

Have a protein shake post workout

(applies to weight training only)

WOMENS BUILD NUTRITION PLAN WKS 9-12

	BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER	TREAT	APPROX. CALORIES
MONDAY	- 40g Rolled Oats - 1/4 cup blueberries - 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 Veges - 1/4 cup Rice	- Night time Protein	1455
TUESDAY	Omelette or Scrambled - 1 whole egg + 3 egg white - 1/2 Cup Chopped Fresh Veges - Tea/Coffee (optional)	- Maxines Burn Bar	- 185g tin Tuna in Springwater - Large Salad - 100g Sweet Potato	- Protein Shake - Apple	- 150g Lean Pork Steak - Roasted Vege Stack including 100g Sweet Potato	- 180g Chobani Plain Yoghurt (0.5%) - 1/2 (80g) Cup Mixed Berries	1417
WEDNESDAY	- 40g Rolled Oats - 1/4 cup blueberries - Protein Shake - Tea/Coffee (optional)	- 2 Rice Cakes topped with low fat Cottage Cheese and Sliced Tomato	- 1/2 cup curried or plain rice - 150g Grilled Chicken - Large Salad	- Protein Shake	- 150g Lean Meat Pattie and Veges - 1/4 cup Rice	- Night Time Protein	1496
THURSDAY	Omelette or Scrambled - 1 whole egg + 3 egg white - 1/2 Cup Mushrooms & Spinach - Tea/Coffee (optional)	- Maxines Burn Bar	- 150g Lean Meat (your Choice) & Vege Stir Fry - 1/2 Cup Cooked Rice	- Protein Shake - Apple	- 200g Grilled Baramundi - 1 serve Fried Rice	- Night Time Protein	1635
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 Stirfry with vegies - 1/4 cup Rice	- Night Time Protein	1553
SATURDAY	- 1/2 serve Crunchola (Freedom Foods) - 1 whole Egg + 3 Egg Whites, Scrambled - Tea/Coffee (optional)	- Maxines Burn Bar	- 150g Grilled Lean Steak - Steamed Veges - 1/2 Cup Rice	- Protein Shake	- 150g Grilled Chicken - Steamed Veges - 50g Sweet Potato	- 100g Chobani Plain Yoghurt (0.5%) - 1/2 Cup Mixed Berries	1575
SUNDAY	- 1 Whole Egg & 3 Egg Whites scrambled - 1/4 Medium Avacado - 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 Veges	- Night Time Protein	1362