

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 5
MEAL PLANS



FEMALE WEIGHT LOSS MEAL PLAN

WEEK 5



	OPTION 1	OPTION 2	OPTION 3	OPTION 4	OPTION 5	OPTION 6	OPTION 7
BREAKFAST	Cooked Banana & Nut Butter Oats 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*)	Heart Healthy Bran Muffins ** 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)	Creamy Yoghurt & Fruit Sprinkle 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	Baked Beans Brekkie 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*)	Tropical Breeze Smoothie 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)	French Toast Toppings 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	Scrambled Eggs on Toast 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
LUNCH	Tuna Mayo Stuffed Sweet Potato 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	Super Spaghetti & Meatballs 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	Cottage Cheese Crackers 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	Chicken Mayo Rice Cakes 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	Chickpea & Feta Poke Bowl 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.	Sardines or Pilchards Lunch 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	Baked Fish Parcels ** 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	1 1/2 Cups Air-popped Popcorn (25g)	2 Naartjies (150g)	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.							
SUPPER	Meatballs in Creamy Tomato Sauce 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	Box Fish & Lemon Drizzled Greens 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	Roasted Chicken & Mixed Veggies 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	South African Bobotie** 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	Perfect "Pizza" Night 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	Chicken a la King ** 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	Braai Option 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*)
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 5



	OPTION 1	OPTION 2	OPTION 3	OPTION 4	OPTION 5	OPTION 6	OPTION 7
	Cooked Banana & Nut Butter Oats	Heart Healthy Bran Muffins **	Creamy Yoghurt & Fruit Sprinkle	Baked Beans Brekkie	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*)	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 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	2/3 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 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 & Meatballs	Cottage Cheese Crackers	Chicken Mayo Rice Cakes	Chickpea & Feta Poke Bowl	Sardines or Pilchards Lunch	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 Meatballs from last night. Have 3 meatballs. 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	1/3 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 (190g) Vegetable Base of Shredded Purple Cabbage, Thinly Sliced Carrot, Cucumber and Leftover Roasted Butternut.	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	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 1/2 Cups Air-popped Popcorn (25g) 1 Small Low Fat Yoghurt Tub (100ml)	2 Naartjies (150g) Lean Biltong (30g)	1 Small Banana (90g) A Handful of Baked Pretzels (30g)	1 1/2 Cups Air-popped Popcorn (25g) 1 Small Low Fat Yoghurt Tub (100ml)	3 Slices of Pineapple (160g) 1 Hard Boiled Egg (50g)	1/2 Small Mango (110g) Lean Biltong (30g)	2 Naartjies (150g) A Handful of Baked Pretzels (30g)
	Meatballs in Creamy Tomato Sauce	Box Fish & Lemon Drizzled Greens	Roasted Chicken & Mixed Veggies	South African Bobotie**	Perfect "Pizza" Night	Chicken a la King **	Braai Option
SUPPER	Saut� 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	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	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.	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)	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)	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 5 fat units*)
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 5



	OPTION 1	OPTION 2	OPTION 3	OPTION 4	OPTION 5	OPTION 6	OPTION 7
	Cooked Banana & Nut Butter Oats	Heart Healthy Bran Muffins **	Creamy Yoghurt & Fruit Sprinkle	Baked Beans Brekkie	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*)	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 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	2/3 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 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
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 & Meatballs	Cottage Cheese Crackers	Chicken Mayo Rice Cakes	Chickpea & Feta Poke Bowl	Sardines or Pilchards Lunch	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 Meatballs from last night. Have 3 meatballs. 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	1/3 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 (190g) Vegetable Base of Shredded Purple Cabbage, Thinly Sliced Carrot, Cucumber and Leftover Roasted Butternut.	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	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 1/2 Cups Air-popped Popcorn (25g) 1 Small Low Fat Yoghurt Tub (100ml)	2 Naartjies (150g) Lean Biltong (30g)	1 Small Banana (90g) A Handful of Baked Pretzels (30g)	1 1/2 Cups Air-popped Popcorn (25g) 1 Small Low Fat Yoghurt Tub (100ml)	3 Slices of Pineapple (160g) 1 Hard Boiled Egg (50g)	1/2 Small Mango (110g) Lean Biltong (30g)	2 Naartjies (150g) A Handful of Baked Pretzels (30g)
	Meatballs in Creamy Tomato Sauce	Box Fish & Lemon Drizzled Greens	Roasted Chicken & Mixed Veggies	South African Bobotie**	Perfect "Pizza" Night	Chicken a la King **	Braai Option
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	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	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.	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)	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)	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 5 fat units*)
	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 5



