



FEMALE WEIGHT MAINTENANCE MEAL PLAN

WEEK3



	OPTION 1	OPTION 2	OPTION 3	OPTION 4	OPTION 5	OPTION 6	OPTION 7
BREAKFAST	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 Tbsp Biltong Powder (15g)	Cooked Berry Oats 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.	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	Breakfast Egg Muffins ** 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)	Berry Blaze Smoothie 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)	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	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 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	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	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	Lentil, Feta & Beetroot Salad 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)	Ham, Lettuce & Mayo Roll 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.	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	Sardines or Pilchards Lunch 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	Frikkadel Pasta Salad 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	Pork Stroganoff ** 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	5-Veg-Mince Mexican Burrito 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	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	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) Have with 1/2 Cup Cooked Wholewheat Couscous (45g) Enjoy with a Side Salad of Roasted Zucchini and Cauliflower Florets	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	Spicy Chicken Portions 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	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) 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	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: 6500kJ • CARB: 136g • PROT: 83g • FAT: 70g

** Meal is Accompanied by a Recipe