

Have a protein shake post workout

(applies to weight training only)

MENS LEAN NUTRITION PLAN WKS 9-12							
	BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER	TREAT	APPROX. CALORIES
MONDAY	- 50g Rolled Oats - Stevia to taste(optional) - Protein Shake - small tub low fat yoghurt - Tea/Coffee (optional)	- 25 Almonds - 1 Apple	- 250g Lean Pork Steak - 1 cup green beans - 1 cup brocolli - 1 cup rice	- Protein Shake - Apple	- 200g Chicken Breast - 2 cups Steamed Veggies - 1/2 cup rice	- Night time Protein	2060
TUESDAY	Omelette or Scrambled - 1 whole egg + 4 egg white - 2 pieces wholemeal toast - 1 Cup Chop Fresh Veggies - Tea/Coffee (optional)	- Maxines Bar - small banana	- 250g Grilled Chicken - Large Salad - 200g Sweet Potato	- Protein Shake - Apple	- 250g Lean Steak - Roasted Veggie Stack - 1/2 cup rice	- 180g Chobani Plain Yoghurt (0.5%) - 1/2 Cup(80g) Mixed Berries	2205
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 cup rice - 250g Lean Steak - 2 cups steamed veggies	- Protein Shake - hard boiled egg	- 250g Lean Meat Pattie and Veggies	- Night Time Protein	2123
THURSDAY	Omelette or Scrambled - 1 whole egg + 4 egg white - 2 pieces wholemeal toast - 1 Cup Chop Fresh Veggies - Tea/Coffee (optional)	- Maxines Bar	- 250g Chicken Breast - 2 cups Steamed Veggies - 1 cup rice	- Protein Shake - Apple	- 250g Grilled Baramundi - 2 cups steamed veg	- Night Time Protein	2112
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 veggies - 1/2 cup rice	- Night Time Protein	1993
SATURDAY	- 50g rolled oats - 1 whole Egg + 4 Egg Whites, Scrambled - Tea/Coffee (optional)	- Maxines Bar - apple	- 250g Grilled Lean Steak Stirfry with veggies - 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	2207
SUNDAY	- 1 Whole Egg & 5 Egg Whites scrambled - 1/2 Medium Avocado - Tea/Coffee (optional)	- Maxines 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 Veggies	- Night Time Protein - 25 almonds	2114