

Breakfast

Lunch

Snack

Dinner

	DAY 1 MONDAY	DAY 2 TUESDAY	DAY 3 WEDNESDAY	DAY 4 THURSDAY	DAY 5 FRIDAY	DAY 6 SATURDAY	DAY 7 SUNDAY
Breakfast	1 GNC Total Lean Shake 25 1 cup fresh fruit salad 175ml Low fat plain yoghurt	1 GNC Total Lean Shake 25 ¾ cup fresh berries 250ml Fat free milk	1 GNC Total Lean Shake 25 Small bunch of grapes (12) 175ml Fat free apricot yoghurt	1 GNC Total Lean Shake 25 1 small banana 175ml Fat free mixed berry yoghurt	1 GNC Total Lean Shake 25 150ml papaya 250ml Fat free milk	1 GNC Total Lean Shake 25 1 banana 175ml Fat free strawberry yoghurt	1 GNC Total Lean Shake 25 Small bunch of grapes (12) 175ml Low fat plain yoghurt
Lunch	BAKED POTATO Oven baked potato (medium) topped with 3 rashers lean bacon (excess fat trimmed), ¼ cup fat free cottage cheese, ½ avo and scattered with chopped chives Served with simple green salad (lettuce, cucumber, green pepper) and 2 tsp sweet chilli sauce	LIVER AND ONIONS WITH CRACKERS 100g braised chicken livers cooked in 1 tsp olive oil with caramelised onion, 1 small potato diced and 4 walnut halves Serve inside 4 cos lettuce cups with 4 melba toast slices crumbled with 30g reduced fat feta	SARDINE SALAD 60g tinned sardines tossed with ½ cup sweet corn kernels and left over cabbage, carrot and onion coleslaw. Top with ¼ avo, fresh squeezed lemon juice and 2 tsp sweet chill sauce – serve with 3 provitas	HAM 'N HERB BAGEL 30g shaved ham layered with ¼ cup fat free cottage cheese, ½ cup lettuce, 6 cucumber slices, ¼ avo and fresh parsley on 1 small whole-wheat bagel spread with 1 Tbsp lite mayonnaise	ITALIAN SALAD WITH MELBA CROUTONS 2 hard boiled eggs sliced, tossed with 1 cup lettuce, sliced raw onions, tomato wedges, sliced cucumber, 10 black olives and 1 small boiled potato, sliced. Crumble 4 melba toast crackers over the salad as crunchy croutons Drizzle with 1 Tbsp lite Italian salad dressing	MINCE IN PEPPERS 1 whole green pepper topped and filled with 60g lean mince, covered with sliced tomato, and dried herbs– drizzle with 1 tsp olive oil and bake and grill in the oven Serve with a rocket, cucumber, 4 walnut halves and green apple salad (1 whole apple sliced) drizzled with balsamic reduction and 3 provitas	POMEGRANATE CHICKEN SALAD 60g shredded chicken breast tossed with 1 cup rocket leaves, 60g pomegranate seeds, 9 roasted pistachio nuts, sliced cucumber and ¾ cup cous cous Serve with 1 tsp olive oil and balsamic reduction
Snack	1 banana 175ml Fat free apricot yoghurt	1 orange 175ml Low fat plain yoghurt	1 apple 175ml Fat free strawberry yoghurt	1 cup fruit salad 175ml Fat free apricot yoghurt	¾ cup fresh berries 175ml Low fat plain yoghurt	1 orange 175ml Fat free mixed berry yoghurt	150ml papaya 175ml Fat free strawberry yoghurt
Dinner	THAI STYLE TUNA STEAK 120g seared tuna steak marinated in soy sauce and grated ginger. Served with steamed long-stemmed broccoli drizzled with marinade and scattered with 10g roasted peanuts (unsalted)	HAWAIIAN CHICKEN KEBABS 90g chicken breast threaded onto skewers with 3 cubes of pineapple interspersed between each chicken piece Served with 2 cups grated carrot, cabbage and onion coleslaw mixed with ¼ cup fat free cottage cheese and 1 Tbsp lite mayonnaise	STEAK AND ROSEMARY ROASTED VEG 120g tenderloin steak grilled Served with rosemary and whole garlic roasted vegetables: carrots, rosa tomatoes and red peppers tossed in 1 tsp olive oil and drizzled with balsamic reduction	TUNA LETTUCE WRAPS 120g tinned tuna (in brine) mixed with diced raw red onion, grated carrot & cucumber, chopped tomatoes Wrap and roll into 4 lettuce leaves with green pepper fingers and slivers of ¼ avo For dip, use freshly squeezed lemon juice mixed with 2 tsp sweet chilli sauce	ALMOND AND ORANGE DUCK 120g duck breast (skin removed) pan seared and scattered with segments of ½ an orange and 10g roasted flaked almonds Served with fresh steamed spinach and carrots	MEXICAN BEAN BAKE ½ cup kidney beans mixed with 1 tin tomatoes, onions, mushrooms, red pepper, 60g reduced fat feta and fresh chilli. Serve hot with fresh tomato salsa, coriander, sweet chilli sauce and ½ avo mashed	VENISON STEAK 120g venison steak rubbed with 1 tsp olive oil mixed with garlic and fresh herbs. Serve with balsamic drizzled grilled long stemmed broccoli and green pepper fingers

