

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 3**  
MEAL PLANS



# FEMALE WEIGHT LOSS MEAL PLAN

## WEEK 3



	OPTION 1	OPTION 2	OPTION 3	OPTION 4	OPTION 5	OPTION 6	OPTION 7
	<b>Heart Healthy Bran Muffins **</b>	<b>Cooked Berry Oats</b>	<b>Breakfast Bar Bowl</b>	<b>Breakfast Egg Muffins **</b>	<b>Berry Blaze Smoothie</b>	<b>French Toast Toppings</b>	<b>Poached Egg &amp; Smashed Peas</b>
<b>BREAKFAST</b>	Use the Heart Healthy Bran Muffin Recipe to Make 24 Muffins. Freeze Leftover Muffins for Future Use.  Enjoy 1 Bran Muffin Topped with 1/3 Cup Fat Free Plain Cottage Cheese (80ml) OR 1/4 Cup Low Fat Plain Cottage Cheese (60ml) OR 1 Tbs Biltong Powder (15g)	1/2 Cup Low Fat Milk (125ml)  Cook 1/4 Cup Raw Oats with the Milk, 1 Drop of Vanilla Essence and a Big Splash of Water, Once Cooked Mash 3/4 Cup Mixed Berries (140g) into the Oats, Microwave for 1 Minute and Stir Well.	1/2 Cup Low Fat Milk (125ml)  With the Milk Enjoy 2 Wholewheat High Fibre Breakfast Bars Such as 2 Weetbix Bars OR 2 Nutrific Bars	Use the Recipe to Make the Breakfast Egg Muffins. Enjoy 1 Egg Muffin as a Breakfast  Pair with the Egg Muffin 4 - 6 High Fibre Crackerbreads (High Fibre is >6g fibre / 100g)	Blend Together the Following Ingredients Until Smooth and Creamy:  4 - 5 Ice Cubes and 1/2 Cup Low Fat Milk (125ml) with 2 Tbs Oats and 3/4 Cup Mixed Fresh / Frozen Berries (140g)	Take 1 Slice of Low GI Wholewheat Brown Bread, Cut into 2 Slices and Soak in One Egg 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 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	Heat Frozen Peas Until Piping Hot a Microwave, and Mash Them Roughly with a Fork. Add Chopped Fresh Mint and Black Pepper.  Pile Onto 1 Slice of Low GI Wholewheat Brown Bread that is Toasted that has 1 tsp Flora Margarine (1 of 3 fat units*) and Top With 1 Large Poached Egg (50g).
<b>SNACK</b>	Baby Carrots	Baby Snap Peas	Cucumber Wedges	Rosa Tomatoes	Celery Sticks	Mini Sweet Peppers	Medley of Carrot Sticks, Cherry Tomatoes and Cucumber Sticks
	<b>Snack Box</b>	<b>Leftover Tuna Fish Cakes</b>	<b>Lentil, Feta &amp; Beetroot Salad</b>	<b>Ham, Lettuce &amp; Mayo Roll</b>	<b>Egg Mayo Wrap</b>	<b>Sardines or Pilchards Lunch</b>	<b>Frikkadel Pasta Salad</b>
<b>LUNCH</b>	Choose 2 Protein Options to Make Different Combs for Each Box:  Wafer Thin Ham: 3 Slices Wafer Thin Chicken OR Turkey OR Pastrami Egg: 1 Hard Boiled Egg (50g) Biltong: 1 Small Handful of Lean Beef / Ostrich Biltong (30g) Hummus: 2 Tbs Reduced Fat Hummus (70g)  Choose 1 Carbohydrate Option: Fruit: 1 Apple (150g) OR 1 Nectarine (150g) OR 15 - 16 Grapes (110g) Crackers: 2 - 3 High Fibre Crackerbreads Corn Cakes: 3 Corn Cakes Popcorn: 1 1/2 Cups Popped Popcorn (25g)  Enjoy with Finger Veg Medley of Carrot, Cucumber & Cherry Tomatoes	Enjoy 1 Portion of the Leftover Tuna Fish Cakes as a Lunch.  Place the Tuna Cakes on Top of 1/2 Cup Cooked Quinoa (80g) OR 1/2 Cup Cooked Bulgur Wheat (95g)  Pair with Roasted / Steamed / Boiled Veggies of Choice OR a Large Side Salad OR a Vegetable Based Soup	1/3 Cup Canned & Drained Lentils (70g) with 1/2 Round Reduced Fat Feta Cheese (25g)  3 Cooked & Chilled Baby Potatoes (90g) OR 1/2 Cup Cooked Bulgur Wheat (95g) OR 1/2 Cup Corn Kernels (95g)  1 Handful of Chopped Mint with Canned Beetroot, Baby Spinach Leaves and Sliced Cucumber	6 Slices Wafer Thin Chicken OR Turkey OR Pastrami OR Ham (40g) with 1 Tbs Reduced Oil Mayonnaise Spread into Roll (1 of 3 fat units*)  Stuff Wafer Thin Ham Slices into 1 Small Brown Seeded Roll  Layer Shredded Lettuce & Cucumber into Roll. Enjoy with a Side Salad of Mixed Lettuce Leaves, Tomato, Cucumber, Carrot & Radish.	2 Large Hard Boiled Eggs (100g), Diced 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 Baby Spinach Leaves, Chopped Peppers, Tomato & Rocket	6 Sardines OR 2 Pilchards (80g), Mashed with Lemon Juice, Red Onion & Coriander. Optional: Add 1 tsp Fresh Chili  1/2 Cup Cooked Brown Rice (80g) OR 1/2 Cup Cooked Bulgur Wheat (95g) OR 1/2 Cup Corn Kernels (95g)  Pair with Cooked Gem Squash and Steamed Baby Spinach	Use Ready to Eat or Homemade Chicken Mince Frikkadel's And Enjoy 2 - 3 Frikkadel's (80g)  1/2 Cup Cooked Wholewheat Pasta (45g) Mixed the Below Dressing: Mix Together 1 Tbs Reduced Oil Mayonnaise, 1 tsp Basil Pesto, 1 tsp Lemon Juice and a Few Sprigs of Chopped Parsley  Add into Pasta Salad Some Thinly Chopped Red Cabbage, Cucumber, Spring Onion & Rocket
<b>SNACK</b>	10 Strawberries (250g)	1 Cup Chopped Papaya (150g)	3 High Fibre Rice Cakes with 2 tsp Peanut Butter Spread on Top (1 of 3 fat units*)	Sliced Watermelon (250g)	1 Cup Chopped Papaya (150g)	10 Strawberries (250g)	3 High Fibre Rice Cakes with 2 tsp Peanut Butter Spread on Top (1 of 3 fat units*)
	Snack on Finger Veg As Needed: Cucumber & Celery Sticks, Carrots, Mini Corns & Snap Peas.						
	<b>Pork Stroganoff **</b>	<b>5-Veg-Mince Mexican Burrito</b>	<b>Creamy Chicken Curry **</b>	<b>Mediterranean Baked Fish **</b>	<b>Lovely Lentil Bake **</b>	<b>Spicy Chicken Portions</b>	<b>Braai Option</b>
<b>SUPPER</b>	Cook This Recipe Using the 600g Pork Portion and Divide into 4 Portions, Serve 1 Portion as a Dinner Meal.  Serve with Pan-fired Cabbage & Steamed Carrots	Serve 6 Heaped Tbs of Leftover 5-Veg-Mince into 1 Vegetable Based Wrap (Cauliflower OR Beetroot Wrap)  Top with 1/4 Small Avocado (30g) (1 of 3 fat units*) Smashed with Lemon Juice to Make Guacamole, Garnish with Chopped Red Pepper, Tomato & Coriander Salsa with 1 Tbs of Fat Free / Low Fat Plain Cottage Cheese	Cook This Recipe Using the 480g Chicken Option and then Once Cooked Divide into 4 Portions, Serve 1 Portion as a Dinner Meal.  Serve with Curry with a Microwave Popped Papadam and Grilled Green Beans	Use the Recipe to Cook a Heart Healthy & Nutritious Meal, Your Portion Should Be 1 Large White Fish Fillet (210g) OR 1 Medium Fillet Fatty Fish (Pilchards, Sardines, Trout) (120g)  Enjoy with a Side Salad of Roasted Zucchini and Cauliflower Florets	Use the Lovely Lentil Bake Recipe For This Dinner, Divide the Lentil Bake into 6 Portions, Have 1 Portion as a Dinner Meal of Approximately 210g. This Freezes Well!  Pair with a Cooked Gem Squash and Steamed Baby Spinach	1 Medium Chicken Breast / Thigh, Skinless (120g), Marinated Overnight with 1 tsp Ground Paprika, 2 tsp Fresh Garlic, 1 Tbs Lemon Juice, 1/2 tsp Italian Herbs, Black Pepper & a Touch of Salt  Serve with Steamed Cauliflower, Peas & Broccoli	1 1/2 Chicken Kebabs (120g) OR 150g Rump Steak OR 150g Ostrich Wors OR 150g Fillet Steak OR 1 Small Lamb Chop (90g)  Braai Garlic Brown Mushrooms with Garlic & Origanum. Pair with a Rainbow Slaw Made By Mixing Green & Purple Cabbage with Carrot Strips and 1 Tbs Reduced Oil Mayonnaise (1 of 3 fat units*)
<b>EXTRA</b>	<p><b>FAT:</b> 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><b>MILK:</b> 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>						
	<b>YOUR DAILY INTAKE &amp; MACRONUTRIENT SPLITS:</b> 4 900kJ • CARB: 104g • PROT: 65g • FAT: 50g					<b>** Meal is Accompanied by a Recipe</b>	



