

	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	- 100g Lean Mince - 1 Serve Pasta Sauce - 1 Cup Broccoli - 1/2 cup Pasta	- Protein Shake	- 150g Lean Steak - Steamed Veggies	- Night time Protein	1432
TUESDAY	Omelette or Scrambled - 1 whole egg + 2 egg white - 1/2 Cup Chopped Veggies + 1/4 medium avocado - Tea/Coffee (optional)	- Maxines Burn Bar	- Small tin Tuna in Springwater - Large Salad - 150g Sweet Potato	- Protein Shake - Apple	- 150g Lean Meat Pattie (your choice) - Roasted Veggie Stack	- 180g Chobani Plain Yoghurt (0.5%) - 1/2 Cup(80g) Mixed Berries	1307
WEDNESDAY	- 30g Rolled Oats - 1/2 cup(80g) mixed berries - Protein Shake - Tea/Coffee (optional))	- Rice Cakes with low fat Cottage Cheese and Tomato	- 1 piece Mountain Bread - 100g Grilled Chicken - Large Salad	- Protein Shake	- 150g Lean Meat (your choice) & Veggie Stir Fry	- Night Time Protein	1401
THURSDAY	Omelette or Scrambled - 1 whole egg + 2 egg white - 1/2 Cup Mushrooms & Spinach - Tea/Coffee (optional)	- Maxines Burn Bar	- 100g 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	1468
FRIDAY	- 180g Chobani Plain Yoghurt (0.5%) - 1/2 cup(80g) Mixed Berries - Tea/Coffee (optional)	- 15 Almonds - 1 Apple	- 100g Grilled Chicken - 1 serve Fried Rice	- Protein Shake	- 150g Grilled Lean Steak - Steamed Veggies	- Night Time Protein	1337
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 - 1/4 Cup Rice	- Protein Shake	- 150g Grilled Chicken - Steamed Veggies	- 180g Chobani Plain Yoghurt (0.5%) - 1/2 Cup(80g) Mixed Berries	1452
SUNDAY	- 1 Whole Egg & 2 Egg Whites scrambled - 1/4 Medium Avocado - Tea/Coffee (optional)	- Maxines Burn Bar	- 100g Grilled Chicken and Salad Sandwich using Wholemeal or Low-Carb Bread	- Protein Shake	- 100g Lean Mince - 1 Serve Pasta Sauce - Steamed Veggies	- Night Time Protein	1293