



# MALE WEIGHT MAINTENANCE MEAL PLAN

## WEEK 1



	OPTION 1	OPTION 2	OPTION 3	OPTION 4	OPTION 5	OPTION 6	OPTION 7
	<b>Cooked Banana &amp; Nut Butter Oats</b>	<b>High Fibre Bran Brekkie</b>	<b>Creamy Yoghurt &amp; Fruit Sprinkle</b>	<b>Oh My Omega Toastie</b>	<b>Tropical Breeze Smoothie</b>	<b>French Toast Toppings</b>	<b>Scrambled Eggs on Toast</b>
<b>BREAKFAST</b>	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*)
<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 Tbs Reduced Oil Hummus Used as a Dip with 3 High Fibre Crackerbreads (High Fibre is >6g fibre / 100g)	1 Hard Boiled Egg (50g)  3 Slices of Pineapple (160g)	Lean Biltong (30g)  1/2 Small Mango (110g)	1 Small Low Fat Yoghurt Tub (100ml)  2 Naartjies (150g)
	<b>Tuna Mayo Stuffed Sweet Potato</b>	<b>Super Spaghetti Bolognaise</b>	<b>Cottage Cheese Crackers</b>	<b>Chicken Mayo Rice Cakes</b>	<b>Best Burger Lunch</b>	<b>Sweet Chili Chicken Wrap</b>	<b>Baked Fish Parcels **</b>
<b>LUNCH</b>	1 1/2 Tins Tuna, Drained (150g) 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 6 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) with 1 Tbs Biltong Powder Sprinkled on Top (15g). 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 Medium Chicken Breast / Thigh, Skinless and Shredded (120g) 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 Medium Chicken Breast / Thigh, Skinless and Shredded 120g 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 Large White Fish Fillet E.g. Hake, Kingklip (210g).  1 Cup Cooked Wholewheat Couscous (90g)  Tender Long Green Beans OR Long Stalked Broccoli
<b>SNACK</b>	1 High Protein Lite Bar (40g)  10 Strawberries (250g)	Lean Biltong (30g)  3 High Fibre Rice Cakes with 2 tsp Peanut Butter Spread on Top (1 of 3 fat units*)	1 Small Low Fat Yoghurt Tub (100ml)  1 Cup Chopped Papaya (150g)	2 - 3 Wafer Thin Chicken / Turkey / Ham Slices Rolled Up Around Thinly Chopped Veggies  1/2 Small Mango (110g)	1 Small Low Fat Yoghurt Tub (100ml)  10 Strawberries (250g)	1 Small Reduced Fat Mozzarella Cheese Round (25g)  3 Small Plums (150g)	1 - 2 Protein Balls (40g)  1 Cup Chopped Papaya (150g)
	<b>5-Veg-Mince Stuffed Gems**</b>	<b>Hearty Fish Pie **</b>	<b>Roasted Chicken &amp; Mixed Veggies</b>	<b>Easy Egg Frittata **</b>	<b>Perfect "Pizza" Night</b>	<b>Chicken a la King **</b>	<b>Chickpea &amp; Butternut Soup</b>
<b>SUPPER</b>	Cook the 5-Veg-Mince Recipe then Divide into 5 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 Cup Cooked Brown Rice (160g)	Use the Hearty Fish Pie Recipe to Create This Oven Bake. In the Recipe use 4 Fish Fillets Weighing in Total 560g. Divide the Recipe into 4.  Enjoy 1 Portion for Dinner and Pair with Steamed Broccoli, Cauliflower & Carrots  Pair with 6 Baby Potatoes (180g)	2 Small Chicken Breasts / Thighs, Skinless (160g).  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 6 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 Cup Corn Kernels (190g) for Your High Fibre Starch OR Pair with 1 Slice of Low GI Wholewheat Brown Bread, Toasted on the Side.	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 120g 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 640g 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 Cup Cooked Bulgur Wheat (190g)	Make a Homemade Butternut Soup or Warm up a Store-bought Butternut Soup (<600kJ per 300ml).  Add 1 Cup of Canned & Drained Chickpeas (210g) with 1/2 Round Reduced Fat Feta Cheese Crumbled into Soup (25g) And Put into the Soup 1 Cup Cooked Barley (160g) into 300ml of Butternut Soup
<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>							