# FEMALE WEIGHT MAINTENANCE MEAL PLAN

## WEEK3



	OPTION 1	OPTION 2	OPTION 3	OPTION 4	OPTION 5	OPTION 6	OPTION 7
BREAKFAST	<b>Heart Healthy Bran Muffins **</b> Use the Heart Healthy Bran Muffin Recipe to Make 24 Muffins. Freeze Leftover Muffins for Future Use.  Enjoy 1 Bran Muffin Topped with 1/3 Cup Fat Free Plain Cottage Cheese (80ml) OR 1/4 Cup Low Fat Plain Cottage Cheese (60ml) AND 1 Tbsp Biltong Powder (15g)	<b>Cooked Berry Oats</b> 1 Cup Low Fat Milk (250ml)  Cook 1/4 Cup Raw Oats with the Milk, 1 Drop of Vanilla Essence and a Big Splash of Water. Once Cooked Mash 3/4 Cup Mixed Berries (140g) into the Oats, Microwave for 1 Minute and Stir Well.	<b>Breakfast Bar Bowl</b> 1 Cup Low Fat Milk (250ml)  With the Milk Enjoy 2 Wholewheat High Fibre Breakfast Bars Such as 2 Weetbix Bars OR 2 Nutrific Bars	<b>Breakfast Egg Muffins **</b> Use the Recipe to Make the Breakfast Egg Muffins. Enjoy 2 Egg Muffins as a Breakfast  Pair with the Egg Muffin 4 - 6 High Fibre Crackerbreads (High Fibre is >6g fibre / 100g)	<b>Berry Blaze Smoothie</b> Blend Together the Following Ingredients Until Smooth and Creamy:  4 - 5 Ice Cubes and 1 Cup Low Fat Milk (250ml) with 2 Tbs Oats and 3/4 Cup Mixed Fresh / Frozen Berries (140g)	<b>French Toast Toppings</b> 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	<b>Poached Egg &amp; Smashed Peas</b> Heat Frozen Peas Until Piping Hot as a Microwave, and Mash Them Roughly with a Fork. Add Chopped Fresh Mint and Black Pepper.  Pile Onto 1 Slice of Low GI Wholewheat Brown Bread that is Toasted that has 1 tsp Flora Margarine (1 of 3 fat units*) and Top With 2 Large Poached Eggs (100g).
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	<b>Snack Box</b> Choose 2 Protein Options to Make Different Combo's for Each Box: Wafer Thin Ham: 3 Slices Wafer Thin Chicken OR Turkey OR Pastrami Egg: 1 Hard Boiled Egg (50g) Biltong: 1 Small Handful of Lean Beef / Ostrich Biltong (30g) Hummus: 2 Tbs Reduced Fat Hummus (70g)  Choose 2 Carbohydrate Options: Fruit: 1 Apple (150g) OR 1 Nectarine (150g) OR 15 - 16 Grapes (110g) Crackers: 2 - 3 High Fibre Crackerbreads Corn Cakes: 3 Corn Cakes Popcorn: 1 1/2 Cups Popcorn (25g)  Enjoy with Finger Veg Medley of Carrot, Cucumber & Cherry Tomatoes	<b>Leftover Tuna Fish Cakes</b> Enjoy 1 Portion of the Leftover Tuna Fish Cakes as a Lunch.  Place the Tuna Cakes on Top of 1 Cup Cooked Quinoa (160g) OR 1 Cup Cooked Bulgur Wheat (190g)  Pair with Roasted / Steamed / Boiled Veggies of Choice OR a Large Side Salad OR a Vegetable Based Soup	<b>Lentil, Feta &amp; Beetroot Salad</b> 1/3 Cup Canned & Drained Lentils (70g) with 1/2 Round Reduced Fat Feta Cheese (25g)  6 Cooked & Chilled Baby Potatoes (90g) OR 1 Cup Cooked Bulgur Wheat (190g) OR 1 Cup Corn Kernels (190g)	<b>Ham, Lettuce &amp; Mayo Roll</b> 6 Slices Wafer Thin Chicken OR Turkey OR Pastrami OR Ham (40g) with 1 Tbs Reduced Oil Mayonnaise Spread into Roll (1 of 3 fat units*)  Stuff Wafer Thin Ham Slices into 1 High Fibre Brown Seeded Roll  Layer Shredded Lettuce & Cucumber into Roll. Enjoy with a Side Salad of Mixed Lettuce Leaves, Tomato, Cucumber, Carrot & Radish.	<b>Egg Mayo Wrap</b> 2 Large Hard Boiled Eggs (100g), Diced 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 Baby Spinach Leaves, Chopped Peppers, Tomato & Rocket	<b>Sardines or Pilchards Lunch</b> 6 Sardines OR 2 Pilchards (80g), Mashed with Lemon Juice, Red Onion & Coriander. Optional: Add 1 tsp Fresh Chili  1 Cup Cooked Brown Rice (160g) OR 1 Cup Cooked Bulgur Wheat (190g) OR 1 Cup Corn Kernels (190g)  Pair with Cooked Gem Squash and Steamed Baby Spinach	<b>Frikkadel Pasta Salad</b> Use Ready to Eat or Homemade Chicken Mince Frikkadel's And Enjoy 2 - 3 Frikkadel's (80g)  1 Cup Cooked Wholewheat Pasta (90g) Mixed the Below Dressing: Mix Together 1 Tbs Reduced Oil Mayonnaise, 1 tsp Basil Pesto, 1 tsp Lemon Juice and a Few Sprigs of Chopped Parsley
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)
SNACK	10 Strawberries (250g)	1 Cup Chopped Papaya (150g)	3 High Fibre Rice Cakes with 2 tsp Peanut Butter Spread on Top (1 of 3 fat units*)	Sliced Watermelon (250g)	1 Cup Chopped Papaya (150g)	10 Strawberries (250g)	3 High Fibre Rice Cakes with 2 tsp Peanut Butter Spread on Top (1 of 3 fat units*)
SUPPER	<b>Pork Stroganoff **</b> Cook This Recipe Using the 600g Pork Portion and Divide into 4 Portions, Serve 1 Portion as a Dinner Meal.  Pair with 3 Cooked Baby Potatoes (90g)  Serve with Pan-fired Cabbage & Steamed Carrots	<b>5-Veg-Mince Mexican Burrito</b> Serve 6 Heaped Tbs of Leftover 5-Veg-Mince into 1 High Fibre Brown Wrap (High Fibre is >6g fibre / 100g)  Top with 1/4 Small Avocado (30g) (1 of 3 fat units*) Smashed with Lemon Juice to Make Guacamole. Garnish with Chopped Red Pepper, Tomato & Coriander Salsa with 1 Tbs of Fat Free / Low Fat Plain Cottage Cheese	<b>Creamy Chicken Curry **</b> Cook This Recipe Using the 480g Chicken Option and then Once Cooked Divide into 4 Portions. Serve 1 Portion as a Dinner Meal.  Serve with Curry with a 1/2 Cup Cooked Brown Rice (80g) and Grilled Green Beans	<b>Mediterranean Baked Fish **</b> Use the Recipe to Cook a Heart Healthy & Nutritious Meal, Your Portion Should Be 1 Large White Fish Fillet (210g) OR 1 Medium Fillet Fatty Fish (Pilchards, Sardines, Trout) (120g)  Have with 1/2 Cup Cooked Wholewheat Couscous (45g)  Enjoy with a Side Salad of Roasted Zucchini and Cauliflower Florets	<b>Lovely Lentil Bake **</b> Use the Lovely Lentil Bake Recipe For This Dinner. Divide the Lentil Bake into 6 Portions, Have 1 Portion as a Dinner Meal of Approximately 210g. This Bake Freezes Well  1 Cup Cooked Barley (160g) OR 1 Cup Cooked Bulgur Wheat (190g) OR 1 Cup Corn Kernels (190g)  Pair with a Cooked Gem Squash and Steamed Baby Spinach	<b>Spicy Chicken Portions</b> 1 Medium Chicken Breast / Thigh, Skinless (120g). Marinated Overnight with 1 tsp Ground Paprika, 2 tsp Fresh Garlic, 1 Tbs Lemon Juice, 1/2 tsp Italian Herbs, Black Pepper & a Touch of Salt  Pair with 1/2 Cup Cooked Maize Meal (120g)  Serve with Steamed Cauliflower, Peas & Broccoli	<b>Braai Option</b> 1 1/2 Chicken Kebabs (120g) OR 150g Rump Steak OR 150g Ostrich Wors OR 150g Fillet Steak OR 1 Small Lamb Chop (90g)  Place onto the Braai 1/2 Corn on the Cob (95g)  Braai Garlic Brown Mushrooms with Garlic & Origanum. Pair with a Rainbow Slaw Made By Mixing Green & Purple Cabbage with Carrot Strips and 1 Tbs Reduced Oil Mayonnaise (1 of 3 fat units*)
EXTRA	<b>FAT:</b> 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						
EXTRA	<b>MILK:</b> 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: 6500kJ • CARB: 136g • PROT: 83g • FAT: 70g

