



## Male Meal Plans Week 1-2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	1 Packet of Uncle Toby's Quick Oats Big Bowl and a Protein shake in 250ml of Lite Milk	2 Boiled Eggs with 2 slices of Aldi Shortcut Bacon and 2 piece of Toast	3 Slices of Wholemeal/Multigrain Bread and All Natural Peanut Butter and a Protein Shake	3 Crumpets with Peanut Butter and Honey	1 Packet of Uncle Toby's Quick Oats Big Bowl and a Protein shake in 250ml of Lite Milk	3 Crumpets with Peanut Butter and Honey	<b>3 Boiled Eggs with 1 piece of Burgen/Multigrain/Whole Bread</b>
Snack	Apple & 12 almonds	Protein Bar	Nature Valley Nut Bar	Protein Bar	Apple & 12 almonds	Nature Valley Nut Bar	<b>Protein Bar</b>
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	Turkey Protein Pasta (Ingredients will be posted in group)	Nandos Lemon Herb Chicken Bowl (Ingredients will be posted in group)	Ham (120-150grams) Sandwich/Wrap on Multigrain Bread and Salad	<b>Chicken (120-150grams) Sandwich/Wrap on Multigrain Bread and Salad</b>
Snack	YoPro or Chobai Yoghurt	Apple or Banana	Protein Shake	YoPro or Chobai Yoghurt	Apple or Banana	Protein Shake	<b>Protein Shake in Water</b>
Dinner	200-gram Lean Steak with 150 grams of Sweet Potato	200 grams of Perch/Bassa Fish with Slendier Calorie Clever 'Fettuccine' and white sauce and veggies (no potato)	200 grams of Chicken Breast with 150 grams of Basmati White Rice	200-gram Lean Steak with 150 grams of Sweet Potato	200 grams of Perch/Bassa Fish with Slendier Calorie Clever 'Fettuccine' and white sauce and veggies (no potato)	Cheat Meal Of Your Choice	<b>200 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	175 grams of Yoplait Zero Yoghurt with 50 grams of Blue/Black Berries	Air popped corn	Half a pun net of black berries and half a pun net of strawberries	175 grams of Yoplait Zero Yoghurt with 50 grams of Blue/Black Berries	<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



Aldi Shortcut Bacon



Nature Valley Nut Bar



Yoplait Zero Yoghurt





## **Recipes Lemon Nandos Chicken and Turkey Pasta**

All products are cooked and then weighed in the following amounts

### **Nando's Lemon Chicken Herb Bowl**

- Chicken Breast 200 grams
- Basmati Rice 150 grams
- Winter Vegetable Mix 150 grams
- Lemon and Herb Chicken Marinade 30 grams

### **Turkey Pasta**

- Steggles Turkey Mince 200 grams
- Vetta Smart Pasta Spirals 150 grams
- Frozen Mixed Vegetables 150 grams