



MALE WEIGHT LOSS MEAL PLAN

WEEK 1



	OPTION 1	OPTION 2	OPTION 3	OPTION 4	OPTION 5	OPTION 6	OPTION 7
	Cooked Banana & Nut Butter Oats	High Fibre Bran Brekkie	Creamy Yoghurt & Fruit Sprinkle	Oh My Omega Toastie	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*)	1 Cup Low Fat Milk (250ml) 1 Cup High Fibre Bran Flakes / Sticks (50g) OR 1/2 Cup High Fibre Bran Flakes / Sticks (25g) with 1 Tbs Raisins Added into the Cereal	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	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*)	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 Bolognese	Cottage Cheese Crackers	Chicken Mayo Rice Cakes	Best Burger Lunch	Sweet Chili Chicken Wrap	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 Mince from Last Night and Enjoy 4 Tbs of Mince Over the Pasta 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 Lean Beef, Chicken, Ostrich OR Fish Burger Patty That is Not Crumbed (100g) 1 Brown Seeded Roll. Optional: Spread on the Roll 1 tsp Flora Margarine (1 of 5 fat units*) Into the Burger Add in Chopped Lettuce, Sliced Tomato, Gherkins, Red Onion & 1 tsp Tomato Sauce. On the Side Enjoy a Side Salad	1 Small Chicken Breast / Thigh, Skinless and Shredded (80g) with 2 tsp Sweet Chili Sauce 1 High Fibre Brown Wrap (High Fibre is >6g fibre / 100g) Add Into The Wrap a Mix of Shredded Red & Green Cabbage, Carrots & Chopped Herbs Such as Coriander or Parsley	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 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)
	2 Naartjies (150g)	1 1/2 Cups Air-popped Popcorn (25g)	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)
	5-Veg-Mince Stuffed Gems**	Hearty Fish Pie **	Roasted Chicken & Mixed Veggies	Easy Egg Frittata **	Perfect "Pizza" Night	Chicken a la King **	Chickpea & Butternut Soup
SUPPER	Cook the 5-Veg-Mince Recipe then Divide into 6 Portions. Steam/Boil a Halved Gem Squash. Once Cooked Remove the Seeds and Stuff with 1 Portion of the Cooked Mince. Bake for 20mins at 180°C in the Air fryer or Oven. Serve with Chopped Fresh Basil on Top. Pair with 1/2 Cup Cooked Brown Rice (80g)	Use the Hearty Fish Pie Recipe to Create This Oven Bake. In the Recipe use 4 Fish Fillets Weighing in Total 300g. Divide the Recipe into 4. Enjoy 1 Portion for Dinner and Pair with Steamed Broccoli, Cauliflower & Carrots Pair with 3 Baby Potatoes (90g)	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.	Make the Easy Egg Frittata Recipe Using the 4 Egg Option and then Divide the Frittata into 2 Portions. You can Use Any Vegetables of Choice in this Recipe. In Addition to the Basic Recipe Add into the Frittata 1/2 Cup Corn Kernels (95g) for Your High Fibre Starch	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)	Make a Homemade Butternut Soup or Warm up a Store-bought Butternut Soup (<600kJ per 300ml). Add 1 Cup of Canned & Drained Chickpeas (210g) and 1/2 Cup Cooked Barley (80g) into 300ml of Butternut Soup
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: 6 500kJ • CARB: 143g • PROT: 83g • FAT: 67g

** Meal is Accompanied by a Recipe