



# MALE WEIGHT MAINTENANCE MEAL PLAN

## WEEK 3



	OPTION 1	OPTION 2	OPTION 3	OPTION 4	OPTION 5	OPTION 6	OPTION 7
	<b>Heart Healthy Bran Muffins **</b>	<b>Cooked Berry Oats</b>	<b>Breakfast Bar Bowl</b>	<b>Breakfast Egg Muffins **</b>	<b>Berry Blaze Smoothie</b>	<b>French Toast Toppings</b>	<b>Poached Egg &amp; Smashed Peas</b>
<b>BREAKFAST</b>	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 Tbs Biltong Powder (15g)	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.	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	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)	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)	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	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).
<b>SNACK</b>	1 Hard Boiled Egg (50g)  2 Naartjies (150g)	Lean Biltong (30g)  1 1/2 Cups Air-popped Popcorn (25g)	1 Small Low Fat Yoghurt Tub (100ml)  1 Small Banana (90g)	2 - 3 Wafer Thin Chicken / Turkey / Ham Slices Rolled Up Around Thinly Chopped Veggies  1 1/2 Cups Air-popped Popcorn (25g)	1/4 Cup Plain Cottage Cheese (60ml) Used as a Dip with 3 High Fibre Crackerbreads (High Fibre is >6g fibre / 100g)	Lean Biltong (30g)  A Handful of Baked Pretzels (30g)	1 Small Low Fat Yoghurt Tub (100ml)  1 Cup Green Melon (110g)
	<b>Snack Box</b>	<b>Leftover Tuna Fish Cakes</b>	<b>Lentil, Feta &amp; Beetroot Salad</b>	<b>Ham, Lettuce &amp; Mayo Roll</b>	<b>Egg Mayo Wrap</b>	<b>Sardines or Pilchards Lunch</b>	<b>Frikkel Pasta Salad</b>
<b>LUNCH</b>	Choose 3 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 Popped Popcorn (25g)  Enjoy with Finger Veg Medley of Carrot, Cucumber & Cherry Tomatoes	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	2/3 Cup Canned & Drained Lentils (140g) 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)  1 Handful of Chopped Mint with Canned Beetroot, Baby Spinach Leaves and Sliced Cucumber	9 Slices Wafer Thin Chicken OR Turkey OR Pastrami OR Ham (120g) 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.	3 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	8 Sardines OR 3 Pilchards (120g), 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	Use Ready to Eat or Homemade Chicken Mince Frikkelads And Enjoy 3 - 4 Frikkelads (120g)  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  Add into Pasta Salad Some Thinly Chopped Red Cabbage, Cucumber, Spring Onion & Rocket
<b>SNACK</b>	1 Hard Boiled Egg (50g)  10 Strawberries (250g)	Lean Biltong (30g)  1 Cup Chopped Papaya (150g)	1 Small Low Fat Yoghurt Tub (100ml)  3 High Fibre Rice Cakes with 2 tsp Peanut Butter Spread on Top (1 of 3 fat units*)	2 - 3 Wafer Thin Chicken / Turkey / Ham Slices Rolled Up Around Thinly Chopped Veggies  Sliced Watermelon (250g)	1 Hard Boiled Egg (50g)  1 Cup Chopped Papaya (150g)	Lean Biltong (30g)  10 Strawberries (250g)	1 Small Low Fat Yoghurt Tub (100ml)  3 High Fibre Rice Cakes with 2 tsp Peanut Butter Spread on Top (1 of 3 fat units*)
	<b>Pork Stroganoff **</b>	<b>5-Veg-Mince Mexican Burrito</b>	<b>Creamy Chicken Curry **</b>	<b>Mediterranean Baked Fish **</b>	<b>Lovely Lentil Bake **</b>	<b>Spicy Chicken Portions</b>	<b>Braai Option</b>
<b>SUPPER</b>	Cook This Recipe Using the 800g Pork Portion and Divide into 4 Portions. Serve 1 Portion as a Dinner Meal.  Pair with 6 Cooked Baby Potatoes (180g)  Serve with Pan-fired Cabbage & Steamed Carrots	Serve 8 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	Cook This Recipe Using the 640g Chicken Option and then Once Cooked Divide into 4 Portions. Serve 1 Portion as a Dinner Meal.  Serve with Curry with a 1 Cup Cooked Brown Rice (160g) and Grilled Green Beans	Use the Recipe to Cook a Heart Healthy & Nutritious Meal. Your Portion Should Be 2 Small White Fish Fillet (280g) OR 1 Large Fillet Fatty Fish (Pilchards, Sardines, Trout) (160g)  Have with 1 Cup Cooked Wholewheat Couscous (90g)  Enjoy with a Side Salad of Roasted Zucchini and Cauliflower Florets	Use the Lovely Lentil Bake Recipe For This Dinner. Divide the Lentil Bake into 4 Portions. Have 1 Portion as a Dinner Meal of Approximately 280g. This 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	2 Small Chicken Breasts / Thighs, Skinless (160g). 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 Cup Cooked Maize Meal (240g)  Serve with Steamed Cauliflower, Peas & Broccoli	2 Chicken Kebabs (160g) OR 200g Rump Steak OR 200g Ostrich Wors OR 200g Fillet Steak OR 1 Small Lamb Chop (120g)  Place onto the Braai 1 Corn on the Cob (190g)  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*)
<b>EXTRA</b>	<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			<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		<b>SUGAR:</b> 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: 8.000kJ • CARB: 177g • PROT: 103g • FAT: 82g

\*\* Meal is Accompanied by a Recipe