\*\* Meal is Accompanied by a Recipe



# MALE WEIGHT LOSS MEAL PLAN

## WEEK 3



	OPTION 1	OPTION 2	OPTION 3	OPTION 4	OPTION 5	OPTION 6	OPTION 7
	<b>Heart Healthy Bran Muffins **</b>	<b>Cooked Berry Oats</b>	<b>Breakfast Bar Bowl</b>	<b>Breakfast Egg Muffins **</b>	<b>Berry Blaze Smoothie</b>	<b>French Toast Toppings</b>	<b>Poached Egg &amp; Smashed Peas</b>
<b>BREAKFAST</b>	Use the Heart Healthy Bran Muffin Recipe to Make 24 Muffins. Freeze Leftover Muffins for Future Use.  Enjoy 1 Bran Muffin Topped with 1/3 Cup Fat Free Plain Cottage Cheese (80ml) OR 1/4 Cup Low Fat Plain Cottage Cheese (60ml) AND 1 Tbs Bilting Powder (15g)	1 Cup Low Fat Milk (250ml)  Cook 1/4 Cup Raw Oats with the Milk, 1 Drop of Vanilla Essence and a Big Splash of Water. Once Cooked Mash 3/4 Cup Mixed Berries (140g) into the Oats. Microwave for 1 Minute and Stir Well.	1 Cup Low Fat Milk (250ml)  With the Milk Enjoy 2 Wholewheat High Fibre Breakfast Bars Such as 2 Weetbix Bars OR 2 Nutrific Bars	Use the Recipe to Make the Breakfast Egg Muffins. Enjoy 2 Egg Muffins as a Breakfast  Pair with the Egg Muffin 4 - 6 High Fibre Crackerbreads (High Fibre is >6g fibre / 100g)	Blend Together the Following Ingredients Until Smooth and Creamy:  4 - 5 Ice Cubes and 1 Cup Low Fat Milk (250ml) with 2 Tbs Oats and 3/4 Cup Mixed Fresh / Frozen Berries (140g)	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	Heat Frozen Peas Until Piping Hot a Microwave, and Mash Them Roughly with a Fork, Add Chopped Fresh Mint and Black Pepper.  Pile Onto 1 Slice of Low GI Wholewheat Brown Bread that is Toasted that has 1 tsp Flora Margarine (1 of 3 fat units*) and Top With 2 Large Poached Eggs (100g).
<b>SNACK</b>	Baby Carrots	Baby Snap Peas	Cucumber Wedges	Rosa Tomatoes	Celery Sticks	Mini Sweet Peppers	Medley of Carrot Sticks, Cherry Tomatoes and Cucumber Sticks
	<b>Snack Box</b>	<b>Leftover Tuna Fish Cakes</b>	<b>Lentil, Feta &amp; Beetroot Salad</b>	<b>Ham, Lettuce &amp; Mayo Roll</b>	<b>Egg Mayo Wrap</b>	<b>Sardines or Pilchards Lunch</b>	<b>Frikkadel Pasta Salad</b>
<b>LUNCH</b>	Choose 2 Protein Options to Make Different Combo's for Each Box:  Wafer Thin Ham: 3 Slices Wafer Thin Chicken OR Turkey OR Pastrami Egg: 1 Hard Boiled Egg (50g) Biltong: 1 Small Handful of Lean Beef / Ostrich Biltong (30g)  Hummus: 2 Tbs Reduced Fat Hummus (70g)  Choose 2 Carbohydrate Options: Fruit: 1 Apple (150g) OR 1 Nectarine (150g) OR 15 - 16 Grapes (110g) Crackers: 2 - 3 High Fibre Crackerbreads Corn Cakes: 3 Corn Cakes Popcorn: 1 1/2 Cups Popcorn (25g)  Enjoy with Finger Veg Medley of Carrot, Cucumber & Cherry Tomatoes	Enjoy 1 Portion of the Leftover Tuna Fish Cakes as a Lunch.  Place the Tuna Cakes on Top of 1 Cup Cooked Quinoa (160g) OR 1 Cup Cooked Bulgur Wheat (190g)  Pair with Roasted / Steamed / Boiled Veggies of Choice OR a Large Side Salad OR a Vegetable Based Soup	1/3 Cup Canned & Drained Lentils (70g) with 1/2 Round Reduced Fat Feta Cheese (25g)  6 Cooked & Chilled Baby Potatoes (90g) OR 1 Cup Cooked Bulgur Wheat (190g) OR 1 Cup Corn Kernels (190g)  1 Handful of Chopped Mint with Canned Beetroot, Baby Spinach Leaves and Sliced Cucumber	6 Slices Wafer Thin Chicken OR Turkey OR Pastrami OR Ham (40g) with 1 Tbs Reduced Oil Mayonnaise Spread into Roll (1 of 3 fat units*)  Stuff Wafer Thin Ham Slices into 1 High Fibre Brown Seeded Roll  Layer Shredded Lettuce & Cucumber into Roll. Enjoy with a Side Salad of Mixed Lettuce Leaves, Tomato, Cucumber, Carrot & Radish.	2 Large Hard Boiled Eggs (100g), Diced 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 Baby Spinach Leaves, Chopped Peppers, Tomato & Rocket	6 Sardines OR 2 Pilchards (80g), Mashed with Lemon Juice, Red Onion & Coriander. Optional: Add 1 tsp Fresh Chili  1 Cup Cooked Brown Rice (160g) OR 1 Cup Cooked Bulgur Wheat (190g) OR 1 Cup Corn Kernels (190g)  Pair with Cooked Gem Squash and Steamed Baby Spinach	Use Ready to Eat or Homemade Chicken Mince Frikkadel's And Enjoy 2 - 3 Frikkadel's (80g)  1 Cup Cooked Wholewheat Pasta (90g) Mixed the Below Dressing: Mix Together 1 Tbs Reduced Oil Mayonnaise, 1 tsp Basil Pesto, 1 tsp Lemon Juice and a Few Sprigs of Chopped Parsley  Add into Pasta Salad Some Thinly Chopped Red Cabbage, Cucumber, Spring Onion & Rocket
