



Male Meal Plans Week 1-2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	1 Packet of Uncle Toby's Big Bowl Quick Oats and a Protein shake in 250ml of Lite Milk	2 Boiled Eggs with 2 piece of Burgen/Multigrain/Whole Bread	3 Slices of Wholemeal/Multigrain Bread and All-Natural Peanut Butter and a Protein Shake	1 Packet of Uncle Toby's Big Bowl Quick Oats and a Protein shake in 250ml of Lite Milk	2 Boiled Eggs with 2 piece of Burgen/Multigrain/Whole Bread	3 Slices of Wholemeal/Multigrain Bread and All-Natural Peanut Butter and a Protein Shake	3 Boiled Eggs with 1 piece of Burgen/Multigrain/Whole Bread
Snack	Apple & 12 almonds	Protein Bar	Apple & 12 almonds	Protein Bar	Apple & 12 almonds	Protein Bar	Protein Bar
Lunch	Chicken (120-150grams) Sandwich/Wrap on Multigrain Bread and Salad	Turkey (120-150grams) Sandwich/Wrap on Multigrain Bread and Salad	Ham (120-150grams) Sandwich/Wrap on Multigrain Bread and Salad	Chicken (120-150grams) Sandwich/Wrap on Multigrain Bread and Salad	Turkey(120-150grams)) Sandwich/Wrap on Multigrain Bread and Salad	Ham (120-150grams) Sandwich/Wrap on Multigrain Bread and Salad	Chicken (120-150grams) Sandwich/Wrap on Multigrain Bread and Salad
Snack	YoPro or Chobai Yoghurt	Apple or Banana	Protein Shake	YoPro or Chobai Yoghurt	Apple or Banana	Protein Shake	Protein Shake in Water
Dinner	200-gram Lean Steak and 200 grams of Sweet Potato	200 grams of Perch/Bassa Fish with 150 grams of Basmati White Rice	200 grams of Chicken Breast with 150 grams of White Potato	200-gram Lean Steak and 200 grams of Sweet Potato	200 grams of Perch/Bassa Fish with 150 grams of Basmati White Rice	200 grams of Prawns with 150 grams of Basmati White Rice	200 grams of Perch/Bassa Fish and 150 grams of Sweet Potato
Snack	Weight Watchers Diet Jelly and 4 Squares of Chocolate	Skinny Cow Sundae	Protein Shake and Diet Jelly	Air popped corn	Half a pun net of black berries and half a pun net of strawberries	Protein Shake and Diet Jelly	Protein Bar or Shake

All these items can be purchased at Woolies and possibly Coles

Cauliflower Rice



Cauliflower Rice 2



Protein Bar



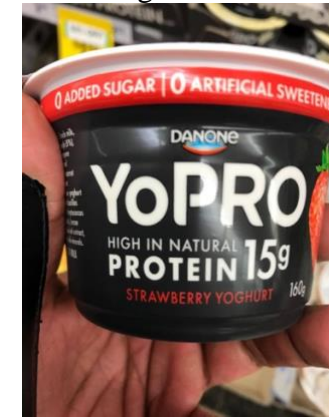
Protein Shake



Protein Shake



Yoghurt 1



Yoghurt 2



Zucchini Noodles



Fettuccine Slendier



Spaghetti Slendier

