



## Meal Plans Week 1-2

	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 1 piece of Burgen/Multigrain/Whole Bread	2 Slices of Wholemeal/Multigrain Bread and All-Natural Peanut Butter and a Protein Shake	1 Packet of Uncle Toby's Quick Oats and a Protein shake in 250ml of Lite Milk	2 Boiled Eggs with 1 piece of Burgen/Multigrain/Whole Bread	2 Slices of Wholemeal/Multigrain Bread and All-Natural Peanut Butter and a Protein Shake	<b>2 Boiled Eggs with 1 piece of Burgen/Multigrain/Whole Bread</b>
Snack	Apple & 12 almonds	Protein Bar	Apple & 12 almonds	Protein Bar	Apple & 12 almonds	Protein Bar	<b>Protein Bar</b>
Lunch	Chicken (100-120grams) Sandwich/Wrap on Multigrain Bread and Salad	Turkey (100-120grams) Sandwich/Wrap on Multigrain Bread and Salad	Ham (100-120grams) Sandwich/Wrap on Multigrain Bread and Salad	Chicken (100-120grams) Sandwich/Wrap on Multigrain Bread and Salad	Turkey (100-120grams) Sandwich/Wrap on Multigrain Bread and Salad	Ham (100-120grams) Sandwich/Wrap on Multigrain Bread and Salad	<b>Chicken (100-120grams) Sandwich/Wrap on Multigrain Bread and Salad</b>
Snack	YoPro or Chobani Yoghurt	Apple or Banana	Protein Shake	YoPro or Chobani Yoghurt	Apple or Banana	Protein Shake	<b>Protein Shake in Water</b>
Dinner	150-gram Lean Steak with cauliflower rice and veggies (no potato)	150 grams of Perch/Bassa Fish with Slendier Calorie Clever 'Fettuccine' and white sauce and veggies (no potato)	150 grams of Chicken Breast with Slendier Calorie Clever 'Spaghetti' & veggies (no potato)	150-gram Lean Steak with cauliflower rice and veggies (no potato)	150 grams of Perch/Bassa Fish with Slendier Calorie Clever 'Fettuccine' and white sauce and veggies (no potato)	150 grams of Prawns with Slendier Calorie Clever 'Spaghetti' and red sauce and veggies (no potato)	<b>150 grams of Perch/Bassa Fish with cauliflower rice and veggies (no potato)</b>
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	<b>Protein Bar or Shake</b>

All these items can be purchased at Woolies and possibly Coles

Cauliflower Rice



Cauliflower Rice 2



Protein Bar



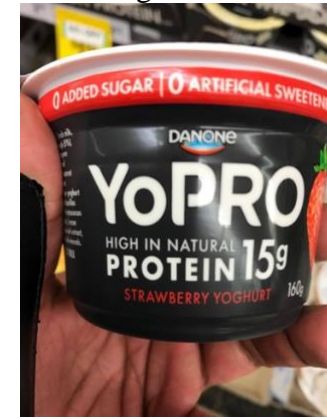
Protein Shake



Protein Shake



Yoghurt 1



Yoghurt 2



Zucchini Noodles



Fettuccine Slendier



Spaghetti Slendier

