelette
BREAKFAST	Mix 8 Tbs Maltabella Powder with 1/2 tsp Salt and Cold Water Until a Smooth Paste Forms. Pour the Porridge into Boiling Water While Whisking to Prevent Lumps. Cook Over a Medium Heat for 4 Minutes, Stirring Continuously. Once Cooked, Divide into 2 Portions. Enjoy 1 Portion Mixed with 1 Cup Warmed Low Fat Milk (250ml) Until Smooth & Combined	Use the Apple Pie Overnight Oats Recipe to Make this Dessert-like Breakfast. Use the 1 Cup Low Fat Plain Yoghurt Option and Then Divide into 2 Portions. Enjoy 1 Portion in the Morning with 1 Tbs Chopped Almonds Scattered on Top (1 of 3 fat units*)	4 Tbs Reduced Fat Hummus Spread onto the Toast and Topped with Sliced Gherkins OR Sundried Tomatoes OR Peppadaws 1 Slice of Low GI Wholewheat Brown Bread that is Toasted, Optional: 1 tsp Flora Margarine (1 of 3 fat units*)	2/3 Cup Warmed Baked Beans (140g) Place the Baked Beans on 1 Slice of Low GI Wholewheat Brown Bread that is Toasted, Optional: 1 tsp Flora Margarine (1 of 3 fat units*)	Blend Together the Following Ingredients Until Smooth and Creamy: 4 - 5 Ice Cubes and 1 Cup Warmed Low Fat Milk (250ml) with 1 Small Banana (90g) and 2 tsp Peanut Butter (1 of 3 fat units*)	2/3 Cup Fat Free Plain Cottage Cheese (160ml) OR 1/2 Cup Low Fat Plain Cottage Cheese (120ml), Crack over Black Pepper and 1/4 Small Avocado on Top (1 of 3 fat units*) 1 Slice of Low GI Wholewheat Brown Bread that is Toasted.	2 Large Eggs (100g) Whisked with a Splash of Milk and Seasoned with a Touch of Salt and Black Pepper. In a Hot Non-stick Pan add 1 tsp Flora Margarine (1 of 3 fat units*) then Pour in the Fluffy Egg Mixture. After a Minute Add in Any Leftover Cooked Veggies of Choice such as Peppers, Onions, Tomatoes and Mushrooms. Once Set, Flip Over One Side and Serve Hot. Pair with 1 Slice of Low GI Wholewheat Brown Bread that is Toasted.
SNACK	Baby Carrots	Baby Snap Peas	Cucumber Wedges	Rosa Tomatoes	Celery Sticks	Mini Sweet Peppers	Medley of Carrot Sticks, Cherry Tomatoes and Cucumber Sticks
	Leftover Chicken a la King **	Leftover Chickpea & Butternut Soup	Tasty Tuna Quiche **	Hummus & Crackers	Chicken Mayo Wrap	Chickpea & Feta Poke Bowl	Ham & Mushroom Pasta
LUNCH	1 Portion of Leftover Chicken a la King From Last Week. This Should Use 1 Small Chicken Breast / Thigh, Skinless (80g). Leftover Portion Should Weigh Approx. 100-120g 1 Cup Cooked Brown Rice (160g) Serve with Leftover Long Green Beans OR Long Stalked Broccoli	Use Your Leftover Homemade Butternut Soup or Leftover Store-bought Butternut Soup (<600kJ per 300ml) Add 2/3 Cup of Canned & Drained Chickpeas into the Soup (140g) Pair the Soup with 6 High Fibre Crackerbreads (High Fibre is >6g fibre / 100g) on the Side	Fry 1 Chopped Bell Pepper, 1 Grated Carrot & 2 Small Onions with 1 tsp Flora Margarine (1 of 3 fat units*), Add 2 Tins of Tuna, 1/2 tsp Salt and Pepper. Whisk Together 4 Large Eggs, 1 1/2 Cups of