

Men: Meal Plan for Weight Loss

BREAKFAST

<i>Menu 1</i>		<i>Menu 2</i>		<i>Menu 3</i>		<i>Menu 4</i>		<i>Menu 5</i>		<i>Menu 6</i>		<i>Menu 7</i>	
1 SLICE MELON 1 CUP ALL BRAN CUP 1 LOW FAT MILK		½ GLASS FRUIT JUICE 2 SLICE TOAST 2 POACHED/ BOILED EGGS		½ GRAPEFRUIT 200ML COOKED OATS PORRIDGE ¼ CUP LOW FAT MILK 1 SLICE TOAST 2 t HONEY		1 SLICE PAW PAW 2 SLICE TOAST 4 T BAKED BEANS		2 PEACHES 2 WEETBIX 1 CUP LOW FAT MILK		½ GLASS FRUIT JUICE 2 SLICE TOAST 2 SCRAMBLED EGG (NON-STICK PAN)		ORANGE 2 SMALL MUFFINS 125ML LITE YOGHURT	
<i>Analysis</i>		<i>Analysis</i>		<i>Analysis</i>		<i>Analysis</i>		<i>Analysis</i>		<i>Analysis</i>		<i>Analysis</i>	
ENERGY:	1795 Kj 427 Cal	ENERGY:	1926 Kj 458 Cal	ENERGY:	1560 Kj 371 Cal	ENERGY:	1962 Kj 467 Cal	ENERGY:	1738 Kj 413 Cal	ENERGY:	1790 Kj 426 Cal	ENERGY:	2025 Kj 482 Cal
CARBS:	70g	CARBS:	51g	CARBS:	67g	CARBS:	93g	CARBS:	74g	CARBS:	51g	CARBS:	87g
PROTEIN:	20g	PROTEIN:	26g	PROTEIN:	11g	PROTEIN:	22g	PROTEIN:	16g	PROTEIN:	22g	PROTEIN:	15g
FAT:	7g	FAT:	16g	FAT:	6g	FAT:	4g	FAT:	6g	FAT:	15g	FAT:	10g

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LUNCH

Menu 1		Menu 2		Menu 3		Menu 4		Menu 5		Menu 6		Menu 7	
<u>CHEESE 'N BISCUITS</u>		<u>PASTA SALAD</u>		<u>CHICKEN ROLL</u>		<u>BAKED POTATO</u>		<u>SANDWICH</u>		<u>CHICKEN & RICE SALAD</u>		<u>PITA LUNCH</u>	
9 PROVITA 1/3 TUB LOW FAT COTTAGE CHEESE 30G CHEDDAR CHEESE DILL GHERKINS SALAD A		1 1/2 CUPS COOKED PASTA 1/2 TIN TUNA FRESH HERBS 1 T LOW OIL DRESSING SALAD A		1 WHOLE WHEAT ROLL 4 T DICED CHICKEN BREAST 2T LOW OIL MAYONNAISE SALAD A		LARGE BAKED POTATO (200-250G) 5 T GRATED LOW FAT CHEESE 1 T LOW OIL DRESSING SALAD A		4 SLICES BREAD 4 SLICES LEAN HAM MUSTARD, SLICED TOMATO 2 T LOW OIL DRESSING OR 2 t BUTTER SALAD A		5T DICED COOKED CHICKEN 1 1/2 CUPS COOKED RICE 4 t MAYONNAISE 4 t CHUTNEY SALAD A		2 PITA BREAD 4T CHICKEN OR 1/2 TIN TUNA OR 4 SLICES LEAN HAM 2 T LOW OIL DRESSING SALAD A	
LARGE BOWL FRUIT SALAD (1 1/2 CUPS)		1 APPLE BUNCH GRAPES (1 CUP)		1 ORANGE STRAWBERRIES (1 1/2 CUPS)		1 PEAR 1 CUP WATERMELON		1 ORANGE 1 APPLE		3 SLICES PINEAPPLE 1 PEAR		2 BANANAS	
Analysis		Analysis		Analysis		Analysis		Analysis		Analysis		Analysis	
ENERGY:	2287 Kj 545 Cal	ENERGY:	1926 Kj 458 Cal	ENERGY:	1560 Kj 371 Cal	ENERGY:	1962 Kj 467 Cal	ENERGY:	1738 Kj 413 Cal	ENERGY:	1790 Kj 426 Cal	ENERGY:	2025 Kj 482 Cal
CARBS:	63g	CARBS:	51g	CARBS:	67g	CARBS:	93g	CARBS:	74g	CARBS:	51g	CARBS:	87g
PROTEIN:	46g	PROTEIN:	26g	PROTEIN:	11g	PROTEIN:	22g	PROTEIN:	16g	PROTEIN:	22g	PROTEIN:	15g
FAT:	25g	FAT:	16g	FAT:	6g	FAT:	4g	FAT:	6g	FAT:	15g	FAT:	10g

