

## MY GYM 6-DAY DIET

### BREAKFAST

Weet-bix/All-bran + malt-free soy milk (or low fat milk) + strawberries/blueberries/raspberries

OR

Oats mixed with water + strawberries/blueberries/raspberries

OR

Low GI toast with vegemite +tomato slices/fat free spread (No butter or avocado)

OR

Omelet/eggs (with onion, capsicum, mushroom – from the list)

With: Coffee (long black with a dash of milk) or tea (no sugar)

### MORNING SNACK:

fat free yoghurt with apple slices or berries OR grapefruit

Protein shake (mixed with water)

AND Celery sticks, cucumber, cherry tomatoes

LUNCH: Approx 150g (guys 200g) lean meat/fish or tofu plus salad, choose from: leafy greens, tomato, cucumber, cabbage, onion, radish, celery, capsicum, mushroom, fresh herbs

### EXAMPLES:

Salad - Green – leaves, tomatoes, red onion, capsicum (could add blanched broccoli and green beans) + tuna/chicken/tofu

Salad - Coleslaw – red cabbage, celery, spring onion, coriander + tuna/chicken/tofu

OR

Omelet (with red onion, capsicum, mushroom)

Make your own dressings:

Vinaigrette = olive oil, lemon juice, seeded mustard, salt and pepper,

Asian style dressing = olive oil, tiny bit of sesame oil, chili, lime, ginger, tamari and a dash of wasabi



**AFTERNOON SNACK:**

100g turkey slices OR Small tin of tuna OR Sashimi OR  
Handful of almonds OR boiled egg  
Protein shake (mixed with water) AND Celery sticks, cucumber, cherry tomatoes

**DINNER:** Approx 250g (guys 300g) lean meat/fish plus veggies, choose from: bok choy, choy sum, broccoli, Chinese broccoli, cabbage, green beans, mushrooms, capsicum, onion, zucchini, eggplant, fresh herbs; garlic, ginger, chili, salt and pepper

**EXAMPLES:**

Lean Pork cutlets/steaks, marinated in tamari, sesame oil, chili, garlic and ginger, pan-fried + steamed Asian greens

Chicken (no skin) rubbed with garlic salt and pepper, pan-fried/grilled + green beans and homemade tomato sauce – made with tinned tomatoes, cherry tomatoes, red-onion, garlic, fresh basil, salt and pepper

Steak, pan-fried/grilled + eggplant and spinach – one eggplant slice fairly small tossed in olive oil, sesame oil, garlic, ginger and chili, then pan-fried, as eggplant is browned add one bunch spinach

Sung choy Bao = lean mince cooked with assorted veggies diced small in a tamari base Chinese sauce served in lettuce cups

Grilled/Baked Fish + steamed broccoli & asparagus and fried garlic mushrooms

**DRINK WATER AT EVERY MEAL/SNACK  
BLACK COFFEE, TEA, HERBAL TEA**

You can have as many cherry tomatoes and celery and cucumber sticks to snack on throughout the day as you like

**IF IT'S NOT LISTED ON THIS PAPER YOU CAN'T HAVE IT**