	OPTION 1	OPTION 2	OPTION 3	OPTION 4	OPTION 5	OPTION 6	OPTION 7
BREAKFAST	Cooked Banana & Nut Butter Oats 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*)	Heart Healthy Bran Muffins ** 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)	Creamy Yoghurt & Fruit Sprinkle 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	Baked Beans Brekkie 2/3 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 5 fat units*)	Tropical Breeze Smoothie 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)	French Toast Toppings 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	Scrambled Eggs on Toast 2 Large Eggs (100g), Scrambled with a Splash of Milk and a 1/4 tsp 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 1 Hard Boiled Egg (50g)	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 Hard Boiled Egg (50g) 3 Slices of Pineapple (160g)	Lean Biltong (30g) A Handful of Baked Pretzels (30g)	1 Small Low Fat Yoghurt Tub (100ml) 2 Naartjies (150g)
LUNCH	Tuna Mayo Stuffed Sweet Potato 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	Super Spaghetti & Meatballs Use Leftover Meatballs from last night. Have 4 meatballs. 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	Cottage Cheese Crackers 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	Chicken Mayo Rice Cakes 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	Chickpea & Feta Poke Bowl 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 (190g) Vegetable Base of Shredded Purple Cabbage, Thinly Sliced Carrot, Cucumber and Leftover Roasted Butternut.	Sardines or Pilchards Lunch 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	Baked Fish Parcels ** 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)	3 High Fibre Rice Cakes with 2 tsp Peanut Butter Spread on Top (1 of 3 fat units*)	1 Small Apple (150g)	1 1/2 Cups Air-popped Popcorn (25g)	3 Slices of Pineapple (160g)	1 - 2 Protein Balls (40g)	1 Large White Fish Fillet E.g. Hake, Kingklip (210g).
	10 Strawberries (250g)	Lean Biltong (30g)	2 - 3 Wafer Thin Chicken / Turkey / Ham Slices Rolled Up Around Thinly Chopped Veggies	1 Small Low Fat Yoghurt Tub (100ml)	Lean Biltong (30g)	1 Hard Boiled Egg (50g)	A Handful of Baked Pretzels (30g)
SUPPER	Meatballs in Creamy Tomato Sauce 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 4 Meatballs in 1 Portion. Serve Over 1 Cup Cooked Wholewheat Pasta (90g) Enjoy with a Side Salad of Choice	Box Fish & Lemon Drizzled Greens 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	Roasted Chicken & Mixed Veggies 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..	South African Bobotie** 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 Cup Cooked Brown Rice (190g)	Perfect "Pizza" Night 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	Chicken a la King ** 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 Add 120g Leftover Shredded Chicken and Grate 25g Mozzarella over the Pizza. Bake at 220°C until Cooked. Slice into Wedges	Braai Option 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 5 fat units*)



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

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.

WEEK 6
MEAL PLANS



FEMALE WEIGHT LOSS MEAL PLAN

WEEK 6



Nutritional Solutions
REGISTERED DIETITIANS

	OPTION 1	OPTION 2	OPTION 3	OPTION 4	OPTION 5	OPTION 6	OPTION 7
BREAKFAST	Malted Sorghum Porridge 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 Warm Low Fat Milk (125ml) Until Smooth & Combined	Breakfast Bar Bowl 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	Oh My Omega Toastie 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*)	Heart Healthy Bran Muffins ** 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)	Peanut Butter Bomb Smoothie 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*)	Poached Egg & Smashed Peas Heat Frozen Peas Until Piping Hot in 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).	Egg-celent Omelette 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
LUNCH	Snack Box 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 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	Egg Mayo Wrap 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	Leftover Tuna Fish Cakes 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	Hummus & Crackers 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	Chicken Mayo Wrap 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	Tuna Mayo Stuffed Sweet Potato 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	Frikadel Pasta Salad Use Ready to Eat or Homemade Chicken Mince Frikadels And Enjoy 2 - 3 Frikadels (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
SNACK	10 Strawberries (250g)	2 Naartjies (150g)	1 Small Apple (150g)	10 Strawberries (250g)	1 Small Banana (90g)	1 1/2 Cups Air-popped Popcorn (25g)	A Handful of Baked Pretzels (30g)
	Snack on Finger Veg As Needed: Cucumber & Celery Sticks, Carrots, Mini Corns & Snap Peas.						
SUPPER	Quick & Easy Tuna Fish Cakes 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	Creamy Chicken Curry ** 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	Lovely Lentil Bake ** 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	Chicken & Roasted Veg Sossaties 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.	Mediterranean Baked Fish ** 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	Asian Sweet n Sour Stir-fry Marinade 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.	Roasted Chicken & Mixed Veggies 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.
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: 4900kJ • CARB: 104g • PROT: 65g • FAT: 50g