Milk, 1 Tbs Sweet Chili Sauce and a Big Handful of Chopped Parsley. Divide Tuna Mixture into a Large 6 Muffin Tray, Add Egg Mixture and Mix with a Fork to Combine. Bake for 25 minutes at 180°C. Serve 1 Quiche (Warm or Cold) with 6 Boiled Baby Potatoes (180g) and a Side Salad of Mixed Leaves	4 Tbs Reduced Fat Hummus Spread onto the Crackers and Topped with Sliced Gherkins OR Sundried Tomatoes OR Peppadaws 6 High Fibre Crackerbreads (High Fibre is >6g fibre / 100g) Enjoy with a Medley of Veggie Finger Sticks Such as Carrot, Cucumber & Celery Sticks. You can Use These as Dippers with the Hummus	1 Small Chicken Breast / Thigh, Skinless and Shredded (80g) then Mixed with 1 Tbs Reduced Oil Mayonnaise (1 of 3 fat units*) 1 High Fibre Brown Wrap (High Fibre is >6g fibre / 100g) Into the Wrap Add in Chopped Lettuce, Sliced Tomato, Grated Carrot & Sliced Bell Pepper	1/3 Cup Canned & Drained Chickpeas (70g) & 1/2 Round Reduced Fat Feta (25g), Drizzle over Lemon Juice and Add 1/4 Small Avocado Sliced In (1 fat unit*) 1 Cup Cooked Quinoa (160g) OR 1 Cup Cooked Bulgur Wheat (180g) Vegetable Base of Shredded Purple Cabbage, Thinly Sliced Carrot, Cucumber and Leftover Roasted Butternut.	Chop a Punnet of Mushrooms and Sauté in a Hot Pan with 1 tsp Flora Margarine (1 of 3 fat units*), Add in Fresh Garlic, Black Pepper, a Touch of Salt and 2 tsp Italian Herbs. After 2 Minutes Add in Chopped Tomatoes and Sauté. Once Golden, Add in 1 Tin Diced and Peeled Tomatoes. Season to Taste. Into the Sauce Add in 320g Diced Wafer Thin Ham. Let this Simmer. Divide into 4 Portions and Serve on Top of 1 Cup Cooked Wholewheat Pasta (90g)
SNACK	1 Hard Boiled Egg (50g) 15 - 16 Grapes (110g)	Lean Biltong (30g) A Handful of Baked Pretzels (30g)	1 Small Low Fat Yoghurt Tub (100ml) 1 Small Apple (150g)	2 - 3 Wafer Thin Chicken / Turkey / Ham Slices Rolled Up Around Thinly Chopped Veggies 1 Small Banana (90g)	1 Hard Boiled Egg (50g) 15 - 16 Grapes (110g)	Lean Biltong (30g) A Handful of Baked Pretzels (30g)	1 Small Low Fat Yoghurt Tub (100ml) 1 Small Banana (90g)
	Meatballs in Creamy Tomato Sauce	April Chicken **	Box Fish & Lemon Drizzled Greens	Chicken & Roasted Veg Sositias	South African Bobotie**	Asian Sweet n Sour Stir-fry	Quick & Easy Tuna Fish Cakes
SUPPER	Sauté 12 Ready-Made / Homemade Meatballs In A Saucepan. Pour Over 600ml Of A Fresh Ready-Made Tomato Soup. Add In 200g Of Baby Spinach Leaves. Cook Until Reduced. Divide into 4 Portions to Have 3 Meatballs in 1 Portion. Serve Over 1/2 Cup Cooked Wholewheat Pasta (45g) Enjoy with a Side Salad of Choice	A Super Easy Weekday Dinner Option using Tomato Sauce, Mayonnaise, Chutney & Lemon Juice to make a quick & tasty Chicken Marinade. Use the 480g Option and then Divide the Cooked Chicken into 4 Portions. Have 1 Portion as a Dinner. Pair with a Cooked Gem Squash and Steamed Baby Spinach Enjoy with 1/2 Cup Cooked Brown Rice (80g)	