



## Nutritional Eating Plan

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	<p>1 glass of water</p> <p>1/2-1 cup Natural Muesli with fresh fruit &amp; 2 tbsp of natural unsweetened Yoghurt (healthiest brands are Jalna, Tamar Valley, Vaalia)</p> <p>*add 1 dessert spoon LSA (mixture of ground linseeds, sunflower seeds &amp; almonds. Can be purchased at health food section of supermarket)</p> <p>1 cup of coffee/tea/herbal tea (limit adding sugar. Instead opt for a natural sweetener such as stevia)</p>	<p>1 glass of water</p> <p>2 poached eggs on 1 piece of wholemeal/Rye toast with ¼ avocado, grilled tomato &amp; mushrooms</p> <p>-1 cup of coffee/ tea/herbal tea</p>	<p>1 glass of water</p> <p>1 cup porridge with a sprinkle of cinnamon, banana and a tbsp of crushed walnuts</p> <p>-1 cup of tea/coffee/herbal tea</p>	<p>1 glass of water</p> <p>3/4 cup of low salt baked beans on 1-2 pieces of wholemeal/rye toast</p> <p>-1 cup of coffee/ tea/ herbal tea</p>	<p>1 glass of water</p> <p>Protein smoothie with 1 serving of protein powder or a handful or almonds (whiz almonds up in blender before adding other ingredients).</p> <p>-Add 2 tbsp of natural unsweetened yoghurt, ½ cup of milk of choice &amp; ½ a cup of fresh fruit of choice (e.g banana and strawberries, mixed berries, mango)</p>
<b>Am snack</b>	<p>1 cup of raw vegetable sticks (celery, carrots, capsicum, cucumber) with 2 tbsp hummus</p>	<p>1 handful of natural raw unsalted nuts &amp; seeds (almonds, cashews, brazil nuts, sunflower/pumpkin seeds)</p> <p>1 Apple</p>	<p>Small serve of natural unsweetened yoghurt with 1 tbsp of berries</p>	<p>1 boiled egg</p> <p>1 Pear</p>	<p>1 small can of tuna/salmon (in spring water) on 1-2 rice cakes</p>

<b>Lunch</b>	1 x Wrap (wholemeal if possible) with chicken/lean meat, lettuce, tomato & avocado	1 wholemeal/rye sandwich with Tuna, spinach leaves & tomato	Chickpea & cous cous salad with 1 cup of vegetables/salad	1 wholemeal/rye sandwich with lean meat & salad (use avocado instead of margarine/butter)	Chicken, wholemeal pasta & vegetable salad (add feta &/or olives for extra flavour)
<b>Pm snack</b>	Handful of natural raw unsalted nuts & seeds (almonds, cashews, brazil nuts, sunflower/pumpkin seeds)  1 Pear	1 Banana  1 cup of raw vegetable sticks (celery, carrots, capsicum, cucumber) with 2 tbsp hummus	1 small serve of natural unsweetened yoghurt with 1 tbsp of berries	1 handful of natural raw unsalted nuts & seeds (almonds, cashews, brazil nuts, sunflower/pumpkin seeds)	Apple
<b>Dinner</b>	Grilled fish with 1-2 cups of salad/vegetables (limit dressings, instead squeeze fresh lemon juice or add balsamic vinegar to salads)	Lamb stir fry with 1-2 cups of vegetables & brown rice (can add some chickpeas to the rice for extra protein & fibre)	Baked fish (salmon or a white fish would be perfect) with sweet potato mash & broccoli	Grilled chicken breast on a noodle salad with 1-2 cups of vegetables mixed through (for flavour add chopped basil & freshly squeezed lime)	Steak sandwich on wholemeal/rye toast, with salad and avocado (in place of butter or mayo)
<b>Supper</b>	If hungry 1 small serve of natural unsweetened yoghurt with 1 tbsp of berries	Small row of dark chocolate (is better for you)		Small row of dark chocolate (is better for you)	