

	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	¾ cup fresh berries 1 boiled egg with 3 provitas	1 apple and 30g cubed mozzarella made into skewer snack sticks served with 2 Nair's oat biscuits	2 rice cakes spread with ¼ cup fat free cottage cheese and 1 Tbsp honey	3 dried figs stuffed with 30g reduced fat feta cheese served with 3 provitas	1 apple and 30g cubed mozzarella made into skewer snack sticks served with 2 Nair's oat biscuits	¾ cup fresh berries 1 boiled egg with 3 provitas	2 rice cakes spread with ¼ cup fat free cottage cheese and 1 Tbsp honey

	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 ¼ 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 90g 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 90g 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 90g 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 with 1 cup rocket leaves, cucumber and tomato slices and drizzle with 1 Tbsp lite mayo and 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 and 1 boiled egg- dressed with 1 tsp olive oil and a drizzle of balsamic glaze	LAMB PITA POCKET 90g 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 90g flaked salmon, ½ cup quinoa chilled. Toss with chopped parsley, grated cucumber 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 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 with 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, MUSHROOM AND OLIVE OMELETTE 4 eggs beaten and mixed with 10 black olives, ½ cup mushrooms, 1 small boiled, diced potato, 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	OSTRICH BURGER 120g ostrich mince mixed with grated zucchini, tinned tomatoes, grated carrots, sprinkled with dried mixed herbs and rubbed with 1 tsp olive oil 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, 1 small potato, lemon juice, black pepper and 1 tsp olive oil. Serve with a pepper 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 CAMELIZED 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 (in 1 tsp olive oil) and ¼ avo	ZUCCHINI FRITTATA 3 eggs beaten well with a dash of fat free milk, ¼ cup grated carrot, ¼ cup grated zucchini, 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 120g grilled salmon with herb and black pepper crust rubbed with 1 tsp olive oil. Served with 1 cup potato mash, 1 cup steamed spinach and roasted red pepper (in 1tsp olive oil) Drizzle with a fresh squeeze of lemon juice	Vegetable packed spaghetti bolognaise 120g lean mince cooked in 1 tsp olive oil 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
Snack	1 sliced apple spread with 30g mozzarella cheese served with 2 cups air popped popcorn	¼ cup fat free cottage cheese with peppadew on 2 rice cakes 1 naartjie	½ Chocolate chip cookie dough Quest Protein bar Product Code: #228612 ¼ medium mango	3 provitas with 30g shaved ham and topped with 1 thinly sliced pear	1 sliced apple spread with 30g mozzarella cheese served with 2 cups air popped popcorn	½ Chocolate chip cookie dough Quest Protein bar Product Code: #228612 ½ mango	¼ cup fat free cottage cheese with peppadew on 2 rice cakes 1 naartjie

2000-CALORIE SHOPPING LIST-WEEK 1



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 Mozzarella cheese</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 Wild rice Nair's oat biscuits Rice cakes</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 Honey</p>	<p>Chives Rosemary Parsley Coriander</p>		

2000-CALORIE SHOPPING LIST-WEEK 2



Vegetables	Fruit	Dairy	Fats	Protein
<p>Baby spinach Mushrooms Courgettes 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 apricot halves Raisins</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 Shredded coconut</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 Rice cakes</p>	<p>Gherkins Sweet Chilli Sauce Tzatziki Wholegrain mustard Sundried tomatoes Honey Balsamic reduction 2 canned tomato tins Oat and honey granola bar Salt and sugar free peanut butter Peppadews</p>	<p>Rocket Parsley Dill Coriander Basil Mint Dried mixed herbs</p>		