



FEMALE WEIGHT MAINTENANCE MEAL PLAN

WEEK 2



	OPTION 1	OPTION 2	OPTION 3	OPTION 4	OPTION 5	OPTION 6	OPTION 7
BREAKFAST	Malted Sorghum Porridge Mix 8 Tbs Maltabla 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	Apple Pie Overnight Oats ** 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*)	Hummus Toastie 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*)	Baked Beans Brekkie 2/3 Cup Warmed Baked Beans (140g) Place the Baked Beans on 1 Slice of Low GI Wholewheat Brown Bread that is Toasted, Optional: 1 tsp Flora Margarine (1 of 3 fat units*)	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 3 fat units*)	Cottage Cheese & Avo on Toast 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.	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, 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	Leftover Chicken a la King ** 1 Portion of Leftover Chicken a la King From Last Week, This Should Use 1 Small Chicken Breast / Thigh, Skinless (80g), Leftover Portion Should Weigh Approx. 100-120g 1 Cup Cooked Brown Rice (160g) Serve with Leftover Long Green Beans OR Long Stalked Broccoli	Leftover Chickpea & Butternut Soup Use Your Leftover Homemade Butternut Soup or Leftover Store-bought Butternut Soup (~600kJ per 300ml) Add 2/3 Cup of Canned & Drained Chickpeas into the Soup (140g) Pair the Soup with 6 High Fibre Crackerbreads (High Fibre is >6g fibre / 100g) on the Side	Tasty Tuna Quiche ** 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	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	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 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.	Ham & Mushroom Pasta Chop a Punnet of Mushrooms and Sauté in a Hot Pan with 1 tsp Flora Margarine (1 of 3 fat units*), Add in Fresh Garlic, Black Pepper, a Touch of Salt and 2 tsp Italian Herbs, After 2 Minutes Add in Chopped Tomatoes and Sauté, Once Golden, Add in 1 Tin Diced and Peeled Tomatoes, Season to Taste. Into the Sauce Add in 320g Diced Wafer Thin Ham, Let this Simmer, Divide into 4 Portions and Serve on Top of 1 Cup Cooked Wholewheat Pasta (90g)
SNACK	1 Hard Boiled Egg (50g) 15 - 16 Grapes (110g)	Lean Biltong (30g) A Handful of Baked Pretzels (30g)	1 Small Low Fat Yoghurt Tub (100ml) 1 Small Apple (150g)	2 - 3 Wafer Thin Chicken / Turkey / Ham Slices Rolled Up Around Thinly Chopped Veggies 1 Small Banana (90g)	1 Hard Boiled Egg (50g) 15 - 16 Grapes (110g)	Lean Biltong (30g) A Handful of Baked Pretzels (30g)	1 Small Low Fat Yoghurt Tub (100ml) 1 Small Banana (90g)
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 1/2 Cup Cooked Wholewheat Pasta (45g) Enjoy with a Side Salad of Choice	April Chicken ** 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)	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 Pair with 1/2 Small Sweet Potato, Skins On (90g), Roasted / Steamed / Boiled	Chicken & Roasted Veg Sosasities 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	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 1/2 Cup Cooked Brown Rice (80g)	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)	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 Parsley and 2 Tbs Chopped Chives, Season with Salt & Pepper, Then Add 1 Large Beaten Egg, Form into 4 Patties & Pan-fry Using 1 tsp Flora Margarine (1 of 3 fat units*), Divide into 2 Portions and Enjoy 1 Portion as a Dinner. Serve with a Large Salad of Mixed Lettuce Leaves, Cabbage, Baby Spinach, Cucumber & Cherry Tomatoes Mixed with 1/2 Cup Cooked Quinoa (80g)
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						
EXTRA	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:							** Meal is Accompanied by a Recipe

YOUR DAILY INTAKE & MACRONUTRIENT SPLITS: 6500kJ • CARB: 136g • PROT: 83g • FAT: 70g

** Meal is Accompanied by a Recipe