<b>SNACK</b>	1 Hard Boiled Egg (50g)  10 Strawberries (250g)	Lean Biltong (30g)  1 Cup Chopped Papaya (150g)	1 Small Low Fat Yoghurt Tub (100ml)  3 High Fibre Rice Cakes with 2 tsp Peanut Butter Spread on Top (1 of 3 fat units*)	2 - 3 Wafer Thin Chicken / Turkey / Ham Slices Rolled Up Around Thinly Chopped Veggies  Sliced Watermelon (250g)	1 Hard Boiled Egg (50g)  1 Cup Chopped Papaya (150g)	Lean Biltong (30g)  10 Strawberries (250g)	1 Small Low Fat Yoghurt Tub (100ml)  3 High Fibre Rice Cakes with 2 tsp Peanut Butter Spread on Top (1 of 3 fat units*)
	<b>Pork Stroganoff **</b>	<b>5-Veg-Mince Mexican Burrito</b>	<b>Creamy Chicken Curry **</b>	<b>Mediterranean Baked Fish **</b>	<b>Lovely Lentil Bake **</b>	<b>Spicy Chicken Portions</b>	<b>Braai Option</b>
<b>SUPPER</b>	Cook This Recipe Using the 600g Pork Portion and Divide into 4 Portions. Serve 1 Portion as a Dinner Meal.  Pair with 3 Cooked Baby Potatoes (90g)  Serve with Pan-fired Cabbage & Steamed Carrots	Serve 6 Heaped Tbs of Leftover 5-Veg-Mince into 1 High Fibre Brown Wrap (High Fibre is >6g fibre / 100g)  Top with 1/4 Small Avocado (30g) (1 of 3 fat units*) Smashed with Lemon Juice to Make Guacamole. Garnish with Chopped Red Pepper, Tomato & Coriander Salsa with 1 Tbs of Fat Free / Low Fat Plain Cottage Cheese	Cook This Recipe Using the 480g Chicken Option and then Once Cooked Divide into 4 Portions, Serve 1 Portion as a Dinner Meal.  Serve with Curry with a 1/2 Cup Cooked Brown Rice (80g) and Grilled Green Beans	Use the Recipe to Cook a Heart Healthy & Nutritious Meal. Your Portion Should Be 1 Large White Fish Fillet (210g)  Have with 1/2 Cup Cooked Wholewheat Couscous (45g)  Enjoy with a Side Salad of Roasted Zucchini and Cauliflower Florets	Use the Lovely Lentil Bake Recipe For This Dinner. Divide the Lentil Bake into 6 Portions. Have 1 Portion as a Dinner Meal of Approximately 210g. This Bake Freezes Well  1 Cup Cooked Barley (160g) OR 1 Cup Cooked Bulgur Wheat (190g) OR 1 Cup Corn Kernels (190g)  Pair with a Cooked Gem Squash and Steamed Baby Spinach	1 Medium Chicken Breast / Thigh, Skinless (120g). Marinated Overnight with 1 tsp Ground Paprika, 2 tsp Fresh Garlic, 1 Tbs Lemon Juice, 1/2 tsp Italian Herbs, Black Pepper & a Touch of Salt  Pair with 1/2 Cup Cooked Maize Meal (120g)  Serve with Steamed Cauliflower, Peas & Broccoli	1 1/2 Chicken Kebabs (120g) OR 150g Rump Steak OR 150g Ostrich Wors OR 150g Fillet Steak OR 1 Small Lamb Chop (90g)  Place onto the Braai 1/2 Corn on the Cob (95g)  Braai Garlic Brown Mushrooms with Garlic & Origanum. Pair with a Rainbow Slaw Made By Mixing Green & Purple Cabbage with Carrot Strips and 1 Tbs Reduced Oil Mayonnaise (1 of 3 fat units*)
<b>EXTRA</b>	<p><b>FAT:</b> 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><b>MILK:</b> 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 Soy Milk for Teas, Coffees, Cappuccino's Per Day</p> <p><b>SUGAR:</b> You May Use 1 tsp of White OR Brown Sugar Per Day. Alternatively You May Use a Non-nutritive Sweetener.</p>						
	<b>YOUR DAILY INTAKE &amp; MACRONUTRIENT SPLITS:</b> 6 500kJ • CARB: 143g • PROT: 83g • FAT: 67g						
	** Meal is Accompanied by a Recipe						



