

SAMPLE 5-DAY PLAN

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
BREAKFAST	All-bran w low-fat milk + black coffee	Omelet with mushrooms red onion and capsicum + black coffee	All-bran w low-fat milk and strawberries + black coffee	2 pieces of low gi toast with vegemite and tomato+ black coffee	All-bran w low-fat milk + black coffee
MORNING TEA	Milk coffee, 1 tub low fat yoghurt + pear	Tamari almonds, cherry tomatoes, mini cucumbers	Milk coffee, apple + nuts	Milk coffee, 1 tub fat free yoghurt + pear	Strawberries, yoghurt +nuts
LUNCH	Spicy coleslaw with 2 soft boiled eggs, spring onion and jalapenos	Tuna + salad greek salad with red onion cucumber and olives	Vegetable soup made with tomato and veggie stock base and celery, onion, zucchini and herbs	Tuna + salad greek salad with red onion cucumber and olives	Omelet with mushrooms red onion and capsicum
AFTERNOON SNACK	Protein shake mixed with water + some nuts	Black coffee, small tin tuna, cucumber and cherry tomatoes	celery and cucumber and cherry tomatoes + boiled egg	Protein shake mixed with water + some nuts	Milk Coffee, 2 slices of turkey breast, cucumber and cherry tomatoes
DINNER	Beef rubbed with garlic, salt + pepper, with chili miso stir fried eggplant spinach	Tandoori marinated chicken with garlic, onion and mushrooms and tomato & coriander salad	Roast chicken with roasted veggies – onion, capsicum, garlic, cauliflower and zucchini	Sung Choy bao – lean mince and veggies in lettuce cups	Coriander poached fish, with cucumber and lime salad

THINGS TO NOTE:

I am a bit boring with the snacks but I have two kids who want to each eat something different and a and a small business (and Mac) so if you have a bit more time you could try making some mini frittata's in muffin tins – which would also make a good breakfast on the run if you needed it. Or you might like to be adventurous and pay a visit to your local Japanese for some sashimi and edamame (salted soy beans). You could also try chopped raw veggies with a low fat low sugar dip (like zatziki or maybe eggplant dip? (Read the label or make your own – usually humus or yoghurt based dips are best). A big batch of soup made from the ingredients in the unlimited list (not all of them at once) is also a good idea – you can heat it up for snack – great idea in winter.

If you're struggling with making lunch – how about leftovers? If you hit on a good healthy meal make enough to keep for the next day and have it for lunch. It saves on having ingredients leftover, and money!

SHARE your recipes on our facebook group!

