

Weight loss sample meal plan (women)

MEAL PLAN	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
						SMOOTHIE (Mix all ingredients below together in a blender)	
1 Protein Unit	1/2 cup fat free vanilla yoghurt	175ml fat free milk	175ml Fat Free Yoghurt	1 Boiled Egg, with Grilled Tomato	30g grated low fat cheese	1/4 cup fat free Yoghurt & 1/4 cup Fat Free Milk	40g Grilled Kipper, with grilled tomatoes & mushrooms
1 Starch Unit	1/2 cup All bran or Hi-Fibre bran	¼ cup oats cooked in the fat free milk	1/2 cup Swiss-style muesli	1 slice Rye bread or seed loaf, Toasted	1 low GI bran muffin	2 Tbs. oat-bran	1 slice low GI bread, toasted
1 Fruit Unit	1 Tbsp. raisins	1 sliced Banana	5 Sliced Strawberries, added to cereal	1/2 cup Freshly Squeezed Orange Juice	1 small banana	1 small Banana & 80g Mango	1/2 small mango
1 Fat Unit	1 Tbsp. flaked almonds	2 tsp. peanut butter, added to porridge	1/2 Tbsp. flaked almonds	2 tsp. peanut butter	(fat in muffin)	1 Tbsp. flaked almonds	2 tsp. peanut butter
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
1 Fruit Unit	1 Yellow Cling Peach	3-4 Strips Dried Mango (30g)	1 Large Apple	4 slices fresh Pineapple	1 Pear	1 Cup Fruit Salad (140g)	A handful of grapes
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1 Protein Unit	1 TBSP Fat Reduced Hummus & 20g (2-3 slices) Shaved Turkey	2 Chicken Strips	30g Smoked Salmon	30g Beef Strips	1/2 tin of tuna or salmon	30g Clover low fat cheese	2 mini Chicken Kebabs (40g)
1 Starch Unit	1 slice Low GI Seed Bread	2 mini Pita Breads, lightly toasted	1 slice seed bread	1 small cooked Mealy	1/2 cup cooked pasta	3 Provitas or 2 Ryvitas	1 cup cubed sweet potato, to roast
WITH Vegetables	Rocket, Lettuce, Sliced Tomatoes, Cucumber & Spring Onions	Fill pita with fresh coriander, cherry tomatoes and sweet Peppers	Butter Lettuce, Cherry Tomatoes, Pickled Cucumbers, Sprouts & Snap Peas	Shredded Coleslaw, grated Carrots & Diced Cucumber	Lettuce, rocket, diced Carrots & Grated Beetroot	Butter lettuce, Rosa Tomatoes, Orange Peppers & sliced Onion Rings	Roasted Vegetables: diced Pumpkin, Brinjals, Sweet Peppers, Mange tout Peas, Onion & Garlic

Other	Lemon Juice	Raspberry Vinegar for dressing	Fresh lemon Juice for Dressing	Cranberry Balsamic Reduction	Lemon juice	Pickled onions or gherkins	Fresh herbs
1 Fat Unit	1/4 Avocado	1 Tbsp. Low Oil Mayonnaise	1/4 Avocado or 2 tsp. Seed Mix	1/4 Avocado Pear	2 tsp. low oil mayonnaise	1 TBSP Low Oil Dressing	1 tsp. Olive oil for Roasted Vegetables
AFTERNOON SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
1 Dairy unit	175ml fat free yoghurt	175ml milk with 3 tsp. Milo	2 low fat cheese wedges	175ml milk with coffee	175ml fat free yoghurt	1/2 cup fat free cottage cheese	175ml milk with 3 tsp. Milo
1 Fruit Unit	1/2 Medium Mango	1 Pear	2 Kiwi Fruit	1/2 Large Grapefruit	150g Paw Paw	3-4 Provitas	1/2 cup Fresh Fruit Juice
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
3 Protein Units	Skinless Chicken Breast (90-100g) - marinated and grilled or braaied	100g Grilled Hake, with Basil Pesto & Cherry Tomatoes	120g Beef strips & Vegetable Stir-fry	120g Grilled Salmon	120g pork fillet medallions marinated in orange juice	100g beef steak - grilled or braaied	120g Grilled Ostrich fillet
Free Vegetables	Beetroot and Carrot Salad with raspberry vinegar for dressing	Roast Vegetables (Sweet Peppers, Butternut, Cauliflower, Baby Marrows, Onions, Garlic)	Stir-fry Vegetables	Steamed Asparagus, with Fresh Lemon Juice & Olive Oil; & Carrot Salad	Large mushrooms & Gem Squash	Raw Baby Spinach Leaves, Sundried Tomatoes, grated Carrots, Spring Onion	Baby lettuce leaves, rocket, baby corn, mange tout, peppers with balsamic reduction
1 Fat Unit	1/4 avocado	Basil Pesto	1 tsp. Olive oil in cooking	1 tsp. Olive Oil	1 tsp. Olive oil in cooking	1 Tbsp. Low Oil Dressing	1 tsp. Olive oil in cooking
EVENING SNACK	EVENING SNACK	EVENING SNACK	EVENING SNACK	EVENING SNACK	EVENING SNACK	EVENING SNACK	EVENING SNACK
1 Fruit Unit	1 cup Mixed Berries	1/2 tin Sliced Peaches in Natural Juice	4 slices fresh pineapple - can be added to stir-fry	2 Dried Pear Halves	1 Banana	1 wedge watermelon	200g sliced Strawberries

125 ml = ½ cup
250 ml = 1 cup
375 ml = 1 ½ cups

This information is not intended to be used as a substitute for professional medical advice, diagnosis or treatment. For more information please contact Pick n Pay Health Hotline on 0800 11 22 88 or healthhotline@pnp.co.za