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DINNER

<u>FISH DINNER</u>		<u>STEAK DINNER</u>		<u>PORK DINNER</u>		<u>PASTA NAPOLITANO</u>		<u>VEG & CHICKEN CASSEROLE MADE WITH:</u>		<u>HEALTHY BURGER</u>		<u>STIR FRY</u>	
120G-140G GRILLED OR BAKED FISH (HAKE/SOLE/ KINGKLIP) 2 t BUTTER HERBS 8 T RICE (½ CUP) VEGETABLES A 3-4 T VEGETABLES B		SMALL GRILLED STEAK (ABOUT 150G) LARGE BAKED POTATO (200G) 2t BUTTER VEGETABLES A 3-4T VEGETABLES B		1 LEAN GRILLED CHOP (PORK/ LAMB) (120 – 180G WITH BONE) 6T MASHED POTATOES VEGETABLES A 3-4 T VEGETABLES B		1½ CUP COOKED PASTA TOMATO & ONION SAUCE WITH MARROWS, MUSHROOMS & HERBS ½ CUP (90G) GRATED MOZZARELLA GREEN SALAD A		1 ½ CHICKEN BREAST 6T COOKED BROWN RICE; VEGETABLES A 3-4T VEGETABLES B		2 BURGER ROLLS (BROWN) 1 GRILLED PATTIES (100G) SAUCE: COOKED TOMATO, ONION & SEASONING SALADS A 3-4 T GRATED CARROT		150G RAW PORK FILLET STRIPS 2 t OLIVE OIL SOY SAUCE & SEASONING CARROT STRIPS MARROW STRIPS 6 T COOKED BROWN RICE	
Analysis		Analysis		Analysis		Analysis		Analysis		Analysis		Analysis	
ENERGY:	2287 Kj 545 Cal	ENERGY:	3533 Kj 841 Cal	ENERGY:	3156 Kj 751 Cal	ENERGY:	1962 Kj 467 Cal	ENERGY:	2946 Kj 701 Cal	ENERGY:	3533 Kj 841 Cal	ENERGY:	2140 Kj 509 Cal
CARBS:	63g	CARBS:	98g	CARBS:	93g	CARBS:	93g	CARBS:	86g	CARBS:	123g	CARBS:	52g
PROTEIN:	46g	PROTEIN:	62g	PROTEIN:	60g	PROTEIN:	22g	PROTEIN:	65g	PROTEIN:	56g	PROTEIN:	36g
FAT:	25g	FAT:	22g	FAT:	17g	FAT:	16g	FAT:	11g	FAT:	17g	FAT:	18g

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<u>Vegetables A</u> <u>Large servings of these vegetables are allowed</u>			<u>Vegetables B</u> <u>Only one serving (120g) of these vegetables is allowed daily</u>
Asparagus	Baby Marrow	Brinjal	Beetroot
Broccoli	Brussels Sprouts	Cabbage	Butternut
Cauliflower	Celery	Cucumber	Carrots
Gem Squash	Gherkins	Green Beans	Hubbard Squash
Leeks	Lettuce	Marrow	Mixed vegetables (frozen)
Mushrooms	Onions	Patty Pans	Parsnips
Peppers	Radishes	Spinach	Peas
Spring Onions	Tomato	Turnips	Pumpkin
Watercress			

Milk: 200ml of low fat milk is allowed every day for tea and coffee. Natural low fat yogurt can be substituted for this milk if tea and coffee is taken black.

Fruit:
2 portions of fruit are included in the daily eating plan. The variety of fruit should be varied according to the season. 120 – 150 grams = 1 fruit portion.

Micro waved Food:
Food prepared in the microwave is suitable for a weight loss plan provided **NO** extra fat is used in the preparation.

Flavoring Meals:
Herbs (fresh or dried), spices, garlic, lemon juice, vinegars (balsamic/cider/wine) Worcester sauce, bovril and marmite may be used in cooking to flavour food.

1T = 1 Tablespoon.
1t = 1 teaspoon.
g = grams.
Kj = kilojoules
Cal = calories

All weights and measures are given for cooked or ready to eat food

Average Analysis for 7 day meal plan:

Energy Distribution:
Carbs **58%** of energy
Protein **23%** of energy
Fat **22%** of energy

Average daily energy = 7200Kj (**1714 calories**)