

	BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER	TREAT	APPROX. CALORIES
MONDAY	- 30g Rolled Oats - 1/2 cup(80g) mixed berries - Protein Shake - Tea/Coffee (optional)	15 Almonds 1 Apple	- 150g Lean Mince - 1 Serve Pasta Sauce - 1 Cup Broccoli - 1/2 cup Pasta	- Protein Shake	- 150g Lean Steak - Steamed Veggies - 1/4 cup Rice	- Night time Protein	1531
TUESDAY	Omelette or Scrambled - 1 whole egg + 2 egg white - 1/2 Cup Chopped Fresh Veggies - Tea/Coffee (optional)	- Maxines Burn Bar	- 185g tin Tuna in Springwater - Large Salad - 100g Sweet Potato	- Protein Shake - Apple	- 150g Lean Meat Pattie (your choice) - Roasted Veggie Stack including 100g Sweet Potato	- 180g Chobani Plain Yoghurt (0.5%) - 1/2 (80g) Cup Mixed Berries	1448
WEDNESDAY	- 30g Rolled Oats - 1/2 cup(80g) mixed berries - Protein Shake - Tea/Coffee (optional)	- Rice Cakes topped with low fat Cottage Cheese and Sliced Tomato	- 2 pieces Mountain Bread - 150g Grilled Chicken - Large Salad	- Protein Shake	- 150g Lean Meat (your choice) & Veggie Stir Fry - 1/4 cup Rice	- Night Time Protein	1542
THURSDAY	Omelette or Scrambled - 1 whole egg + 2 egg white - 1/2 Cup Mushrooms & Spinach - Tea/Coffee (optional)	- Maxines Burn Bar	- 150g Lean Meat (your choice) & Veggie Stir Fry - 1/2 Cup Cooked Rice	- Protein Shake - Apple	- 125g Grilled Salmon - 1 serve Fried Rice	- Night Time Protein	1634
FRIDAY	- 180g Chobani Plain Yoghurt (.5%) - 1/2 cup(80g) Mixed Berries - Tea/Coffee (optional)	- 15 Almonds - 1 Apple	- 150g Grilled Chicken - 1 Serve Fried Rice	- Protein Shake	- 150g Grilled Lean Steak - Steamed Veggies - 1/4 cup Rice	- Night Time Protein	1449
SATURDAY	- 1 serve Arnolds Farms Protein Clusters (Freedom Foods) + 1/4 cup fat free milk - 1 whole Egg + 2 Egg Whites, Scrambled - Tea/Coffee (optional)	- Maxines Burn Bar	- 100g Grilled Lean Steak - Steamed Veggies - 1/2 Cup Rice	- Protein Shake	- 150g Grilled Chicken - Steamed Veggies - 50g Sweet Potato	- 100g Chobani Plain Yoghurt (0.5%) - 1/2 Cup Mixed Berries	1550
SUNDAY	- 1 Whole Egg & 2 Egg Whites scrambled - 1/4 Medium Avocado - Tea/Coffee (optional)	- Maxines Burn Bar	- 150g Grilled Chicken and Salad Sandwich using Wholemeal or Low-Carb Bread	- Protein Shake	- 150g Lean Mince - 1 Serve Pasta Sauce - Steamed Veggies - 1/2 cup cooked pasta	- Night Time Protein	1485