In the Air-Fryer Cook 1 Small Crumbed Hake Fillet (100g) Use Tender Stem Broccoli Florets And Cook Until Just Done. Mix Together Wholegrain Mustard And Lemon Juice And Drizzle Over The Broccoli Pair with 1/2 Small Sweet Potato, Skins On (90g), Roasted / Steamed / Boiled	Buy Chicken Kebabs and Cook in a Hot Griddle Pan or on the Braai, Enjoy 1 1/2 Chicken Kebabs (120g). Make Veggie Skewers by Microwaving a Packet of Roasting Vegetables for 5 Minutes Then Thread the Veggies Like Butternut, Onion, Peppers, Patty Pans, Mushrooms onto Skewers. Season with Paprika, Italian Herbs & 1/2 Tsp Garlic Salt. Cook with the Kebabs. Pair with 1/2 Corn on the Cob (90g) Cooked on the Braai or Microwaved	Use the South African Bobotie Recipe. This Recipe Uses Extra-Lean Mince and Packs in Flavour Without Using Too Much Salt. Divide the Recipe into 8 Portions. Enjoy 1 Portion for Dinner and Pair with Chopped Tomato & Cucumber Sambals with Steamed Peas & Carrots. Pair with 1/2 Cup Cooked Brown Rice (80g)	Marinate 1 Large Chicken Breast (120g) OR 150g of Pork Stroganoff Strips with 1/4 tsp Bicarbonate of Soda, 1 tsp Sesame Oil, 1 tsp Sweet Chili Sauce and 1/2 Tbs Reduced Sodium Soya Sauce. Stir-fry in a Deep Pan. Add in a Selection of Stir Fry Vegetables Such as Cabbage, Spinach, Carrot, Bok Choy, Peppers and Red Onion, Fry until Just Tender and Drizzle over 1 Tbs Reduced Sodium Soya Sauce. Pair with 1/2 Cup Wholewheat Asian Noodles (45g)	Mash Together 2 Tins of Tuna, 2 Tbs Dijon mustard, 1/2 cup Breadcrumbs, 1 tsp Lemon zest, 1 Tbs Lemon Juice, 2 Tbs Chopped Parsely and 2 Tbs Chopped Chives. Season with Salt & Pepper. Then Add 1 Large Beaten Egg. Form into 4 Patties & Pan-fry Using 1 tsp Flora Margarine (1 of 3 fat units*). Divide into 2 Portions and Enjoy 1 Portion as a Dinner. Serve with a Large Salad of Mixed Lettuce Leaves, Cabbage, Baby Spinach, Cucumber & Cherry Tomatoes Mixed with 1/2 Cup Cooked Quinoa (80g)
EXTRA	<p>FAT: You May Use 5 Fat Units* Per Day. 1 Fat Unit = 1 tsp Flora Margarine OR 1 tsp Olive/Canola Oil OR 5 Olives OR 2 tsp Nut Butter OR 1 Tbsp Reduced oil Dressing/Mayo OR 1/4 Small Avocado OR 1 tsp Seeds</p> <p>MILK: You May Use 1 Cup of Low Fat Milk OR 2/3 Cup Full Cream Milk OR 1 Cup Unsweetened Almond Milk OR 1 Cup Unsweetened Soya Milk for Teas, Coffees, Cappuccino's Per Day</p> <p>SUGAR: You May Use 1 tsp of White OR Brown Sugar Per Day. Alternatively You May Use a Non-nutritive Sweetener.</p>						

YOUR DAILY INTAKE & MACRONUTRIENT SPLITS: 6 500kJ • CARB: 143g • PROT: 83g • FAT: 67g

** Meal is Accompanied by a Recipe



MALE WEIGHT MAINTENANCE MEAL PLAN

WEEK 2



	OPTION 1	OPTION 2	OPTION 3	OPTION 4	OPTION 5	OPTION 6	OPTION 7
	Malted Sorghum Porridge	Apple Pie Overnight Oats **	Hummus Toastie	Baked Beans Brekkie	Peanut ButterBomb Smoothie	Cottage Cheese & Avocado on Toast	Egg-celent Omelette
