

# Meal Planner

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>							
<b>Mid Morning</b>							
<b>Lunch</b>							
<b>Mid Afternoon</b>							
<b>Dinner</b>							
<b>Bedtime Snack</b>							

**\*\* You should eat every 3 hours. If your first meal is at 7:00 then meal 2 will be at 10:00, meal 3 at 13:00 etc.**

# Meal Options

## Breakfast

Option 1	Option 2	Option 3	Option 4	Option 5
High Fibre Bran Skim Milk 1 Piece Fruit	2 Slices Brown Bread 2 Eggs Glass of Juice	Bowl of cooked oats Skim Milk 1 Piece fruit	Smoothie Mix together: $\frac{3}{4}$ Skim milk 1 Banana 125ml low fat yoghurt	4 Strips Chicken Bacon 2 Eggs Tomato 1 Slice toast

## Snacks

Option 1	Option 2	Option 3	Option 4	Option 5
Meal replacement shake / bar	Handful of dried fruit or a nuts	1 Low at yoghurt 1 Piece Fruit	Whole wheat muffin with choice of topping.	4 Provita's with choice of topping

## Lunch and Dinner

Option 1	Option 2	Option 3	Option 4	Option 5
Chicken breast Noodles Salad	Pasta with ostrich mince.  Use tomato sauce, onions and other spices for flavour.	Chicken breast Mixed Vegetables Basmati Rice	Lean Steak Burger Salad  Be careful about the sauces you put on	Grilled Fish Brown Rice Mixed Vegetables

### Notes on portion size:

Protein = Size of the palm of your hand.

Carbs = Size of a clenched fist.

Veggies and Fruit = Size of whole hand.