



# MALE WEIGHT LOSS MEAL PLAN

## WEEK 2



|                  | OPTION 1  | OPTION 2   | OPTION 3   | OPTION 4  | OPTION 5   | OPTION 6   | OPTION 7  |
|------------------|---|--|--|---|--|--|---|
|                  | <b>Malted Sorghum Porridge</b>  | <b>Apple Pie Overnight Oats **</b>   | <b>Hummus Toastie</b>  | <b>Baked Beans Brekkie</b>  | <b>Peanut ButterBomb Smoothie</b>  | <b>Cottage Cheese &amp; Avo on Toast</b>   | <b>Egg-celent Omelette</b>  |
| <b>BREAKFAST</b> | 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.<br><br>Enjoy 1 Portion Mixed with 1 Cup Warmed Low Fat Milk (250ml) Until Smooth & Combined   | 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.<br><br>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 Peppadaws<br><br>1 Slice of Low GI Wholewheat Brown Bread that is Toasted, Optional: 1 tsp Flora Margarine (1 of 3 fat units*)  | 2/3 Cup Warmed Baked Beans (140g)<br><br>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*)   | Blend Together the Following Ingredients Until Smooth and Creamy:<br><br>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*)   | 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*)<br><br>1 Slice of Low GI Wholewheat Brown Bread that is Toasted.   | 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.<br><br>Pair with 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>Leftover Chicken a la King **</b>  | <b>Leftover Chickpea &amp; Butternut Soup</b>  | <b>Tasty Tuna Quiche **</b>  | <b>Hummus &amp; Crackers</b>  | <b>Chicken Mayo Wrap</b>   | <b>Chickpea &amp; Feta Poke Bowl</b>   | <b>Ham &amp; Mushroom Pasta</b>   |
| <b>LUNCH</b>     | 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<br><br>1 Cup Cooked Brown Rice (160g)<br><br>Serve with Leftover Long Green Beans OR Long Stalked Broccoli   | Use Your Leftover Homemade Butternut Soup or Leftover Store-bought Butternut Soup (<600kJ per 300ml)<br><br>Add 2/3 Cup of Canned & Drained Chickpeas into the Soup (140g)<br><br>Pair the Soup with 6 High Fibre Crackerbreads (High Fibre is >6g fibre / 100g) on the Side   | 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.<br><br>Serve 1 Quiche (Warm or Cold) with 6 Boiled Baby Potatoes (180g) and a Side Salad of Mixed Leaves | 4 Tbs Reduced Fat Hummus Spread onto the Crackers and Topped with Sliced Gherkins OR Sundried Tomatoes OR Peppadaws<br><br>6 High Fibre Crackerbreads (High Fibre is >6g fibre / 100g)<br><br>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*)<br><br>1 High Fibre Brown Wrap (High Fibre is >6g fibre / 100g)<br><br>Into the Wrap Add in Chopped Lettuce, Sliced Tomato, Grated Carrot & Sliced Bell Pepper                                  | 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*)<br><br>1 Cup Cooked Quinoa (160g) OR 1 Cup Cooked Bulgur Wheat (180g)<br><br>Vegetable Base of Shredded Purple Cabbage, Thinly Sliced Carrot, Cucumber and Leftover Roasted Butternut.   | 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.<br><br>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>     | 1 Hard Boiled Egg (50g)<br><br>15 - 16 Grapes (110g)  | Lean Biltong (30g)<br><br>A Handful of Baked Pretzels (30g)  | 1 Small Low Fat Yoghurt Tub (100ml)<br><br>1 Small Apple (150g)  | 2 - 3 Wafer Thin Chicken / Turkey / Ham Slices Rolled Up Around Thinly Chopped Veggies<br><br>1 Small Banana (90g)  | 1 Hard Boiled Egg (50g)<br><br>15 - 16 Grapes (110g)   | Lean Biltong (30g)<br><br>A Handful of Baked Pretzels (30g)  | 1 Small Low Fat Yoghurt Tub (100ml)<br><br>1 Small Banana (90g)   |
|                  | <b>Meatballs in Creamy Tomato Sauce</b>   | <b>April Chicken **</b>  | <b>Box Fish &amp; Lemon Drizzled Greens</b>  | <b>Chicken &amp; Roasted Veg Sositias</b>   | <b>South African Bobotie**</b>   | <b>Asian Sweet n Sour Stir-fry</b>   | <b>Quick &amp; Easy Tuna Fish Cakes</b>   |
| <b>SUPPER</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.<br><br>Divide into 4 Portions to Have 3 Meatballs in 1 Portion.<br><br>Serve Over 1/2 Cup Cooked Wholewheat Pasta (45g)<br><br>Enjoy with a Side Salad of Choice   | 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.<br><br>Pair with a Cooked Gem Squash and Steamed Baby Spinach<br><br>Enjoy with 1/2 Cup Cooked Brown Rice (80g) | In the Air-Fryer Cook 1 Small Crumbed Hake Fillet (100g)<br><br>Use Tender Stem Broccoli Florets And Cook Until Just Done. Mix Together Wholegrain Mustard And Lemon Juice And Drizzle Over The Broccoli<br><br>Pair with 1/2 Small Sweet Potato, Skins On (90g), Roasted / Steamed / Boiled   | Buy Chicken Kebabs and Cook in a Hot Griddle Pan or on the Braai, Enjoy 1 1/2 Chicken Kebabs (120g).<br><br>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.<br><br>Pair with 1/2 Corn on the Cob (90g) Cooked on the Braai or Microwaved | 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.<br><br>Enjoy 1 Portion for Dinner and Pair with Chopped Tomato & Cucumber Sambals with Steamed Peas & Carrots.<br><br>Pair with 1/2 Cup Cooked Brown Rice (80g) | 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.<br><br>Pair with 1/2 Cup Wholewheat Asian Noodles (45g) | 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.<br><br>Serve with a Large Salad of Mixed Lettuce Leaves, Cabbage, Baby Spinach, Cucumber & Cherry Tomatoes Mixed with 1/2 Cup Cooked Quinoa (80g) |
| <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> <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> |  |  |   |  |  |   |

YOUR DAILY INTAKE & MACRONUTRIENT SPLITS: 6 500kJ • CARB: 143g • PROT: 83g • FAT: 67g

\*\* Meal is Accompanied by a Recipe