

GENERIC WEIGHT LOSS MEAL PLAN FOR WOMEN

TOTAL ENERGY - approximately **1300 Kcal (5460KJ)**



THE HEART
AND STROKE
FOUNDATION
SOUTH AFRICA

NOTE:

- ♥ This meal plan is to be used as a **guideline** for reducing weight, in conjunction with regular exercise. Slow gradual weight loss is recommended at 0.5-1 kg per week. For a more personal approach, consult a registered dietitian. The best approach for long term weight loss and health is to change your lifestyle
- ♥ The days can be swapped around for variety and different foods included, keeping in mind portion sizes and choosing low fat, high fibre and low added sugar foods
- ♥ Alcohol is a high source of energy and should not be included in the diet when trying to lose weight
- ♥ 30g of meat/chicken/fish is the same size as 1 matchbox
- ♥ Free vegetables include: Lettuce, tomato, cucumber, mushroom, asparagus, onion, peppers, spinach, broccoli, cauliflower, cabbage, baby marrow - eat as much of these as you like! e.g. as a veggie soup, big salad, stir-fry, to bulk up sandwiches or stews
- ♥ Salt free herbs & spices, vinegar & lemon juice can be added to enhance the flavour of your dishes
- ♥ Diet drinks may also be included as part of your daily intake
- ♥ A daily intake of 6-8 glasses of water is recommended

EXTRAS FOR THE DAY:

- ♥ Coffee and tea can be drunk through the day with LF/FF milk and no sugar or with an artificial sweetener. 1 cup of LF/FF milk is allocated for coffee/tea per day

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	2 blocks Weet-Bix 1 cup LF/FF milk OR yoghurt	1 cup cooked oats 1 cup LF/FF milk	2 slices w/w bread 2 tsp peanut butter 1 cup LF/FF milk OR yoghurt	1 small bran muffin, no raisins (60g) 1 tsp soft margarine 1 cup LF/FF milk OR yoghurt	½ cup muesli (not toasted) 1 cup LF/FF milk OR yoghurt	2 slices w/w bread 1 tsp soft margarine 1 egg 1 cup LF/FF milk OR yoghurt	1 cup high fibre cereal 1 cup LF/FF milk OR yoghurt
LUNCH	1 w/w roll 30g grilled diced chicken breast (skinless) 1 tbsp LF mayonnaise Green salad	4 Ryvita crackers 1 tsp soft margarine 2 slices lean cold meat Tomato & cucumber slices 1 tbsp LF dressing	1 cup cooked pasta screws 30g tuna (canned in water) Any free vegetables 1 tbsp LF dressing	2 slices w/w bread 1 tsp soft margarine 1 boiled/scrambled egg 1 tbsp LF mayonnaise Green salad	1 med. baked potato ¼ cup LF/FF cottage cheese ½ cup green salad 1 tsp LF dressing 1 tsp soft margarine	1 w/w pita 30g grilled chicken ¼ avocado pear Free vegetables: lettuce, tomato, cucumber, peppers 1 tbsp LF dressing	2 Tortillas 30g LF cheese, grated ½ cup cooked beans Free vegetables: tomato, onion, cucumber, shredded lettuce
SUPPER	1 med. baked potato 1 tsp soft margarine 60g baked fish 1 tsp vegetable oil 1 cup grilled mixed vegetables	1 cup cooked brown/wild rice 60g grilled chicken breast (skinless) 1 tsp vegetable oil ½ cup cooked pumpkin 1 tsp soft margarine Spinach	1 w/w roll 1 tsp soft margarine 60g lean grilled steak 1 tbsp LF dressing Any free vegetables of your choice	1 cup cooked couscous 60g roast chicken (skinless) 1 cup mixed roasted vegetables 2 tsp vegetable oil	1 cup cooked spaghetti 1 tsp vegetable oil 60g lean beef mince with tomato & onion mix Any free vegetables of your choice	1 cup cooked brown/wild rice 60g grilled fish 1 tsp vegetable oil 1 cup mixed vegetables	1 cup cooked noodles 2 tsp vegetable oil 60g chicken breast, sliced Vegetables to stir fry: peppers, onions, celery, cabbage
MID-MORNING and MID- AFTERNOON SNACK	1 med. fruit/½ cup 100% fruit juice						

KEY: LF= Low Fat FF= Fat Free w/w= Whole wheat tsp= teaspoon (5ml) tbsp= tablespoon (15ml) 1 cup/glass=250ml