



# MALE WEIGHT MAINTENANCE 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; Avocado 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.  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 2 Cups 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*)	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*)	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*)	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*)	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.	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.
<b>SNACK</b>	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 - 2 Protein Balls (40g)  15 - 16 Grapes (110g)	Lean Biltong (30g)  A Handful of Baked Pretzels (30g)	1 Small Low Fat Yoghurt Tub (100ml)  1 Small Banana (90g)
	<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 Medium Chicken Breast / Thigh, Skinless (120g). Leftover Portion Should Weigh Approx. 100-120g  1 Cup Cooked Brown Rice (160g)  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)  Add 1 Cup of Canned & Drained Chickpeas into the Soup (210g)  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.  Serve 2 Quiches (Warm or Cold) with 6 Boiled Baby Potatoes (180g) and a Side Salad of Mixed Leaves	6 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	1 Medium Chicken Breast / Thigh, Skinless and Shredded (120g) 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	2/3 Cup Canned & Drained Chickpeas (140g) & 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 (180g)  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.  Into the Sauce Add in 320g Diced Wafer Thin Ham, Let this Simmer, Divide into 4 Portions and Serve with 25g of Grated Parmesan Cheese on Top of 1 Cup Cooked Wholewheat Pasta (90g)
<b>SNACK</b>	1/4 Cup Plain Cottage Cheese (60ml) Used as a Dip with 3 High Fibre Crackerbreads (High Fibre is >6g fibre / 100g)	1 Small Reduced Fat Mozzarella Cheese Round (25g)  A Handful of Baked Pretzels (30g)	1 Small Low Fat Yoghurt Tub (100ml)  1 Small Apple (150g)	Lean Biltong (30g)  A Handful of Baked Pretzels (30g)	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)
	<b>Meatballs in Creamy Tomato Sauce</b>	<b>April Chicken **</b>	<b>Box Fish &amp; Lemon Drizzled Greens</b>	<b>Chicken &amp; Roasted Veg Sosaties</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.  Divide into 3 Portions to Have 4 Meatballs in 1 Portion.  Serve Over 1 Cup Cooked Wholewheat Pasta (90g)  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 640g 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 Cup Cooked Brown Rice (160g)	In the Air-Fryer Cook 2 Small Crumbed Hake Fillets (150g)  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 Small Sweet Potato, Skins On (180g), Roasted / Steamed / Boiled	Buy Chicken Kebabs and Cook in a Hot Griddle Pan or on the Braai, Enjoy 2 Chicken Kebabs (160g).  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 Corn on the Cob (180g) 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 6 Portions.  Enjoy 1 Portion for Dinner and Pair with Chopped Tomato & Cucumber Sambals with Steamed Peas & Carrots.  Pair with 1 Cup Cooked Brown Rice (190g)	Marinate 2 Small Chicken Breasts / Thighs, Skinless (160g), OR 200g 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 Cup Wholewheat Asian Noodles (90g)	Mash Together 3 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.  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>						
	<b>YOUR DAILY INTAKE &amp; MACRONUTRIENT SPLITS:</b> 8 000kJ • CARB: 177g • PROT: 103g • FAT: 82g						<b>** Meal is Accompanied by a Recipe</b>