



Meal Plans Week 1-2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday (Shred Day)
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	2 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 (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	Chicken (100-120grams) Sandwich/Wrap on Multigrain Bread and Salad
Snack	YoPro or Chobani Yoghurt	Apple or Banana	Protein Shake	YoPro or Chobani Yoghurt	Apple or Banana	Protein Shake	Protein Shake in Water
Dinner	150-gram Lean Steak with cauliflower rice and 150 grams of white/sweet potato and veggies	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 150 grams of white/sweet potato and veggies	150 grams of Perch/Bassa Fish with Slendier Calorie Clever 'Fettuccine' and white sauce and veggies (no potato)	CHEAT MEAL ENJOY	150 grams of Perch/Bassa Fish with cauliflower rice and veggies (no 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



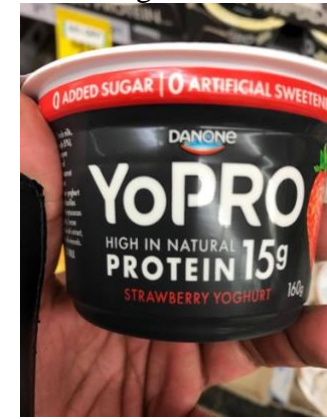
Protein Shake



Protein Shake



Yoghurt 1



Yoghurt 2



Zucchini Noodles



Fettuccine Slendier



Spaghetti Slendier

