

Day 1

BREAKFAST

- 1 cup low fat/fat free milk
- 1 cup cooked oats/oatbran porridge

- 1 medium banana, sliced

MORNINGSNACK

- 100ml low fat fruit Yoghurt

- 6 Litchis

LUNCH

- 2 slices low GI / rye bread
- 60g chicken, skinless
- 4 tsp low-fat dressing/mayonnaise

- 1 cup home-made vegetable soup

AFTERNOON SNACK

- 3 Provitas
- 2 tsp. Peanut butter, sugar & salt free

- 1 cup Grapes

SUPPER

- 90g lean mince
- 1 ½ cups cooked spaghetti
- ½ cup Tomato based sauce
- ½ cup Green beans & carrots
- 2 tsp. Canola oil

BREAKFAST

- 1 cup low fat/fat free milk
- ⅔ cup Low GI Muesli

- ½ cup fruit juice

MORNINGSNACK

- 3 Provitas

- ⅓ avocado pear

- 2 Kiwis

LUNCH

- 4 Ryevitas
- 60g beef, chopped
- 2 tsp low-fat mayonnaise
- 1 tsp. mixed nuts

- 1 cup Mixed chopped vegetables

AFTERNOON SNACK

- 100ml low fat fruit Yoghurt

- 1 Woolworths Seasonal fruit 2 Go

SUPPER

- 120g grilled fish
- 1 large sweet potato
- 2 cups raw vegetables for stir-frying
- 2 tsp. Canola oil

Day 2

BREAKFAST

- 1 cup low fat/fat free milk
- 1 cup cooked oats/oatbran porridge

- 2 Tbsp. raisins

MORNINGSNACK

- 100ml low fat fruit Yoghurt

- 1 Apple (tennis ball size)

LUNCH

- 2 slices low GI bread
- 4 slices lean cold meat (lean ham)
- 4 tsp. low fat cream cheese

- 1 cup Sliced tomato and cucumber

AFTERNOON SNACK

- 1 slice low GI brown bread/rye/seed loaf

- 2 tsp. hummus

- 1 Pear (tennis ball size)

SUPPER

- 90g grilled chicken breast, skinless
- 1 ½ cups brown rice
- ½ cup Tomato-based sauce (made with 2 tsp. Canola oil)
- ½ cup Mange Tout

Day 3

BREAKFAST

- 1 cup fat free/plain yoghurt
- ⅔ cup Low GI Muesli

- ½ grapefruit or 1 seasonal fruit

MORNINGSNACK

- 2 Ryevita
- 1 Tbs Roasted Pepper Hummus

- 1 Fineform Green Fig Breakfast bar

LUNCH

- 6 Provitas
- 30g lean biltong, shaved
- ¼ cup cottage cheese
- 2 tsp. low-fat mayonnaise
- 1 tsp. mixed nuts

- 1 cup home-made vegetable soup

AFTERNOON SNACK

- 1 cup Low fat Chocolate milk

- 2 Plums

SUPPER

- 90g ostrich strips
- 1 ½ cups cooked pasta screws
- 2 cups raw vegetables for roasting
- 2 tsp. Canola oil

Day 5

BREAKFAST

- 175ml fat-free yoghurt
- 2 slices low GI brown bread / rye / seed loaf
- 2 tsp. peanut butter, sugar & salt free

- ⅔ cup fresh fruit salad

MORNINGSNACK

- 100ml low fat fruit Yoghurt

- 1 x 20g packet Safari Gemz

LUNCH

- 2 slices Rye bread
- 1 cup baked beans
- ¼ avocado pear

- 1 cup Grilled tomatoes and mushrooms

AFTERNOON SNACK

- ½ cup Popcorn (air-popped, no added fat)

- 30g lean Biltong/Snapsticks

SUPPER

- 90g lean chicken cubes
- 1 ½ cups potato mash (use milk from daily allowance)
- 1 tsp. butter

- 2 cups mixed Vegetable salad of Choice
- 2 tsp low-oil Salad dressing

BREAKFAST

- 175ml fat free/plain yoghurt
- ⅔ cup low GI muesli

- 1 medium banana

MORNINGSNACK

- 1 seasonal fruit (tennis ball size)

- 2 Ryevitas

- 2 tsp. peanut butter, sugar & salt free

LUNCH

- 1 large baked potato
- 60g cheese, medium fat, e.g. Mozzarella, grated
- ¼ avocado pear