# MALE WEIGHT MAINTENANCE MEAL PLAN

## WEEK 3



	OPTION 1	OPTION 2	OPTION 3	OPTION 4	OPTION 5	OPTION 6	OPTION 7
	<b>Heart Healthy Bran Muffins **</b>	<b>Cooked Berry Oats</b>	<b>Breakfast Bar Bowl</b>	<b>Breakfast Egg Muffins **</b>	<b>Berry Blaze Smoothie</b>	<b>French Toast Toppings</b>	<b>Poached Egg &amp; Smashed Peas</b>
<b>BREAKFAST</b>	Use the Heart Healthy Bran Muffin Recipe to Make 24 Muffins. Freeze Leftover Muffins for Future Use.  Enjoy 1 Bran Muffin Topped with 1/3 Cup Fat Free Plain Cottage Cheese (80ml) OR 1/4 Cup Low Fat Plain Cottage Cheese (60ml) AND 1 Tbs Biltong Powder (15g)	1 Cup Low Fat Milk (250ml)  Cook 1/4 Cup Raw Oats with the Milk, 1 Drop of Vanilla Essence and a Big Splash of Water. Once Cooked Mash 3/4 Cup Mixed Berries (140g) into the Oats. Microwave for 1 Minute and Stir Well.	1 Cup Low Fat Milk (250ml)  With the Milk Enjoy 2 Wholewheat High Fibre Breakfast Bars Such as 2 Weetbix Bars OR 2 Nutrific Bars	Use the Recipe to Make the Breakfast Egg Muffins. Enjoy 2 Egg Muffins as a Breakfast  Pair with the Egg Muffin 4 - 6 High Fibre Crackerbreads (High Fibre is >6g fibre / 100g)	Blend Together the Following Ingredients Until Smooth and Creamy:  4 - 5 Ice Cubes and 1 Cup Low Fat Milk (250ml) with 2 Tbs Oats and 3/4 Cup Mixed Fresh / Frozen Berries (140g)	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	Heat Frozen Peas Until Piping Hot a Microwave, and Mash Them Roughly with a Fork. Add Chopped Fresh Mint and Black Pepper.  Pile Onto 1 Slice of Low GI Wholewheat Brown Bread that is Toasted that has 1 tsp Flora Margarine (1 of 3 fat units*) and Top With 2 Large Poached Eggs (100g).
<b>SNACK</b>	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 - 3 Wafer Thin Chicken / Turkey / Ham Slices Rolled Up Around Thinly Chopped Veggies  1 1/2 Cups Air-popped Popcorn (25g)	1/4 Cup Plain Cottage Cheese (60ml) Used as a Dip with 3 High Fibre Crackerbreads (High Fibre is >6g fibre / 100g)	Lean Biltong (30g)  A Handful of Baked Pretzels (30g)	1 Small Low Fat Yoghurt Tub (100ml)  1 Cup Green Melon (110g)
	<b>Snack Box</b>	<b>Leftover Tuna Fish Cakes</b>	<b>Lentil, Feta &amp; Beetroot Salad</b>	<b>Ham, Lettuce &amp; Mayo Roll</b>	<b>Egg Mayo Wrap</b>	<b>Sardines or Pilchards Lunch</b>	<b>Frikkadel Pasta Salad</b>
<b>LUNCH</b>	Choose 3 Protein Options to Make Different Combo's for Each Box:  Wafer Thin Ham: 3 Slices Wafer Thin Chicken OR Turkey OR Pastrami Egg: 1 Hard Boiled Egg (50g) Biltong: 1 Small Handful of Lean Beef / Ostrich Biltong (30g) Hummus: 2 Tbs Reduced Fat Hummus (70g)  Choose 2 Carbohydrate Options: Fruit: 1 Apple (150g) OR 1 Nectarine (150g) OR 15 - 16 Grapes (110g) Crackers: 2 - 3 High Fibre Crackerbreads Corn Cakes: 3 Corn Cakes Popcorn: 1 1/2 Cups Popped Popcorn (25g)  Enjoy with Finger Veg Medley of Carrot, Cucumber & Cherry Tomatoes	Enjoy 1 Portion of the Leftover Tuna Fish Cakes as a Lunch.  Place the Tuna Cakes on Top of 1 Cup Cooked Quinoa (160g) OR 1 Cup Cooked Bulgur Wheat (190g)  Pair with Roasted / Steamed / Boiled Veggies of Choice OR a Large Side Salad OR a Vegetable Based Soup	2/3 Cup Canned & Drained Lentils (140g) with 1/2 Round Reduced Fat Feta Cheese (25g)  6 Cooked & Chilled Baby Potatoes (90g) OR 1 Cup Cooked Bulgur Wheat (190g) OR 1 Cup Corn Kernels (190g)  1 Handful of Chopped Mint with Canned Beetroot, Baby Spinach Leaves and Sliced Cucumber	9 Slices Wafer Thin Chicken OR Turkey OR Pastrami OR Ham (120g) with 1 Tbs Reduced Oil Mayonnaise Spread into Roll (1 of 3 fat units*)  Stuff Wafer Thin Ham Slices into 1 High Fibre Brown Seeded Roll  Layer Shredded Lettuce & Cucumber into Roll. Enjoy with a Side Salad of Mixed Lettuce Leaves, Tomato, Cucumber, Carrot & Radish.	3 Large Hard Boiled Eggs (100g), Diced 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 Baby Spinach Leaves, Chopped Peppers, Tomato & Rocket	8 Sardines OR 3 Pilchards (120g), Mashed with Lemon Juice, Red Onion & Coriander. Optional: Add 1 tsp Fresh Chili  1 Cup Cooked Brown Rice (160g) OR 1 Cup Cooked Bulgur Wheat (190g) OR 1 Cup Corn Kernels (190g)  Pair with Cooked Gem Squash and Steamed Baby Spinach	Use Ready to Eat or Homemade Chicken Mince Frikkadel's And Enjoy 3 - 4 Frikkadel's (120g)  1 Cup Cooked Wholewheat Pasta (90g) Mixed the Below Dressing: Mix Together 1 Tbs Reduced Oil Mayonnaise, 1 tsp Basil Pesto, 1 tsp Lemon Juice and a Few Sprigs of Chopped Parsley  Add into Pasta Salad Some Thinly Chopped Red Cabbage, Cucumber, Spring Onion & Rocket
<b>SNACK</b>	1 Hard Boiled Egg (50g)  10 Strawberries (250g)	Lean Biltong (30g)  1 Cup Chopped Papaya (150g)	1 Small Low Fat Yoghurt Tub (100ml)  3 High Fibre Rice Cakes with 2 tsp Peanut Butter Spread on Top (1 of 3 fat units*)	2 - 3 Wafer Thin Chicken / Turkey / Ham Slices Rolled Up Around Thinly Chopped Veggies  Sliced Watermelon (250g)	1 Hard Boiled Egg (50g)  1 Cup Chopped Papaya (150g)	Lean Biltong (30g)  10 Strawberries (250g)	1 Small Low Fat Yoghurt Tub (100ml)  3 High Fibre Rice Cakes with 2 tsp Peanut Butter Spread on Top (1 of 3 fat units*)
	<b>Pork Stroganoff **</b>	<b>5-Veg-Mince Mexican Burrito</b>	<b>Creamy Chicken Curry **</b>	<b>Mediterranean Baked Fish **</b>	<b>Lovely Lentil Bake **</b>	<b>Spicy Chicken Portions</b>	<b>Braai Option</b>
<b>SUPPER</b>	Cook This Recipe Using the 800g Pork Portion and Divide into 4 Portions. Serve 1 Portion as a Dinner Meal.  Pair with 6 Cooked Baby Potatoes (180g)  Serve with Pan-fired Cabbage & Steamed Carrots	Serve 8 Heaped Tbs of Leftover 5-Veg-Mince into 1 High Fibre Brown Wrap (High Fibre is >6g fibre / 100g)  Top with 1/4 Small Avocado (30g) (1 of 3 fat units*) Smashed with Lemon Juice to Make Guacamole. Garnish with Chopped Red Pepper, Tomato & Coriander Salsa with 1 Tbs of Fat Free / Low Fat Plain Cottage Cheese	Cook This Recipe Using the 640g Chicken Option and then Once Cooked Divide into 4 Portions. Serve 1 Portion as a Dinner Meal.  Serve with Curry with a 1 Cup Cooked Brown Rice (160g) and Grilled Green Beans	Use the Recipe to Cook a Heart Healthy & Nutritious Meal. Your Portion Should Be 2 Small White Fish Fillet (280g) OR 1 Large Fillet Fatty Fish (Pilchards, Sardines, Trout) (160g)  Have with 1 Cup Cooked Wholewheat Couscous (90g)  Enjoy with a Side Salad of Roasted Zucchini and Cauliflower Florets	Use the Lovely Lentil Bake Recipe For This Dinner. Divide the Lentil Bake into 4 Portions. Have 1 Portion as a Dinner Meal of Approximately 280g. This Freezes Well  1 Cup Cooked Barley (160g) OR 1 Cup Cooked Bulgur Wheat (190g) OR 1 Cup Corn Kernels (190g)  Pair with a Cooked Gem Squash and Steamed Baby Spinach	2 Small Chicken Breasts / Thighs, Skinless (160g). Marinated Overnight with 1 tsp Ground Paprika, 2 tsp Fresh Garlic, 1 Tbs Lemon Juice, 1/2 tsp Italian Herbs, Black Pepper & a Touch of Salt.  Pair with 1 Cup Cooked Maize Meal (240g)  Serve with Steamed Cauliflower, Peas & Broccoli	2 Chicken Kebabs (160g) OR 200g Rump Steak OR 200g Ostrich Wors OR 200g Fillet Steak OR 1 Small Lamb Chop (120g)  Place onto the Braai 1 Corn on the Cob (190g)  Braai Garlic Brown Mushrooms with Garlic & Origanum. Pair with a Rainbow Slaw Made By Mixing Green & Purple Cabbage with Carrot Strips and 1 Tbs Reduced Oil Mayonnaise (1 of 3 fat units*)
<b>EXTRA</b>	<b>FAT:</b> 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			<b>MILK:</b> 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		<b>SUGAR:</b> 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: 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 circle being the most prominent in the center.

