

(applies to weight training only)

MENS LEAN NUTRITION PLAN WKS 5-8							
	BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER	TREAT	APPROX. CALORIES
MONDAY	50g Rolled Oats - small tub low fat yoghurt - Protein Shake - Tea/Coffee (optional)	- 25 Almonds - 1 Apple	- 200g Lean Mince - 1 Serve Pasta Sauce - 1-2 cups Broccoli - 1 cup Cooked Rice	- Protein Shake -	- 200g Lean Steak - Steamed Veges	- Night Time Protein	1900
TUESDAY	Omelette or Scrambled - 1 whole egg + 4 egg white - 2 pieces wholemeal toast - 1 Cup Chop Fresh Veges - Tea/Coffee (optional)	- Bar - medium banana	- 200g Grilled Chicken Large Salad - 200g Sweet Potato	- Protein Shake - Apple	- 200g Lean Steak - Roasted Vege Stack - 1/2 cup rice	- 180g Chobani Plain Yoghurt (0.5%) - 1/2 Cup(80g) Mixed Berries	2100
WEDNESDAY	- 50g Rolled Oats - Stevia to taste(optional) - Protein Shake small tub low fat yoghurt - Tea/Coffee (optional)	-2 Rice Cakes topped with low fat Cottage Cheese and Sliced Tomato - small tin of tuna	- 1/2 cup rice - 250g Lean Steak - 2 cups steamed veges	- Protein Shake - hard boiled egg	- 250g Lean Meat Pattie and Veges	- Night Time Protein	2218
THURSDAY	Omelette or Scrambled - 1 whole egg + 4 egg white - 2 pieces wholemeal toast - 1 Cup Chop Fresh Veges - Tea/Coffee (optional)	- Bar	- 250g Chicken Breast - 2 cups Steamed Veges - 1 cup rice	- Protein Shake - Apple	- 250g Grilled Baramundi - 2 cups steamed veg	- Night Time Protein	1839
FRIDAY	- 180g Chobani Plain Yoghurt (.5%) - 1/2 cup(80g) berries - 30g rolled oats - Tea/Coffee (optional)	- 25 Almonds - 1 Apple	- 150g Pink Salmon - 2 Serve Fried Rice	- Protein Shake - 2 rice cakes with low fat cottage cheese	- 250g Grilled Lean Steak Stirfry with vegies - 1/2 cup rice	- Night Time Protein	2045
SATURDAY	- 50g rolled oats - 1 whole Egg + 4 Egg Whites, Scrambled - Tea/Coffee (optional)	- Bar - apple	- 250g Grilled Lean Steak Stirfry with vegies - 1 cup Rice	- Protein Shake - small tin pink salmon	- 250g Grilled Chicken - Large Salad	- 180g Chobani Plain Yoghurt (0.5%) - 1/2 Cup Mixed Berries - 25 almonds	2091
SUNDAY	- 1 Whole Egg & 5 Egg Whites scrambled - 1/2 Medium Avacado - Tea/Coffee (optional)	- Bar - Apple	- 250g Grilled Chicken and Salad with 200g of sweet potato	- Protein shake 2 Cruskits (- rice) topped with lite cottage cheese and tomato	- 250g Lean Mince - 1 Serve Pasta Sauce - Steamed Veges	- Night Time Protein - 25 almonds	2173