

(applies to weight training only)

	WOMENS BUILD NUTRITION PLAN WKS 5-8						
	BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER	TREAT	APPROX. CALORIES
MONDAY	- 50g Rolled Oats - Stevia to taste(optional) - Protein Shake - Tea/Coffee (optional)	- 180gm Chobani Low fat yoghurt (or similar type of yoghurt)	- 150g Lean Pork Steak - 1 cup green beans - 1 Cup Broccoli - 1/2 cup rice	- Protein Shake	- 150g Chicken Breast - 2 cups Steamed Veggies - 3/4 cup Rice	- Night time Protein	1629
TUESDAY	Omelette or Scrambled - 1 whole egg + 3 egg white - 1 piece of fruit - Tea/Coffee (optional)	- Maxines Burn Bar	- 150g Grilled Chicken - Large Salad - 150g Sweet Potato	- Protein Shake - Apple	- 150g Lean Steak - Roasted Vege Stack including - 1/2 cup rice	- 180g Chobani Plain Yoghurt (0.5%) - 1/2 (80g) Cup Mixed Berries	1626
WEDNESDAY	- 50g Rolled Oats - Stevia to taste(optional) - Protein Shake - Tea/Coffee (optional)	- 2 Rice Cakes topped with low fat Cottage Cheese and Sliced Tomato	- 1/2 cup rice - 150g Lean Steak - 2 cups steamed veggies	- Protein Shake	- 150g Lean Meat Pattie and Veggies - 1/4 cup Rice	- Night Time Protein	1645
THURSDAY	Omelette or Scrambled - 1 whole egg + 3 egg white - 1 cup chopped fresh veg - Tea/Coffee (optional)	- Maxines Burn Bar	- 150g Chicken Breast - 2 cups Steamed Veggies - 1/2 cup Rice	- Protein Shake - Apple	- 250g Grilled Baramundi - 1 serve Fried Rice	- Night Time Protein	1611
FRIDAY	- 180g Chobani Plain Yoghurt (.5%) - 1/2 cup(80g) Mixed Berries - Tea/Coffee (optional)	- 15 Almonds - 1 Apple	- 150g Pink Salmon - 1 Serve Fried Rice	- Protein Shake	- 150g Grilled Lean Steak Stirfry with veggies - 1/4 cup Rice	- Night Time Protein	1590
SATURDAY	- 30g rolled oats - 1 whole Egg + 3 Egg Whites, Scrambled - Tea/Coffee (optional)	- Maxines Burn Bar	- 150g Grilled Lean Steak Stirfry with veggies - 1/2 cup Rice	- Protein Shake	- 150g Grilled Chicken - Large Salad - 50g Sweet Potato	- 180g Chobani Plain Yoghurt (0.5%) - 1/2 Cup Mixed Berries	1467
SUNDAY	- 1 Whole Egg & 3 Egg Whites scrambled - 1/4 Medium Avocado - Tea/Coffee (optional)	- 2 Cruskits (- rice) topped with lite cottage cheese and tomato	- 150g Grilled Chicken and Salad with 150g of sweet potato	- Protein Shake	- 150g Lean Mince - 1 Serve Pasta Sauce - Steamed Veggies - 1/2 cup rice	- Night Time Protein	1472