**WEEK 4**  
MEAL PLANS



# FEMALE WEIGHT LOSS MEAL PLAN

## WEEK 4



	OPTION 1	OPTION 2	OPTION 3	OPTION 4	OPTION 5	OPTION 6	OPTION 7
	<b>High Fibre Bran Brekkie</b>	<b>Apple Pie Overnight Oats **</b>	<b>Hummus Toastie</b>	<b>Breakfast Egg Muffins **</b>	<b>Berry Blaze Smoothie</b>	<b>Egg-celent Omelette</b>	<b>Cottage Cheese &amp; Avo on Toast</b>
<b>BREAKFAST</b>	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	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*)	Use the Recipe to Make the Breakfast Egg Muffins. Enjoy 1 Egg Muffin as a Breakfast Pair with the Egg Muffin 4 - 6 High Fibre Crackerbreads (High Fibre is >6g fibre / 100g)	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 Egg 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 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	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
<b>SNACK</b>	Baby Carrots	Baby Snap Peas	Cucumber Wedges	Rosa Tomatoes	Celery Sticks	Mini Sweet Peppers	Medley of Carrot Sticks, Cherry Tomatoes and Cucumber Sticks
	<b>Hummus &amp; Crackers</b>	<b>Sweet Chili Chicken Wrap</b>	<b>Lentil, Feta &amp; Beetroot Salad</b>	<b>Ham, Lettuce &amp; Mayo Roll</b>	<b>Best Burger Lunch</b>	<b>Tasty Tuna Quiche **</b>	<b>Ham &amp; Mushroom Pasta</b>
<b>LUNCH</b>	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) 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	1/3 Cup Canned & Drained Lentils (70g) with 1/2 Round Reduced Fat Feta Cheese (25g) 3 Cooked & Chilled Baby Potatoes (90g) OR 1/2 Cup Cooked Bulgur Wheat (95g) OR 1/2 Cup Corn Kernels (95g) 1 Handful of Chopped Mint with Canned Beetroot, Baby Spinach Leaves and Sliced Cucumber	6 Slices Wafer Thin Chicken OR Turkey OR Pastrami OR Ham (40g) with 1 Tbs Reduced Oil Mayonnaise Spread into Roll (1 of 3 fat units*) Stuff Wafer Thin Ham Slices into 1 Small Brown Seeded Roll Layer Shredded Lettuce & Cucumber into Roll. Enjoy with a Side Salad of Mixed Lettuce Leaves, Tomato, Cucumber, Carrot & Radish.	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	Fry 1 Chopped Ball 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	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)
<b>SNACK</b>	15 - 16 Grapes (110g)	1 Small Banana (90g)	A Handful of Baked Pretzels (30g)	15 - 16 Grapes (110g)	1 Cup Chopped Papaya (150g)	10 Strawberries (250g)	3 High Fibre Rice Cakes with 2 tsp Peanut Butter Spread on Top (1 of 3 fat units*)
	Snack on Finger Veg As Needed: Cucumber & Celery Sticks, Carrots, Mini Corns & Snap Peas.						
	<b>5-Veg-Mince Stuffed Gems**</b>	<b>Hearty Fish Pie **</b>	<b>April Chicken **</b>	<b>Chickpea &amp; Butternut Soup</b>	<b>Meatballs in Creamy Tomato Sauce</b>	<b>Spicy Chicken Portions</b>	<b>Easy Egg Frittata **</b>
<b>SUPPER</b>	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	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	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	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 Cauliflower Rice	1 Medium Chicken Breast / Thigh, Skinless (120g). Marinated Overnight with 1 tsp Ground Paprika, 2 tsp Fresh Garlic, 1 Tbs Lemon Juice, 1/2 tsp Italian Herbs, Black Pepper & a Touch of Salt Serve with Steamed Cauliflower, Peas & Broccoli	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
<b>EXTRA</b>	<p><b>FAT:</b> 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><b>MILK:</b> 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 4