BREAKFAST	Mix 8 Tbs Maltabella Powder with 1/2 tsp Salt and Cold Water Until a Smooth Paste Forms. Pour the Porridge into Boiling Water While Whisking to Prevent Lumps, Cook Over a Medium Heat for 4 Minutes, Stirring Continuously. Once Cooked, Divide into 2 Portions. Enjoy 1 Portion Mixed with 1 Cup Warmed Low Fat Milk (250ml) Until Smooth & Combined	Use the Apple Pie Overnight Oats Recipe to Make this Dessert-like Breakfast, Use the 2 Cups Low Fat Plain Yoghurt Option and Then Divide into 2 Portions. Enjoy 1 Portion in the Morning with 1 Tbs Chopped Almonds Scattered on Top (1 of 3 fat units*)	4 Tbs Reduced Fat Hummus Spread onto the Toast and Topped with Sliced Gherkins OR Sundried Tomatoes OR Peppadews 1 Slice of Low GI Wholewheat Brown Bread that is Toasted, Optional: 1 tsp Flora Margarine (1 of 3 fat units*)	2/3 Cup Warmed Baked Beans (140g) Place the Baked Beans on 1 Slice of Low GI Wholewheat Brown Bread that is Toasted, Optional: 1 tsp Flora Margarine (1 of 3 fat units*)	Blend Together the Following Ingredients Until Smooth and Creamy: 4 - 5 Ice Cubes and 1 Cup Warmed Low Fat Milk (250ml) with 1 Small Banana (90g) and 2 tsp Peanut Butter (1 of 3 fat units*)	2/3 Cup Fat Free Plain Cottage Cheese (160ml) OR 1/2 Cup Low Fat Plain Cottage Cheese (120ml), Crack over Black Pepper and 1/4 Small Avocado on Top (1 of 3 fat units*) 1 Slice of Low GI Wholewheat Brown Bread that is Toasted.	2 Large Eggs (100g) Whisked with a Splash of Milk and Seasoned with a Touch of Salt and Black Pepper. In a Hot Non-stick Pan add 1 tsp Flora Margarine (1 of 3 fat units*) then Pour in the Fluffy Egg Mixture, After a Minute Add in Any Leftover Cooked Veggies of Choice such as Peppers, Onions, Tomatoes and Mushrooms. Once Set, Flip Over One Side and Serve Hot. Pair with 1 Slice of Low GI Wholewheat Brown Bread that is Toasted.
SNACK	1 Hard Boiled Egg (50g) 15 - 16 Grapes (110g)	Lean Biltong (30g) A Handful of Baked Pretzels (30g)	1 Small Low Fat Yoghurt Tub (100ml) 1 Small Apple (150g)	2 - 3 Wafer Thin Chicken / Turkey / Ham Slices Rolled Up Around Thinly Chopped Veggies 1 Small Banana (90g)	1 - 2 Protein Balls (40g) 15 - 16 Grapes (110g)	Lean Biltong (30g) A Handful of Baked Pretzels (30g)	1 Small Low Fat Yoghurt Tub (100ml) 1 Small Banana (90g)
	Leftover Chicken a la King **	Leftover Chickpea & Butternut Soup	Tasty Tuna Quiche **	Hummus & Crackers	Chicken Mayo Wrap	Chickpea & Feta Poke Bowl	Ham & Mushroom Pasta
LUNCH	1 Portion of Leftover Chicken a la King From Last Week. This Should Use 1 Medium Chicken Breast / Thigh, Skinless (120g). Leftover Portion Should Weigh Approx. 