1300-CALORIE MEAL PLAN-WEEK 2



Breakfast

Lunch

Snack

Dinner

	DAY 1 MONDAY	DAY 2 TUESDAY	DAY 3 WEDNESDAY	DAY 4 THURSDAY	DAY 5 FRIDAY	DAY 6 SATURDAY	DAY 7 SUNDAY
Breakfast	1 GNC Total Lean Shake 25 ½ medium mango 175ml Fat free strawberry yoghurt	1 GNC Total Lean Shake 25 1 cup fresh fruit salad 175ml Low fat plain yoghurt	1 GNC Total Lean Shake 25 4 grandillas 250ml Fat free milk	1 GNC Total Lean Shake 25 1 cup cubed watermelon 175ml Fat free peach yoghurt	1 GNC Total Lean Shake 25 1 cup fruit salad 175ml Low Fat plain yoghurt	1 GNC Total Lean Shake 25 1 small pear 175ml Fat free strawberry yoghurt	1 GNC Total Lean Shake 25 1 naartjie 250ml Fat free milk
Lunch	CHICKEN AND APPLE QUINOA SALAD 60g grilled chicken breast with fresh herb crust (mash basil, parsley and coriander together with crushed black pepper and 1 tsp olive oil) Served with an apple and rocket quinoa salad – thinly dice 1 apple, ½ cup rocket, ½ cup cooked quinoa, sliced cucumber and julienne carrots	TUNA GHERKIN SALAD 60g tinned tuna (packed in brine) tossed with 1 cup shredded lettuce, diced cucumber, carrot and rosa tomatoes, ½ cup sliced gherkins and 1 Tbsp lite mayonnaise and ¼ avo Served with 6 provitas	OPEN HAM SANDWICH 2 slices rye bread topped with ½ cup baby spinach, 60g sliced ham, 10 black olives, raw onion and tomato rings and drizzled with honey mustard mayo (1 Tbsp lite mayonnaise, 1 tsp honey and 1 tsp wholegrain mustard)	HAKE FISHCAKES 60g leftover hake crumbled together with fresh dill, 2 sliced spring onions, 2 tsp fresh lemon juice, 2 slices rye bread pulsed into crumbs and ground black pepper. Shallow fry in 1 tsp olive oil and serve 1 cup rocket leaves, cucumber and tomato slices and drizzle with 1 Tbsp lite mayonnaise and 2 tsp sweet chili sauce	BROWN RICE AND RAISIN SALAD ½ cup cooked brown rice tossed with 1 Tbsp raisins, diced red onion, 4 sundried tomato halves, 60g reduced fat feta – sprinkled with 1 level Tbsp roasted flaked almonds and dressed with 1 tsp olive oil and balsamic glaze	LAMB PITA POCKET 60g roast lamb packed into 1 small whole-wheat pita with sliced raw onion, tomato, lettuce and red pepper. Drizzled with 1 Tbsp lite mayonnaise and 1 Tbsp tzatziki and garnished with fresh mint (1 whole apple sliced) drizzled with balsamic reduction and 3 provitas	APRICOT SALMON & QUINOA SALAD Leftovers of 60g flaked salmon, ½ cup quinoa chilled. Toss with chopped parsley, grated cucumber, ¼ avo and 4 finely diced apricot halves. Serve with lemon mayo dressing (1Tbsp lite mayo mixed with fresh squeezed lemon juice and ground black pepper)
Snack	1 naartjie 175ml Fat free peach yoghurt	1 cup cubed watermelon 175ml Fat free strawberry yoghurt	1 peach 175ml Low fat plain yoghurt	1 small pear 175ml Fat free peach yoghurt	1 cup fresh fruit salad 175ml Low fat plain yoghurt	1 peach 175ml Low fat plain yoghurt	1 cup cubed watermelon 175ml Fat free strawberry yoghurt
Dinner	SPINACH AND MUSHROOM OMELETTE 4 eggs beaten and mixed with ½ cup mushrooms, 5 halved rosa tomatoes and 1 cup raw spinach – add fresh chilli for spice. Fry in 1 tsp olive oil and serve on 1 slice toasted rye bread	“TOPLESS” OSTRICH BURGER 90g ostrich mince mixed with 1 egg, grated zucchini, tinned tomatoes, grated carrots, sprinkled with dried mixed herbs and grilled Served on ½ a brown toasted roll, a bed of lettuce leaves and topped with ¼ avo	HERBED HAKE PARCELS 120g hake wrapped in tin foil with fresh parsley, lemon juice, and black pepper Serve with a pear and watercress green salad – 1 sliced pear, ½ cup watercress and ½ cup shredded lettuce with sliced cucumber, green pepper and drizzled with 1 Tbsp honey mustard dressing (see recipe from lunch)	STEAK AND CARAMELIZED ONION SALAD 120g extra lean grilled sirloin steak served on a bed of 1 cup fresh baby spinach, ½ cup quinoa and topped with 2 Tbsp caramelized onion and sautéed mushrooms and ¼ avo	COURGETTE FRITTATA 3 eggs beaten well with a dash of fat free milk, ¼ cup grated carrot, ¼ cup grated courgette, ½ diced onion, 30g grated mozzarella and 1 small diced potato. Pour into a spray-and-cook lined ramekin and bake. Serve with a rocket, cucumber and mange tout salad sprinkled with 4 walnut halves and drizzled with balsamic reduction	SALMON STEAK 90g grilled salmon with herb and black pepper crust rubbed with 1 tsp olive oil and topped with 30g reduced fat feta Served with ½ cup potato mash, 1 cup steamed spinach and roasted red pepper Drizzle with a fresh squeeze of lemon juice	VEGETABLE PACKED SPAGHETTI BOLOGNAISE 120g lean mince cooked with 1 tin tomatoes, shredded spinach, ½ cup mushrooms, ½ a green pepper and 1 diced onion. Served with ½ cup whole-wheat pasta and fresh rocket leaves drizzled with 1 tsp olive oil