	OPTION 1	OPTION 2	OPTION 3	OPTION 4	OPTION 5	OPTION 6	OPTION 7
	<b>High Fibre Bran Brekkie</b>	<b>Apple Pie Overnight Oats **</b>	<b>Hummus Toastie</b>	<b>Breakfast Egg Muffins **</b>	<b>Berry Blaze Smoothie</b>	<b>Egg-celent Omelette</b>	<b>Cottage Cheese &amp; Avocado on Toast</b>
<b>BREAKFAST</b>	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	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 Peppadews  1 Slice of Low GI Wholewheat Brown Bread that is Toasted. Optional: 1 tsp Flora Margarine (1 of 3 fat units*)	Use the Recipe to Make the Breakfast Egg Muffins. Enjoy 2 Egg Muffins as a Breakfast  Pair with the Egg Muffin 4 - 6 High Fibre Crackerbreads (High Fibre is >6g fibre / 100g)	Blend Together the Following Ingredients Until Smooth and Creamy:  4 - 5 Ice Cubes and 1 Cup Low Fat Milk (250ml) with 2 Tbs Oats and 3/4 Cup Mixed Fresh / Frozen Berries (140g)	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.	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.
<b>SNACK</b>	Baby Carrots	Baby Snap Peas	Cucumber Wedges	Rosa Tomatoes	Celery Sticks	Mini Sweet Peppers	Medley of Carrot Sticks, Cherry Tomatoes and Cucumber Sticks
	<b>Hummus &amp; Crackers</b>	<b>Sweet Chili Chicken Wrap</b>	<b>Lentil, Feta &amp; Beetroot Salad</b>	<b>Ham, Lettuce &amp; Mayo Roll</b>	<b>Best Burger Lunch</b>	<b>Tasty Tuna Quiche **</b>	<b>Ham &amp; Mushroom Pasta</b>
<b>LUNCH</b>	4 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 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	1/3 Cup Canned & Drained Lentils (70g) with 1/2 Round Reduced Fat Feta Cheese (25g)  6 Cooked & Chilled Baby Potatoes (90g) OR 1 Cup Cooked Bulgur Wheat (190g) OR 1 Cup Corn Kernels (190g)  1 Handful of Chopped Mint with Canned Beetroot, Baby Spinach Leaves and Sliced Cucumber	6 Slices Wafer Thin Chicken OR Turkey OR Pastrami OR Ham (40g) with 1 Tbs Reduced Oil Mayonnaise Spread into Roll (1 of 3 fat units*)  Stuff Wafer Thin Ham Slices into 1 Small Brown Seeded Roll  Layer Shredded Lettuce & Cucumber into Roll. Enjoy with a Side Salad of Mixed Lettuce Leaves, Tomato, Cucumber, Carrot & Radish.	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 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	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	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)
<b>SNACK</b>	2 - 3 Wafer Thin Chicken / Turkey / Ham Slices Rolled Up Around Thinly Chopped Veggies 1 Small Banana (90g)	Lean Biltong (30g) 1/2 Small Mango (110g)	1 Small Low Fat Yoghurt Tub (100ml) 3 High Fibre Rice Cakes with 2 tsp Peanut Butter Spread on Top (1 of 3 fat units*)	2 - 3 Wafer Thin Chicken / Turkey / Ham Slices Rolled Up Around Thinly Chopped Veggies Sliced Watermelon (250g)	1 Hard Boiled Egg (50g) 3 Slices of Pineapple (160g)	1 Small Apple (150g) 1 Small Low Fat Yoghurt Tub (100ml)	Lean Biltong (30g) A Handful of Baked Pretzels (30g)
	<b>5-Veg-Mince Stuffed Gems**</b>	<b>Hearty Fish Pie **</b>	<b>April Chicken **</b>	<b>Chickpea &amp; Butternut Soup</b>	<b>Meatballs in Creamy Tomato Sauce</b>	<b>Spicy Chicken Portions</b>	<b>Easy Egg Frittata **</b>
<b>SUPPER</b>	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  Pair with 3 Baby Potatoes (90g)	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)	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	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	1 Medium Chicken Breast / Thigh, Skinless (120g). Marinated Overnight with 1 tsp Ground Paprika, 2 tsp Fresh Garlic, 1 Tbs Lemon Juice, 1/2 tsp Italian Herbs, Black Pepper & a Touch of Salt  Pair with 1/2 Cup Cooked Maize Meal (120g) Serve with Steamed Cauliflower, Peas & Broccoli	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
<b>EXTRA</b>	<p><b>FAT:</b> 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><b>MILK:</b> 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>						
	<b>YOUR DAILY INTAKE &amp; MACRONUTRIENT SPLITS:</b> 6 500kJ • CARB: 136g • PROT: 83g • FAT: 70g						** Meal is Accompanied by a Recipe