** Meal is Accompanied by a Recipe



FEMALE WEIGHT MAINTENANCE MEAL PLAN

WEEK 6



	OPTION 1	OPTION 2	OPTION 3	OPTION 4	OPTION 5	OPTION 6	OPTION 7
	Malted Sorghum Porridge	Breakfast Bar Bowl	Oh My Omega Toastie	Heart Healthy Bran Muffins **	Peanut Butter Bomb Smoothie	Poached Egg & Smashed Peas	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	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	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 3 fat units*)	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)	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*)	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).	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 (1of 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
	Snack Box	Egg Mayo Wrap	Leftover Tuna Fish Cakes	Hummus & Crackers	Chicken Mayo Wrap	Tuna Mayo Stuffed Sweet Potato	Frikkel Pasta Salad
LUNCH	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	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	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	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) 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 Tin Tuna, Drained (100g) then Mixed with 1 Tbs Reduced Oil Mayonnaise (1 of 3 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 Ready to Eat or Homemade Chicken Mince Frikkadels And Enjoy 2 - 3 Frikkadels (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
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)
	Quick & Easy Tuna Fish Cakes	Creamy Chicken Curry **	Lovely Lentil Bake **	Chicken & Roasted Veg Sosaties	Mediterranean Baked Fish **	Asian Sweet n Sour Stir-fry	Roasted Chicken & Mixed Veggies
SUPPER	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)	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 Enjoy with 1/2 Cup Cooked Brown Rice (80g)	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	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 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	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)	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.
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: 6 500kJ • CARB: 136g • PROT: 83g • FAT: 70g

** Meal is Accompanied by a Recipe



MALE WEIGHT LOSS MEAL PLAN

WEEK 6



	OPTION 1	OPTION 2	OPTION 3	OPTION 4	OPTION 5	OPTION 6	OPTION 7
BREAKFAST	Malted Sorghum Porridge 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	Breakfast Bar Bowl 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	Oh My Omega Toastie 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*)	Heart Healthy Bran Muffins ** 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)	Peanut Butter Bomb Smoothie 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 5 fat units*)	Poached Egg & Smashed Peas 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 5 fat units*) and Top With 2 Large Poached Eggs (100g).	Egg-celent Omelette 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 5 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
LUNCH	Snack Box 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	Egg Mayo Wrap 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	Leftover Tuna Fish Cakes 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	Hummus & Crackers 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	Chicken Mayo Wrap 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	Tuna Mayo Stuffed Sweet Potato 1 Tin Tuna, Drained (100g) then Mixed with 1 Tbs Reduced Oil Mayonnaise (1 of 3 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	Frikkadell Pasta Salad Use Ready to Eat or Homemade Chicken Mince Frikkadells And Enjoy 2 - 3 Frikkadells (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
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	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	Quick & Easy Tuna Fish Cakes 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)	Creamy Chicken Curry ** 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 Enjoy with 1/2 Cup Cooked Brown Rice (80g)	Lovely Lentil Bake ** 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	Chicken & Roasted Veg Sosaties 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	Mediterranean Baked Fish ** Use the Recipe to Cook a Heart Healthy & Nutritious Meal. Your Portion Should Be 1 Large White Fish Fillet (210g) OR 1 Medium Fillet Patty 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	Asian Sweet n Sour Stir-fry Marinade 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)	Roasted Chicken & Mixed Veggies 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.
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: 6500kJ • CARB: 143g • PROT: 83g • FAT: 67g

** Meal is Accompanied by a Recipe



MALE WEIGHT MAINTENANCE MEAL PLAN

WEEK 6



	OPTION 1	OPTION 2	OPTION 3	OPTION 4	OPTION 5	OPTION 6	OPTION 7
	Malted Sorghum Porridge	Breakfast Bar Bowl	Oh My Omega Toastie	Heart Healthy Bran Muffins **	Peanut Butter Bomb Smoothie	Poached Egg & Smashed Peas	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	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	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*)	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)	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 5 fat units*)	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 5 fat units*) and Top With 2 Large Poached Eggs (100g).	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)
	Snack Box	Egg Mayo Wrap	Leftover Tuna Fish Cakes	Hummus & Crackers	Chicken Mayo Wrap	Tuna Mayo Stuffed Sweet Potato	Frikkadell Pasta Salad
LUNCH	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	3 Large Hard Boiled Eggs (100g), Diced then Mixed with 1 Tbs Reduced Oil Mayonnaise (1 of 5 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	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	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 5 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 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 Ready to Eat or Homemade Chicken Mince Frikkadells And Enjoy 3 - 4 Frikkadells (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
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)
	Quick & Easy Tuna Fish Cakes	Creamy Chicken Curry **	Lovely Lentil Bake **	Chicken & Roasted Veg Sosaties	Mediterranean Baked Fish **	Asian Sweet n Sour Stir-fry	Roasted Chicken & Mixed Veggies
SUPPER	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)	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 Cup Cooked Brown Rice (160g) and Grilled Green Beans	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	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 1 Pair with 1 Corn on the Cob (180g) Cooked on the Braai or Microwaved	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	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)	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.
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						