1300-CALORIE SHOPPING LIST-WEEK 1



Vegetables	Fruit	Dairy	Fats	Protein
Potato Ginger Long stem broccoli Red and white Onion Lettuce Carrot Cabbage Sweet corn Avocado Rosa tomatoes Green and red peppers Rocket Garlic Cucumber Mushrooms Baby spinach Chilli	Lemon Orange Papaya Berries Grapes Banana Apple Pineapple Pomegranate	Fat free milk Reduced fat feta cheese Fat free apricot yoghurt Fat free mixed berry yoghurt Fat free strawberry yoghurt Fat-free cottage cheese Low fat plain yoghurt	Olive oil Lite mayonnaise Lite Italian dressing Pistachios Peanuts Walnuts Flaked almonds	GNC Total Lean Shake 25 Bacon Tuna steak Tinned tuna Chicken livers Chicken breasts Sardines Tenderloin steak Shaved ham Eggs Lean beef mince Chicken breasts Venison Duck breasts
Grain	Condiments	Herbs	Beverages	SW
Melba toast Whole-wheat bagel Cous cous Provita Kidney beans Rice noodles	Soy sauce Sweet chilli sauce Balsamic reduction Tinned tomatoes Mixed dried herbs	Chives Rosemary Parsley Coriander		



Vegetables	Fruit	Dairy	Fats	Protein
<p>Baby spinach Mushrooms Zucchini Lettuce Avocado Watercress Potato Carrots Cucumber Rocket Spring onion Rosa tomatoes White and red onion Green and red pepper Mangetout</p>	<p>Pears Watermelon Naartjies Peaches Granadillas Mango Apple Lemon Raisins Dried apricot halves</p>	<p>Fat free milk Reduced fat feta cheese Mozzarella cheese Fat free cottage cheese Low fat plain yoghurt Fat free strawberry yoghurt Fat free peach yoghurt</p>	<p>Olive oil Lite mayonnaise Black olives Walnuts Flaked almonds</p>	<p>GNC Total Lean Shake 25 Chicken breasts Eggs Tinned tuna Hake Shaved ham Sirloin steak Lamb loin Salmon steak Lean beef mince Ostrich mince</p>
Grain	Condiments	Herbs	Beverages	SW
<p>Rye bread Brown rice Whole-wheat pita bread Quinoa Whole-wheat pasta Provitas Brown roll</p>	<p>Gherkins Sweet Chilli Sauce Tzatziki Wholegrain mustard Sundried tomatoes Honey Balsamic reduction 2 canned tomato tins</p>	<p>Rocket Parsley Dill Coriander Basil Mint Dried mixed herbs</p>		