100-120g 1 Cup Cooked Brown Rice (160g) Serve with Leftover Long Green Beans OR Long Stalked Broccoli	Use Your Leftover Homemade Butternut Soup or Leftover Store-bought Butternut Soup (<600kJ per 300ml) Add 1 Cup of Canned & Drained Chickpeas into the Soup (210g) Pair the Soup with 6 High Fibre Crackerbreads (High Fibre is >6g fibre / 100g) on the Side	Fry 1 Chopped Bell Pepper, 1 Grated Carrot & 2 Small Onions with 1 tsp Flora Margarine (1 of 3 fat units*), Add 2 Tins of Tuna, 1/2 tsp Salt and Pepper, Whisk Together 4 Large Eggs, 1 1/2 Cups of Milk, 1 Tbs Sweet Chili Sauce and a Big Handful of Chopped Parsley, Divide Tuna Mixture into a Large 6 Muffin Tray, Add Egg Mixture and Mix with a Fork to Combine, Bake for 25 minutes at 180°C. Serve 2 Quiches (Warm or Cold) with 6 Boiled Baby Potatoes (180g) and a Side Salad of Mixed Leaves	6 Tbs Reduced Fat Hummus Spread onto the Crackers and Topped with Sliced Gherkins OR Sundried Tomatoes OR Peppadews 6 High Fibre Crackerbreads (High Fibre is >6g fibre / 100g) Enjoy with a Medley of Veggie Finger Sticks Such as Carrot, Cucumber & Celery Sticks, You can Use These as Dippers with the Hummus	1 Medium Chicken Breast / Thigh, Skinless and Shredded (120g) then Mixed with 1 Tbs Reduced Oil Mayonnaise (1 of 3 fat units*) 1 High Fibre Brown Wrap (High Fibre is >6g fibre / 100g) Into the Wrap Add in Chopped Lettuce, Sliced Tomato, Grated Carrot & Sliced Bell Pepper	2/3 Cup Canned & Drained Chickpeas (140g) & 1/2 Round Reduced Fat Feta (25g). Drizzle over Lemon Juice and Add 1/4 Small Avocado Sliced In (1 fat unit*) 1 Cup Cooked Quinoa (160g) OR 1 Cup Cooked Bulgur Wheat (180g) Vegetable Base of Shredded Purple Cabbage, Thinly Sliced Carrot, Cucumber and Leftover Roasted Butternut.	Chop a Punnet of Mushrooms and Sauté in a Hot Pan with 1 tsp Flora Margarine (1 of 3 fat units*), Add in Fresh Garlic, Black Pepper, a Touch of Salt and 2 tsp Italian Herbs, After 2 Minutes Add in Chopped Tomatoes and Sauté, Once Golden, Add in 1 Tin Diced and Peeled Tomatoes. Season to Taste. Into the Sauce Add in 320g Diced Wafer Thin Ham, Let this Simmer, Divide into 4 Portions and Serve with 25g of Grated Parmesan Cheese on Top of 1 Cup Cooked Wholewheat Pasta (90g)
SNACK	1/4 Cup Plain Cottage Cheese (60ml) Used as a Dip with 3 High Fibre Crackerbreads (High Fibre is >6g fibre / 100g)	1 Small Reduced Fat Mozzarella Cheese Round (25g) A Handful of Baked Pretzels (30g)	1 Small Low Fat Yoghurt Tub (100ml) 1 Small Apple (150g)	Lean Biltong (30g) A Handful of Baked Pretzels (30g)	1 Hard Boiled Egg (50g) 15 - 16 Grapes (110g)	Lean Biltong (30g) A Handful of Baked Pretzels (30g)	1 Small Low Fat Yoghurt Tub (100ml) 1 Small Banana (90g)
	Meatballs in Creamy Tomato Sauce	April Chicken **	Box Fish & Lemon Drizzled Greens	Chicken & Roasted Veg Sosasities	South African Bobotie**	Asian Sweet n Sour Stir-fry	Quick & Easy Tuna Fish Cakes
