

# 1800-CALORIE MEAL PLAN-WEEK 1



	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
Snack	1 Banana nut muffin Quest Protein bar	1 Chocolate chip cookie dough Quest Protein bar	1 Banana nut muffin Quest Protein bar	1 Chocolate chip cookie dough Quest Protein bar	1 Banana nut muffin Quest Protein bar	1 Chocolate chip cookie dough Quest Protein bar	1 Banana nut muffin Quest Protein bar
Lunch	Baked potato Oven baked potato (medium) topped with 3 rashers lean bacon (excess fat trimmed), ¼ cup fat free cottage cheese, ¼ 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 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 chilli 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	Italian salad with melba croutons 2 hardboiled eggs sliced, tossed with 1 cup lettuce, sliced raw onions, tomato wedges, sliced cucumber, 5 black olives and 1 small boiled potato sliced. Crumble 4 melba toast crackers over the salad as crunchy croutons Drizzle with 2 tsp 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, 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 balsamic reduction
Snack	1 banana, 175ml Low Fat plain yoghurt 2tsp sugar and salt free peanut butter mixed into a smoothie	1 orange 175ml Low fat plain yoghurt 9 pistachios	1 apple spread with 2 tsp sugar and salt free peanut butter 175ml Fat free strawberry yoghurt	1 cup fruit salad and 175ml Fat free apricot yoghurt mixed into a smoothie with 5 raw almonds	¾ cup fresh berries 175ml Low fat plain yoghurt sprinkled with 4 crushed walnut halves	1 banana and 175ml Fat free mixed berry yoghurt mixed into a smoothie with 10g flaked almonds	150ml papaya 175ml Fat free strawberry yoghurt with 4 walnut halves
Dinner	Thai style Tuna steak 120g seared tuna steak marinated in soy sauce and grated ginger. Served with 1 cup rice noodles, steamed long-stemmed broccoli drizzled with marinade and scattered with 10g roasted peanuts (unsalted)	Hawaiian chicken kebabs 90g chicken breast threaded onto skewers with 80g cubed pineapple interspersed between each chicken piece, with ½ cup cous cous 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: 1 medium potato, carrots, rosa tomatoes and red peppers tossed in 1 tsp olive oil	Tuna lettuce wraps 120g tinned tuna (in brine) mixed with 1/2 cup sweet corn kernels, 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 Serve with 3 provitas	Almond and orange duck 120g duck breast (skin removed) pan seared and scattered with segments of 1 orange and 10g roasted flaked almonds Served with fresh steamed spinach and carrots and ½ cup mashed potato	Mexican bean bake 1 cup kidney beans mixed with ½ cup sweet corn kernels, 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 ¼ avo mashed	Venison steak 120g venison steak rubbed with 1 tsp olive oil mixed with garlic and fresh herbs. Serve with 1 cup mashed potato, balsamic drizzled grilled long stemmed broccoli and green pepper fingers
Snack	1 Tbsp raisins mixed with 10g peanuts	1 apple spread with 2 tsp sugar and salt free peanut butter	4 diced dried apricot halves mixed with 2 Tbsp shredded coconut	3 dried figs stuffed with 6 crushed walnut halves	1 apple spread with 2 tsp sugar and salt free peanut butter	1 Tbsp raisins mixed with 10g peanuts	4 diced dried apricot halves mixed with 2 Tbsp coconut flakes