- 1 cup mixed Vegetable salad of Choice

AFTERNOON SNACK

- 100ml low fat fruit Yoghurt

- Safari Just Fruit Bar

SUPPER

- 90g lean beef fillet
- 1x 30cm mealie
- ½ cup butternut
- 1 cup broccoli
- 1 cup cauliflower
- 2 tsp. butter/margarine

Day 6

BREAKFAST

- 1 cup low fat/fat free milk
- 2 Weetbix

- 1 cup seasonal fruit salad

MORNINGSNACK

- Smoothie:
 - ½ cup frozen Berries
 - ½ cup low fat Milk
 - ½ cup Plain/fat free Yoghurt

LUNCH

- 2 slices low GI bread
- 2 eggs, boiled
- 2 tsp. low-fat mayonnaise
- 1 tsp. mixed nuts

- 1 cup mixed Vegetable salad of Choice

AFTERNOON SNACK

- 3 Provitas
- 2 tsp. Peanut butter, sugar & salt free

- 1 Apple (tennis ball size)

SUPPER

- 120g baked fish
- 1 ½ cups brown rice
- ½ cup tomato and onion mix
- 2 tsp. Canola oil
- 1 cup mixed vegetables

Day 7

Daily Allowance: 1 cup/250ml low fat milk for tea/coffee/to drink or

Water: add an additional 175ml fat free yoghurt aim to drink at least 6-8 glasses of water/day

Tsp. = teaspoon(s)

Tbsp. = tablespoon(s)

1. Eat frequent meals. Set your mobile alarm to help get you into a routine of regular eating.
2. Choose to sit at a table and eat your meals and snacks with minimal or no distractions.
3. Aim to drink sufficient water a day. Keep a water bottle in the car. Aim to start drinking at least 2 glasses of water/day. Increase your intake of water by one glass every 5th day, till 8 glasses a day.
4. Plan a day in advance for greater success. Always shop with a shopping list. Eat before you shop. On one day a week take 7 zip-lock bags and pack in your daily snacks - store these bags in your fridge, ready to grab and run!
5. If you are already on a fitness programme, continue with it and step it up a notch. For those who haven't been cycling or exercising regularly, consult your doctor before starting any exercise programme.

DISCLAIMER: *THIS MEAL PLAN HAS BEEN COMPILED BY REGISTERED DIETITIAN. SHOULD YOU HAVE ANY PRE-EXISTING MEDICAL CONDITIONS IT IS RECOMMENDED THAT YOU ALWAYS SEEK MEDICAL APPROVAL BEFORE EMBARKING ON A WEIGHT LOSS AND EXERCISE PROGRAM.

Day 8

BREAKFAST

- 1 cup low fat/fat free milk
- 1 cup high-fibre bran

- 1 cup strawberries

MORNINGSNACK

- 1 bran muffin* (See recipe)

- 1 tsp. Peanut butter, sugar & salt free

- 1 Plum

LUNCH

- 1 whole wheat roll
- 30g medium or low fat cheese
- 2 slices Pastrami
- ¼ Avocado

- 1 cup mixed Vegetable salad of Choice

AFTERNOONSNACK

- 100ml low fat fruit Yoghurt

- 1 x 20g Safari Snaps

SUPPER

- 90g lean beef/pork fillet
- 1 ½ cups butternut and potato, diced (roast using 2 tsp. Canola oil)
- 1 cup carrots
- 1 cup broccoli

BREAKFAST

- 1 cup low fat/fat free milk
- 1 cup Oatbran

- 1 medium banana, sliced

MORNINGSNACK

- 1 cup Low fat Chocolate milk

- 2 Prunes, fresh

LUNCH

- 1 large baked potato
- 40g Tuna, in spring water
- ¼ cup Cottage cheese
- ¼ Avocado

- 1 cup chopped tomato, onion, cucumber & bell peppers

AFTERNOONSNACK

- 2 Ryevitas

- 2 tsp. Peanut butter, sugar & salt free

- 1 Fineform Green Fig Breakfast bar

SUPPER

- 90g Chicken strips
- 1 ½ Pita breads
- ½ cup Cucumber
- ½ cup tomato and onion, diced
- ¼ Avocado

- 1 cup mixed Vegetable salad of Choice
- Dressing: 2 tsp. Olive/Canola Oil & add Balsamic Vinegar