# MALE WEIGHT LOSS MEAL PLAN

## WEEK 4



	OPTION 1	OPTION 2	OPTION 3	OPTION 4	OPTION 5	OPTION 6	OPTION 7
	High Fibre Bran Brekkie	Apple Pie Overnight Oats **	Hummus Toastie	Breakfast Egg Muffins **	Berry Blaze Smoothie	Egg-celent Omllette	Cottage Cheese & Avo on Toast
BREAKFAST	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	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 Peppadews  1 Slice of Low GI Wholewheat Brown Bread that is Toasted. Optional: 1 tsp Flora Margarine (1 of 3 fat units*)	Use the Recipe to Make the Breakfast Egg Muffins. Enjoy 2 Egg Muffins as a Breakfast  Pair with the Egg Muffin 4 - 6 High Fibre Crackerbreads (High Fibre is >6g fibre / 100g)	Blend Together the Following Ingredients Until Smooth and Creamy:  4 - 5 Ice Cubes and 1 Cup Low Fat Milk (250ml) with 2 Tbs Oats and 3/4 Cup Mixed Fresh / Frozen Berries (140g)	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.	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.
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	<b>Hummus &amp; Crackers</b> 4 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	<b>Sweet Chili Chicken Wrap</b> 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	<b>Lentil, Feta &amp; Beetroot Salad</b> 1/3 Cup Canned & Drained Lentils (70g) with 1/2 Round Reduced Fat Feta Cheese (25g)  6 Cooked & Chilled Baby Potatoes (90g) OR 1 Cup Cooked Bulgur Wheat (190g) OR 1 Cup Corn Kernels (190g)  1 Handful of Chopped Mint with Canned Beetroot, Baby Spinach Leaves and Sliced Cucumber	<b>Ham, Lettuce &amp; Mayo Roll</b> 6 Slices Wafer Thin Chicken OR Turkey OR Pastrami OR Ham (40g) with 1 Tbs Reduced Oil Mayonnaise Spread into Roll (1 of 3 fat units*)  Stuff Wafer Thin Ham Slices into 1 Small Brown Seeded Roll  Layer Shredded Lettuce & Cucumber into Roll. Enjoy with a Side Salad of Mixed Lettuce Leaves, Tomato, Cucumber, Carrot & Radish.	<b>Best Burger Lunch</b> 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	<b>Tasty Tuna Quiche **</b> 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	<b>Ham &amp; Mushroom Pasta</b> 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	Lean Biltong (30g)	1 Small Banana (90g)	Lean Biltong (30g)	2 - 3 Wafer Thin Chicken / Turkey / Ham Slices Rolled Up Around Thinly Chopped Veggies	1 Hard Boiled Egg (50g)	1 Small Low Fat Yoghurt Tub (100ml)	Lean Biltong (30g)
	10 Strawberries (250g)	1 Small Low Fat Yoghurt Tub (100ml)	15 - 16 Grapes (110g)	1 1/2 Cups Air-popped Popcorn (25g)	2 Naartjies (150g)	3 High Fibre Rice Cakes with 2 tsp Peanut Butter Spread on Top (1 of 3 fat units*)	A Handful of Baked Pretzels (30g)
SUPPER	<b>5-Veg-Mince Stuffed Gems**</b>  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)	<b>Hearty Fish Pie **</b>  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)	<b>April Chicken **</b>  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)	<b>Chickpea &amp; Butternut Soup</b>  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  Enjoy with a Side Salad of Choice	<b>Meatballs in Creamy Tomato Sauce</b>  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	<b>Spicy Chicken Portions</b>  1 Medium Chicken Breast / Thigh, Skinless (120g). Marinated Overnight with 1 tsp Ground Paprika, 2 tsp Fresh Garlic, 1 Tbs Lemon Juice, 1/2 tsp Italian Herbs, Black Pepper & a Touch of Salt  Pair with 1/2 Cup Cooked Maize Meal (120g)  Serve with Steamed Cauliflower, Peas & Broccoli	<b>Easy Egg Frittata **</b>  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



**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 Soy 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 4



	OPTION 1	OPTION 2	OPTION 3	OPTION 4	OPTION 5	OPTION 6	OPTION 7
	<b>High Fibre Bran Brekkie</b>	<b>Apple Pie Overnight Oats **</b>	<b>Hummus Toastie</b>	<b>Breakfast Egg Muffins **</b>	<b>Berry Blaze Smoothie</b>	<b>Egg-celent Omelette</b>	<b>Cottage Cheese &amp; Avo on Toast</b>
<b>BREAKFAST</b>	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	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*)	Use the Recipe to Make the Breakfast Egg Muffins. Enjoy 2 Egg Muffins as a Breakfast Pair with the Egg Muffin 4 - 6 High Fibre Crackerbreads (High Fibre is >6g fibre / 100g)	Blend Together the Following Ingredients Until Smooth and Creamy: 4 - 5 Ice Cubes and 1 Cup Low Fat Milk (250ml) with 2 Tbs Oats and 3/4 Cup Mixed Fresh / Frozen Berries (140g)	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.	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.
<b>SNACK</b>	Lean Biltong (30g) A Handful of Baked Pretzels (30g)	1 Hard Boiled Egg (50g) 2 Naartjies (150g)	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 1/2 Cups Air-popped Popcorn (25g)	1/4 Cup Plain Cottage Cheese (60ml) Used as a Dip with 3 High Fibre Crackerbreads (High Fibre is >6g fibre / 100g)	1 Small Low Fat Yoghurt Tub (100ml) 1 Small Banana (90g)	Lean Biltong (30g) A Handful of Baked Pretzels (30g)
	<b>Hummus &amp; Crackers</b>	<b>Sweet Chili Chicken Wrap</b>	<b>Lentil, Feta &amp; Beetroot Salad</b>	<b>Ham, Lettuce &amp; Mayo Roll</b>	<b>Best Burger Lunch</b>	<b>Tasty Tuna Quiche **</b>	<b>Ham &amp; Mushroom Pasta</b>
<b>LUNCH</b>	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) 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	2/3 Cup Canned & Drained Lentils (140g) with 1/2 Round Reduced Fat Feta Cheese (25g) 6 Cooked & Chilled Baby Potatoes (90g) OR 1 Cup Cooked Bulgur Wheat (190g) OR 1 Cup Corn Kernels (190g) 1 Handful of Chopped Mint with Canned Beetroot, Baby Spinach Leaves and Sliced Cucumber	9 Slices Wafer Thin Chicken OR Turkey OR Pastrami OR Ham (120g) with 1 Tbs Reduced Oil Mayonnaise Spread into Roll (1 of 3 fat units*) Stuff Wafer Thin Ham Slices into 1 High Fibre Brown Seeded Roll Layer Shredded Lettuce & Cucumber into Roll. Enjoy with a Side Salad of Mixed Lettuce Leaves, Tomato, Cucumber, Carrot & Radish.	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	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	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) up Cooked Wholewheat Pasta (45g)
<b>SNACK</b>	1 Small Low Fat Yoghurt Tub (100ml) 1 Small Apple (150g)	1 Small Reduced Fat Mozzarella Cheese Round (25g) 3 Small Plums (150g)	1 Hard Boiled Egg (50g) 15 - 16 Grapes (110g)	2 - 3 Wafer Thin Chicken / Turkey / Ham Slices Rolled Up Around Thinly Chopped Veggies Sliced Watermelon (250g)	1 Small Low Fat Yoghurt Tub (100ml) 10 Strawberries (250g)	Lean Biltong (30g) 1 Small Apple (150g)	1 Small Low Fat Yoghurt Tub (100ml) 1 Small Banana (90g)
	<b>5-Veg-Mince Stuffed Gems**</b>	<b>Hearty Fish Pie **</b>	<b>April Chicken **</b>	<b>Chickpea &amp; Butternut Soup</b>	<b>Meatballs in Creamy Tomato Sauce</b>	<b>Spicy Chicken Portions</b>	<b>Easy Egg Frittata **</b>
<b>SUPPER</b>	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)	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)	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 Enjoy with a Side Salad of Choice	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 Cup Cooked Wholewheat Pasta (90g) Enjoy with a Side Salad of Choice	2 Small Chicken Breasts / Thighs, Skinless (160g), Marinated Overnight with 1 tsp Ground Paprika, 2 tsp Fresh Garlic, 1 Tbs Lemon Juice, 1/2 tsp Italian Herbs, Black Pepper & a Touch of Salt Pair with 1 Cup Cooked Maize Meal (240g) Serve with Steamed Cauliflower, Peas & Broccoli	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.

**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:** 8 000kJ • CARB: 177g • PROT: 103g • FAT: 82g

\*\* Meal is Accompanied by a Recipe