SUPPER	Sauté 12 Ready-Made / Homemade Meatballs In A Saucepan, Pour Over 600ml Of A Fresh Ready-Made Tomato Soup, Add In 200g Of Baby Spinach Leaves. Cook Until Reduced. Divide into 3 Portions to Have 4 Meatballs in 1 Portion. Serve Over 1 Cup Cooked Wholewheat Pasta (90g) Enjoy with a Side Salad of Choice	A Super Easy Weekday Dinner Option using Tomato Sauce, Mayonnaise, Chutney & Lemon Juice to make a quick & tasty Chicken Marinade. Use the 640g Option and then Divide the Cooked Chicken into 4 Portions, Have 1 Portion as a Dinner. Pair with a Cooked Gem Squash and Steamed Baby Spinach. Enjoy with 1 Cup Cooked Brown Rice (160g)	In the Air-Fryer Cook 2 Small Crumbed Hake Fillets (150g) Use Tender Stem Broccoli Florets And Cook Until Just Done, Mix Together Wholegrain Mustard And Lemon Juice And Drizzle Over The Broccoli. Pair with 1 Small Sweet Potato, Skins On (180g), Roasted / Steamed / Boiled	Buy Chicken Kebabs and Cook in a Hot Griddle Pan or on the Braai, Enjoy 2 Chicken Kebabs (160g). Make Veggie Skewers by Microwaving a Packet of Roasting Vegetables for 5 Minutes Then Thread the Veggies Like Butternut, Onion, Peppers, Patty Pans, Mushrooms onto Skewers, Season with Paprika, Italian Herbs & 1/2 tsp Garlic Salt, Cook with the Kebabs. Pair with 1 Corn on the Cob (180g) Cooked on the Braai or Microwaved	Use the South African Bobotie Recipe, This Recipe Uses Extra-Lean Mince and Packs in Flavour Without Using Too Much Salt. Divide the Recipe into 6 Portions. Enjoy 1 Portion for Dinner and Pair with Chopped Tomato & Cucumber Sambals with Steamed Peas & Carrots. Pair with 1 Cup Cooked Brown Rice (190g)	Marinate 2 Small Chicken Breasts / Thighs, Skinless (160g), OR 200g of Pork Stroganoff Strips with 1/4 tsp Bicarbonate of Soda, 1 tsp Sesame Oil, 1 tsp Sweet Chili Sauce and 1/2 Tbs Reduced Sodium Soya Sauce, Stir-fry in a Deep Pan, Add in a Selection of Stir Fry Vegetables Such as Cabbage, Spinach, Carrot, Bok Choy, Peppers and Red Onion, Fry until Just Tender and Drizzle over 1 Tbs Reduced Sodium Soya Sauce. Pair with 1 Cup Wholewheat Asian Noodles (90g)	Mash Together 3 Tins of Tuna, 2 Tbs Dijon mustard, 1/2 cup Breadcrumbs, 1 tsp Lemon zest, 1 Tbs Lemon Juice, 2 Tbs Chopped Parsely and 2 Tbs Chopped Chives, Season with Salt & Pepper, Then Add 1 Large Beaten Egg, Form into 4 Patties & Pan-fry Using 1 tsp Flora Margarine (1 of 3 fat units*). Divide into 2 Portions and Enjoy 1 Portion as a Dinner. Serve with a Large Salad of Mixed Lettuce Leaves, Cabbage, Baby Spinach, Cucumber & Cherry Tomatoes Mixed with 1/2 Cup Cooked Quinoa (80g)
EXTRA	<p>FAT: You May Use 5 Fat Units* Per Day. 1 Fat Unit = 1 tsp Flora Margarine OR 1 tsp Olive/Canola Oil OR 5 Olives OR 2 tsp Nut Butter OR 1 Tbsp Reduced oil Dressing/Mayo OR 1/4 Small Avocado OR 1 tsp Seeds</p> <p>MILK: You May Use 1 Cup of Low Fat Milk OR 2/3 Cup Full Cream Milk OR 1 Cup Unsweetened Almond Milk OR 1 Cup Unsweetened Soya Milk for Teas, Coffees, Cappuccino's Per Day</p> <p>SUGAR: You May Use 1 tsp of White OR Brown Sugar Per Day. Alternatively You May Use a Non-nutritive Sweetener.</p>						
	YOUR DAILY INTAKE & MACRONUTRIENT SPLITS: 8 000kJ • CARB: 177g • PROT: 103g • FAT: 82g						** Meal is Accompanied by a Recipe