

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast 05:30 am	- Wholewheat /brown bread (2 slices) -2 egg omlette	- Overnight Oats Recipe 1 (1 cup)	-1/2 cup homemade Meusli -1/2 cup plain yoghurt	-1 cup All Bran Flakes or any high fibre cereal -1/2 cup Low Fat milk	-Pronutro/Futurelife (1 cup) -Low fat milk (250 ml)	-Wholewheat bread (2 slices) toasted - Shakshuka eggs	- Overnight Oats Recipe 2 (1 cup)
Snack 09:00 am	-1/2 Cup fruit salad -125ml yoghurt	- 1 medium sized fruit - 1/2cup yoghurt	- Green smoothie	-1/2 Cup fruit salad -125ml yoghurt	- 1 medium sized fruit - 1/2cup yoghurt	- Green smoothie	- 2 scoops ' Nice cream '
Lunch 13:00 pm	- 1 cup Power pasta - 60 g chicken breast fillet	-Wholewheat bread (2 slices) -Tuna (3 tbsp.) -Tomato, Cucumber + Lettuce	- Fresh free salad -2 boiled eggs - Vinaigrette	-Sweet corn -1 wholewheat pita -Chicken (60g) -Tomato -Gherkins -Lettuce	-Fresh free salad -Chicken/meat (60g) -Rice (1 cup) -Potato (½) -Carrots (½ cup) -Veggies (free) (2 cups)	-Fresh free salad -Wholewheat wrap (1) -Steak/Chicken (lean) (30g) -Chips (oven baked)(14) -Veggies (free) (2 cups)	-Fresh free salad -Chicken (lean) (90g) -Rice (½ cup) OR Roti (large) (1) -Sweet potato (½ cup) -Beetroot (½ cup) -Veggies (free) (2 cups)
Snack 16:00 pm	-4 Provita biscuits -2 tbls Peanut butter -1 banana	-1 Slice wholewheat bread -2 tbls Guacamole - 123ml Fruit juice	-2 Rice cakes -Cream cheese	-Handful of biltong pieces -2 Pieces dried fruits	- 125ml Fruit juice - 1 slice toasted wholewheat bread - 2 tbl peanut butter	- 1 no bake bar	-1/2 cup Chocolate Avo Mousse
Dinner 19:15 pm	-Fresh free salad -Lamb (lean) (90g) -Basmati rice (cooked) (1 cup) -Potato (baked) (medium) (½) -Green beans (1/2 cup) -Grated beetroot	-Fresh free salad -1 Chicken breast cooked -1 Wholewheat wrap - <i>Wrap fillings: cucumbers, tomatoes, sliced onions, grated carrots, baby spinach leaves/lettuce</i> -Chips (oven baked) (14)	-Fresh free salad - Herbed Fish (grilled) (90g) -Potato (baked) (1) -Sweetcorn (½ cup) -Veggies (free) (2 cups)	-Fresh free salad - Pizza (2 slices)	- Buger night! -90g burger pattie -Wholewheat roll -Fresh salad toppings -Baked sweet potato fries (1/2)	-Fresh free salad -Garlic bread (2 slices) -Lamb/chicken/fish (120g) -Potato salad (2 tbsp.) -Noodle salad (2 tbsp.)	-Wholewheat roll (1-2) -Avocado (½) -Low fatt/fat free cottage cheese (2 tbsp.)/Spice beef (3 slices) -Tomato, Cucumber + Lettuce
EXTRAS	-Water (throughout the day) (2 litres) -Tea/Coffee (1-2 cups) if using milk (low fat, no more than 60ml per cup) -Fizzy water / sugar free drinks (1-2cans)	-Water (throughout the day) (2 litres) -Tea/Coffee (1-2 cups) if using milk (low fat, no more than 60ml per cup) -Fizzy water / sugar free drinks (1-2cans)	-Water (throughout the day) (2 litres) -Tea/Coffee (1-2 cups) if using milk (low fat, no more than 60ml per cup) -Fizzy water / sugar free drinks (1-2cans)	-Water (throughout the day) (2 litres) -Tea/Coffee (1-2 cups) if using milk (low fat, no more than 60ml per cup) -Fizzy water / sugar free drinks (1-2cans)	-Water (throughout the day) (2 litres) -Tea/Coffee (1-2 cups) if using milk (low fat, no more than 60ml per cup) -Fizzy water / sugar free drinks (1-2cans)	-Water (throughout the day) (2 litres) -Tea/Coffee (1-2 cups) if using milk (low fat, no more than 60ml per cup) -Fizzy water / sugar free drinks (1-2cans)	-Water (throughout the day) (2 litres) -Tea/Coffee (1-2 cups) if using milk (low fat, no more than 60ml per cup) -Fizzy water / sugar free drinks (1-2cans)