

MYGYM HEALTHY EATING PLAN

(for weight-loss – guys who want to get big – see Mac)

1. Please make sure you drink about 2 L of water per day
2. Eat breakfast
3. Eat regularly, 5-6 times a day Eg: 7am breakfast, 10am snack, 1pm lunch, 4pm snack, 7pm dinner (adjust to suit but about every 2-3hrs, no less!) add extra snacks if you feel hungry
4. Include protein in your meals
5. Take a multi-vitamin

Breakfast

Cereal and milk/yoghurt plus one serve of fruit from the list OR two pieces of toast with low fat spread, poached or boiled eggs, low fat cheese or low sugar baked beans

CEREAL

All-bran
Oat bran
Rolled Oats
Special K
Natural Muesli
Porridge

BREADS

Soya and Linseed
Wholegrain Pumpnickel
Heavy Mixed Grain
Whole Wheat
Sourdough Rye
Sourdough Wheat

Mid-morning snack

Choose from any of the following: it shouldn't be a huge portion and if you have your fruit now then don't have fruit for your afternoon snack, choose something else.

OTHER SNACKS

Hummus
Boiled egg
Small tub yoghurt
Walnuts
Almonds
Small tin tuna
1 piece of fruit
Protein shake
Chopped raw veggies
4 Turkey breast slices
2 slices low fat cheese

FRUIT

Cherries
Plums
Grapefruit
Peaches
Peach, canned in natural juice
Apples
Pears
Dried apricots
Grapes
Kiwi Fruit
Oranges
Strawberries
Prunes

Lunch

Good lunch choices are salads or sandwiches made with lots of protein and leafy greens and choosing bread from above. Protein might come from lean beef, chicken, smoked salmon tuna or tofu. Try and stick as much to the vegetables on the following list:

VEGETABLES

Green Peas
Eggplant/Aubergine
Broccoli, Chines Broccoli
Cauliflower
Cabbage
Mushrooms
Tomatoes
Chillies
Cucumber
Lettuce, rocket
Green Beans
Red Capsicum
Onions
Bok Choy/Choy Sum
Spinach
Sprouts
Fresh Herbs

Afternoon snack (as for morning)

Dinner

As for lunch, but you may also want to include beans pasta or rice - make sure this only makes up about 10% of the food on your plate.

PASTA, RICE etc

Spaghetti
Egg Fettuccini
Brown Rice
Buckwheat
White long grain rice
Pearled Barley
Yam
Sweet Potatoes
Wheat tortilla

LEGUMES

Butter Beans
Chick Peas
Haricot/Navy Beans
Lentils, Red
Lentils, Green
Pinto Beans
Blackeyed Beans
Yellow Split Peas
Kidney Beans (canned)

When trying to lose weight, don't drink anything other than water and coffee/tea if you need it. No more than one "milky" coffee a day (latte etc). NO JUICE NO ALCOHOL. Have a day off when you need one. Dairy is ok but stick to the low fat option and have only one serve per day.

GOOD LUCK!

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MY GYM