



Male Meal Plans Week 1-2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday (Shred Day)
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	3 Boiled Eggs with 1 piece of Burgen/Multigrain/Whole Bread
Snack	Apple & 12 almonds	Protein Bar	Nature Valley Nut Bar	Protein Bar	Apple & 12 almonds	Nature Valley Nut 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	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	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 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 ENJOY	200 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	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	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





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



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