



# 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.<br><br>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)<br><br>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)<br><br>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<br><br>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:<br><br>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*).<br><br>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.<br><br>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:<br><br>Wafer Thin Ham: 3 Slices Wafer Thin Chicken OR Turkey OR Pastrami<br>Egg: 1 Hard Boiled Egg (50g)<br>Biltong: 1 Small Handful of Lean Beef / Ostrich Biltong (30g)<br>Hummus: 2 Tbs Reduced Fat Hummus (70g)<br><br>Choose 1 Carbohydrate Option:<br>Fruit: 1 Apple (150g) OR 1 Nectarine (150g) OR 15 - 16 Grapes (110g)<br>Crackers: 2 - 3 High Fibre Crackerbreads<br>Corn Cakes: 3 Corn Cakes<br>Popcorn: 1 1/2 Cups Popped Popcorn (25g)<br><br>Enjoy with Finger Veg Medley of Carrot, Cucumber & Cherry Tomatoes | Enjoy 1 Portion of the Leftover Tuna Fish Cakes as a Lunch.<br><br>Place the Tuna Cakes on Top of 1/2 Cup Cooked Quinoa (80g) OR 1/2 Cup Cooked Bulgur Wheat (95g)<br><br>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)<br><br>3 Cooked & Chilled Baby Potatoes (90g) OR 1/2 Cup Cooked Bulgur Wheat (95g) OR 1/2 Cup Corn Kernels (95g)<br><br>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*)<br><br>Stuff Wafer Thin Ham Slices into 1 Small Brown Seeded Roll<br><br>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*)<br><br>1 Medium Brown High Fibre Wrap (High Fibre is >6g fibre / 100g)<br><br>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<br><br>1/2 Cup Cooked Brown Rice (80g) OR 1/2 Cup Cooked Bulgur Wheat (95g) OR 1/2 Cup Corn Kernels (95g)<br><br>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)<br><br>1/2 Cup Cooked Wholewheat Pasta (45g) Mixed the Below Dressing:<br>Mix Together 1 Tbs Reduced Oil Mayonnaise, 1 tsp Basil Pesto, 1 tsp Lemon Juice and a Few Sprigs of Chopped Parsley<br><br>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.<br><br>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)<br><br>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.<br><br>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)<br><br>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!<br><br>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<br><br>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)<br><br>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>  |   |