Day 9

BREAKFAST

- 175ml fat-free yoghurt
- 2 slices low GI brown bread/rye/seed loaf
- 2 tsp. peanut butter, sugar & salt free

- ½ cup tinned fruit (in natural juice)

MORNINGSNACK

- 3 Provitas
- ¼ avocado pear

- 1 cup Pineapple, cubed

LUNCH

- 2 slices low GI / rye bread
- 2 eggs, poached
- 4 tsp. low-fat dressing/mayonnaise

- 1 cup home-made vegetable soup

AFTERNOONSNACK

- 100ml low fat fruit Yoghurt

- 1 Peach (tennis ball size)

SUPPER

- 90g lean mince as mince balls
- 1 ½ cups cooked rice
- ½ cup Tomato based sauce
- 1 cup cabbage
- 2 tsp. Canola oil

Day 10

BREAKFAST

- 2 bran muffins* (See recipe)
- 1 ½ tbsp. grated Mozzarella cheese

MORNINGSNACK

- 100ml low fat fruit Yoghurt

- 1 x 20g packet Safari Gemz

LUNCH

- 1 whole wheat roll
- 60g Beef patty
- ¼ Avocado

- 1 cup sliced tomato, onion, cucumber & bell peppers

AFTERNOONSNACK

- 1 bran muffin* (See recipe)
- 2 tsp. Peanut butter, sugar & salt free

- 1 Guava

SUPPER

- 120g Fish (use foil for Fish braai – use lemon juice, black pepper)
- 1 x 30cm mealie
- 1 small bread roll
- 1 tsp. garlic butter

- 2 cups mixed Vegetable salad of Choice
- 2 tsp low-oil Salad dressing

Day 12

BREAKFAST

- 1 cup low fat/fat free milk
- ½ cup Whole-wheat Pronutro
- ⅔ cup fresh fruit salad /berries

MORNINGSNACK

- 1 slice low GI brown bread / rye / seed loaf

- 2 tsp. hummus

- 1 cup Cherries

LUNCH

- 4 Ryevitas
- 30g medium or low fat cheese
- 30g Ostrich or Game Biltong
- ¼ Avocado

- 1 cup mixed Vegetable salad of Choice

AFTERNOONSNACK

- 100ml low fat fruit Yoghurt

- 1 Woolworths Seasonal fruit 2 Go

SUPPER

- 90g grilled chicken strips
- 1 ½ cups cooked quinoa or couscous
- 1 cup tomato and onion mix
- 2 tsp. canola/olive oil
- 1 cup mixed vegetables

BREAKFAST

- 1 poached egg
- 2 slices low GI brown bread / rye / seed loaf
- Thin scraping soft margarine/butter/pesto
- ½ cup unsweetened fruit juice

MORNINGSNACK

- Smoothie:
 - ½ cup frozen Berries
 - ½ cup low fat Milk +
 - ½ cup Plain low fat Yoghurt

LUNCH

- 2 Slices of low GI Bread
- 80g smoked Snoek
- 4 tsp. low-fat mayonnaise

- 1 cup chopped tomato, onion, cucumber & bell peppers

AFTERNOONSNACK

- 3 Provitas
- ¼ avocado pear

- 2 Plums

SUPPER

- 90g Ham, chopped
- 1 ½ cups rice, brown & lentils
- 2 cups raw vegetables (for stir-frying)
- 1 tsp. mixed nuts, chopped
- 1 tsp. canola/olive oil

Day 13

BREAKFAST

- 1 cup low fat/fat free milk
- 1 cup high-fibre bran
- 2 Tbsp. raisins

MORNINGSNACK

- 1 bran muffin* (See recipe)

- 1 tsp. Peanut butter, sugar & salt free

- 1 Kiwi

LUNCH

- 6 Provitas
- 60g chicken, chopped
- 2 tsp. low-fat mayonnaise
- 1 tsp. mixed nuts

- 1 cup mixed Vegetable salad of Choice

AFTERNOONSNACK

- 100ml low fat fruit Yoghurt

- Safari Just Fruit Bar

SUPPER

- 1 slice rye bread, toasted
- 3 – egg Omelette
- 1 cup diced cooked potato
- 2 cups chopped tomato, onion, cucumber & bell peppers
- 2 tsp. canola/olive oil

