

	BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER	TREAT	APPROX. CALORIES
MONDAY	- 80g Rolled Oats - 1/2 cup(80g) mixed berries - Protein Shake - Tea/Coffee (optional)	25 Almonds 1 Apple	- 200g Lean Mince - 1 Serve Pasta Sauce - 1-2 cups Broccoli - 1 cup Cooked Pasta	- Protein Shake	- 200g Lean Steak - Steamed Veggies - 1/2 cup Rice	- Night time Protein	2083
TUESDAY	Omelette or Scrambled - 1 whole egg + 5 egg whites - 2 pieces toast - 1 Cup Chopped Fresh Veggies	- 1 1/2 Maxines Bar	- Large(185g) tin Tuna in Springwater - Large Salad - 200g Sweet Potato	- Protein Shake - Apple	- 250g Lean Meat Pattie (your choice) - Roasted Veggie Stack including 150g Sweet Potato	- 180g Chobani Plain Yoghurt (0.5%) - 1/2 Cup(80g) Mixed Berries	1894
WEDNESDAY	- 80g Rolled Oats - 1/2 cup(80g) mixed berries - Protein Shake - Tea/Coffee (optional)	- 2 Rice Cakes topped with low fat Cottage Cheese and Sliced Tomato	- 2 wraps - 200g Grilled Chicken - Large Salad	- 1 1/2 Maxines Bar	- 250g Lean Meat (your choice) & Veggie Stir Fry - 1/4 cup Rice	- Night Time Protein	2112
THURSDAY	Omelette or Scrambled - 1 whole egg + 5 egg whites - 2 pieces toast - 1 Cup Mushrooms & Spinach - Tea/Coffee (optional)	- 1 1/2 Maxines Bar	- 200g Lean Meat (your Choice) & Veggie Stir Fry - 1 Cup Cooked Rice	- Protein Shake - Apple	- 125g Grilled Salmon - 1 serve Fried Rice	- Night Time Protein	2168
FRIDAY	- 180g Chobani Plain Yoghurt (0.5%) - 1/2 cup(80g) Mixed Berries - Tea/Coffee (optional) - 30g Rolled Oats	- 25 Almonds - 1 Apple	- 250g Grilled Chicken - 2 serves Fried Rice	- Protein Shake	- 200g Grilled Lean Steak - Steamed Veggies - 1/2 cup Rice	- Night Time Protein	1994
SATURDAY	- 1 serve Arnolds Farms Protein Clusters (Freedom Foods) + 1/2 cup fat free milk - 1 whole Egg + 3 Egg Whites, Scrambled - Tea/Coffee (optional)	- 1 1/2 Maxines Bar	- 200g Grilled Lean Steak - Steamed Veggies - 1 Cup Rice	- Protein Shake	- 250g Grilled Chicken - Steamed Veggies - 150g Sweet Potato	- 180g Chobani Plain Yoghurt (0.5%) - 1/2 Cup(80g) Mixed Berries	2137
SUNDAY	- 1 Whole Egg & 5 Egg Whites scrambled - 1/2 Medium Avocado - Tea/Coffee (optional)	- 1 1/2 Maxines Bar	- 200g Grilled Chicken and Salad Sandwich using 4 Pieces Wholemeal or Low-Carb Bread	- Protein Shake	- 200g Lean Mince - Steamed Veggies - 1 Serve Pasta Sauce	- Night Time Protein	1787