



Female Meal Plan Weeks 5-6

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	1 Packet of Uncle Toby's Quick Oats and a Protein shake in 250ml of Lite Milk	2 Boiled Eggs with 2 slices of Aldi Shortcut Bacon and 1 piece of Toast	2 Slices of Wholemeal/Multigrain Bread and All-Natural Peanut Butter and a Protein Shake	40 grams of Avocado on 2 Pieces of Toast/English Muffins	2 scrambled eggs with 2 pieces of Country Split Wholemeal toast	2 Crumpets with Peanut Butter and Honey	2 Boiled Eggs with 1 piece of Burgen/Multigrain/Whole Bread
Snack	Blueberry Coconut Smoothie (see recipe)	Protein Bar	Nature Valley Nut Bar	Cheese and crackers - slice of cheese, 6 x Jatz crackers	Apple & 12 almonds	Nature Valley Nut Bar	Protein Bar
Lunch	Tuna Bean Salad, ½ red onion, 1 celery heart, ½ bunch of flat leaf parsley (15g) 330grams butter beans, 95 gram can of Tuna	Burrito Bowl - 100g Lean mince, 100g basmati rice, 100g peas & corn, salsa and cheese	Ham (100-120grams) Sandwich/Wrap on Multigrain Bread and Salad	Turkey Protein Pasta (Ingredients will be posted in group)	Nando's Lemon Herb Chicken Bowl (Ingredients will be posted in group)	1 Beef/Kangaroo Patty on a Brioche Bun with 2 slices of Bega Super Slim Cheese	Chicken (100-120grams) Sandwich/Wrap on Multigrain Bread and Salad
Snack	Yo-pro or Chobai Yoghurt	Apple or Banana	Protein Shake	95gram Can of Tuna and Steam Fresh Veggies	Continental Cup of Soup (anyone)	Blueberry Coconut Smoothie (see recipe)	Protein Shake in Water
Dinner	Chicken & Fried Rice (See recipes for more details)	Sandwich Thin Pizzas (See recipes for more details)	150 grams of Chicken Breast with 150 grams of Basmati White Rice	150-gram Lean Steak with 150 grams of Sweet Potato	Salmon with 125g broccoli/green vegetables and 150g Carisma/Spudlite potato	Cheat Meal of Your Choice	150 grams of Perch/Bassa Fish with cauliflower rice and veggies (no potato)
Snack	No-bake Jelly Cheesecakes (See recipes for more details)	Skinny Cow Sundae	175 grams of Yoplait Zero Yoghurt with 50 grams of Blue/Black Berries	Air Popped Pop Corn	Half a pun net of black berries and half a pun net of strawberries	My Double Choc Protein Mug Cake	Protein Bar or Shake

All these items can be purchased at Woolies and possibly Coles

Cauliflower Rice



Cauliflower Rice 2



Protein Bar



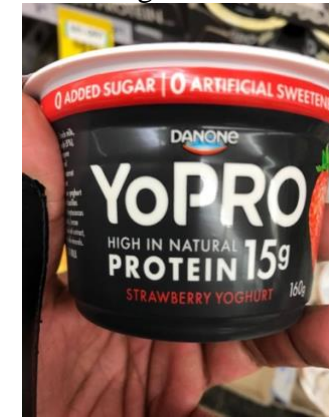
Protein Shake



Protein Shake



Yoghurt 1



Yoghurt 2



Zucchini Noodles



Fettuccine Slendier



Spaghetti Slendier



Aldi Shortcut Bacon



Nature Valley Nut Bar



Yoplait Zero Yoghurt



Country Split Wholemeal Bread



Aldi Lean Beef Mince



Kangaroo Beef Patty



Extra Lean Beef Burger



Brioche Burger Bun



Bega Super Slim Cheese



Spud Light Potato's



Sugar Free Avalanche Drinking Chocolate

