

## BREAKFAST

All-bran / oat flakes + malt-free soy milk (or low fat milk)

OR

Low GI toast with vegemite/tomato slices/fat free jam

OR

Omelet (with onion, capsicum, mushroom, spinach)

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

## MORNING SNACK:

Fat free yoghurt OR

1 small apple OR

Protein shake (mixed with water)

LUNCH: Approx 200g lean meat/fish 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) + 100-200g tuna/chicken

Salad - Coleslaw – red cabbage, celery, spring onion, coriander + 200g tuna/chicken

OR

Omelet (with red onion, capsicum, mushroom, spinach)

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

Protein shake (mixed with water)

AND EAT FREELY all day:

Celery sticks, cucumber, cherry tomatoes

DINNER: Approx 200-300g lean meat/fish plus veggies, choose from: bok choy, choy sum, broccoli, Chinese broccoli, cabbage, green beans, mushrooms, cauliflower, capsicum, onion, zucchini, eggplant, fresh herbs; garlic, ginger, chili, salt and pepper (meat rubs are a good alternative to sauces before grilling)

#### 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 sliced thinly 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\* (make sure no sweeteners)  
Ideally you would go for green tea...

You can have as many cherry tomatoes and celery and cucumber (pickles ok if not sweet) to snack on throughout the day as you like

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