	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 granadillas 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
Snack	1 Banana nut muffin Quest Protein bar	1 Chocolate chip cookie dough Quest Protein bar	1 Banana nut muffin Quest Protein bar	1 Chocolate chip cookie dough Quest Protein bar	1 Banana nut muffin Quest Protein bar	1 Chocolate chip cookie dough Quest Protein bar	1 Banana nut muffin Quest Protein bar
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 Served with 6 provitas	Open ham sandwich 2 slices rye bread topped with ½ cup baby spinach, 60g sliced ham, 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 2 tsp sweet chilli 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 – dressed with 1 tsp olive oil and a drizzle of balsamic reduction	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	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 balsamic dressing (1Tbsp balsamic reduction with fresh squeezed lemon juice and ground black pepper)
Snack	1 naartjie mixed into a smoothie with 175ml Fat free peach yoghurt and 2 Tbsp shredded coconut	1 cup cubed watermelon 175ml Fat free strawberry yoghurt 5 raw almonds	1 peach 175ml Low fat plain yoghurt with 2 tsp ground flaxseed	1 small pear 175ml Fat free peach yoghurt 4 walnut halves	1 cup fresh fruit salad mixed into a smoothie with 175ml Low fat plain yoghurt and 5 raw almonds	1 naartjie 175ml Low fat plain yoghurt with 2tsp ground flaxseed	1 cup cubed watermelon mixed with 175ml Fat free strawberry yoghurt and 2 Tbsp shredded coconut into a smoothie
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 2 slices toasted rye bread	Ostrich burger 90g ostrich mince mixed with 1 egg, grated zucchini, tinned tomatoes, grated carrots, sprinkled with dried mixed herbs and grilled Served on 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, 1 small potato 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 lite 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, 1 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 medium 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 30g reduced fat feta Served with 1 tsp potato mash, 1 cup steamed spinach and roasted red pepper Drizzle with a fresh squeeze of lemon juice	Vegetable packed spaghetti bolognese 120g lean mince cooked with 1 tin tomatoes, shredded spinach, ½ cup mushrooms, ½ a green pepper and 1 diced onion Served with 1 cup whole-wheat pasta and fresh rocket leaves drizzled with 1 tsp olive oil
Snack	1 Slimmers Choice dried fruit bar with 5 raw almonds	2 dates with 2 Tbsp coconut flakes	5 dried mango strips with 4 walnut halves	7 dried apple rings dunked in 2 tsp sugar and salt free peanut butter	2 dates with 2 Tbsp coconut flakes	1 Slimmers Choice dried fruit bar with 5 raw almonds	5 dried mango strips with 4 walnut halves

Vegetables	Fruit	Dairy	Fats	Protein
<p>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</p>	<p>Lemon Orange Papaya Berries Grapes Banana Apple Pineapple Pomegranate Raisins Dried figs Dried apricots</p>	<p>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 Low fat frozen yoghurt</p>	<p>Olive oil Lite mayonnaise Lite Italian dressing Black olives Pistachios Peanuts Walnuts Flaked almonds Whole raw almonds</p>	<p>GNC Total Lean Shake 25 Bacon Tuna steak Tinned tuna Chicken livers Sardines Tenderloin steak Shaved ham Eggs Lean beef mince Chicken breasts Venison Duck breasts Reduced fat hummus 4 Banana nut muffin Quest Protein bar 3 Chocolate chip cookie dough Quest Protein bar</p>
Grain	Condiments	Herbs	Beverages	
<p>Melba toast Whole-wheat bagel Couscous Provita Kidney beans Rice noodles Popcorn kernels</p>	<p>Soy sauce Sweet chilli sauce Balsamic reduction Tinned tomatoes Mixed dried herbs Nature's Valley Oat and honey granola bar Sugar and salt free peanut butter Nair's oat biscuits</p>	<p>Chives Rosemary Parsley Coriander</p>		

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 Dried apple rings Dried mango strips Dates 2 Slimmers Choice dried fruit bars Raisins Dried apricot halves</p>	<p>Fat free milk Reduced fat feta cheese Mozzarella 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 Flaxseed Raw almonds Coconut flakes</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 Reduced fat hummus 4 Banana nut muffin Quest Protein bar 3 Chocolate chip cookie dough Quest Protein bar</p>
Grain	Condiments	Herbs	Beverages	
<p>Rye bread Brown rice Whole-wheat pita bread Quinoa Whole-wheat pasta Provitax Brown roll Nair's Oat biscuits Popcorn kernels</p>	<p>Gherkins Sweet Chilli Sauce Tzatziki Wholegrain mustard Sundried tomatoes Honey Balsamic glaze 2 canned tomato tins Red. fat honey &amp; mustard dressing Oat and honey granola bar Salt and sugar free peanut butter</p>	<p>Rocket Parsley Dill Coriander Basil Mint Dried mixed herbs</p>		