

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
<ul style="list-style-type: none"> • 1 wholegrain toast topped with sliced tomatoes and cottage cheese • 1 apple 	<ul style="list-style-type: none"> • 200g low-fat yoghurt 	<ul style="list-style-type: none"> • 1 wholemeal pita wrap filled with 100g lean turkey breast, rocket and cranberry sauce 	<ul style="list-style-type: none"> • 1 handful Brazil nuts 	<ul style="list-style-type: none"> • 90g roast beef with 1tsp gravy, ½ cup pumpkin, 4 steamed asparagus
<ul style="list-style-type: none"> • ½ cup natural muesli with ½ cup low-fat milk 	<ul style="list-style-type: none"> • Celery, capsicum and carrot spears with low-fat hommus 	<ul style="list-style-type: none"> • 100g tuna (in springwater) with lettuce, tomato, 10g of ricotta on two pieces of rye bread 	<ul style="list-style-type: none"> • 1 glass low-fat protein shake 	<ul style="list-style-type: none"> • 100g lean pork and vegetable stirfry, serve with ½ a cup of cooked Basmati rice
<ul style="list-style-type: none"> • 2 slices of sourdough, one with vegemite the other with honey 	<ul style="list-style-type: none"> • 200g low-fat yoghurt 	<ul style="list-style-type: none"> • Grilled chicken breast (100g) salad with tomato, rocket and snow peas. Dress with Balsamic vinegar and a dash of olive oil 	<ul style="list-style-type: none"> • 2 Ryvitas with low-fat hommus or cottage cheese 	<ul style="list-style-type: none"> • 80g grilled salmon, marinated in honey, soy and garlic. Serve with ½ a cup of cooked Basmati rice and steamed greens
<ul style="list-style-type: none"> • ½ cup All Bran cereal with ½ chopped banana and ½ cup skim milk 	<ul style="list-style-type: none"> • 1 cup mixed berries 	<ul style="list-style-type: none"> • 80g chickpeas, 100g tuna in spring water, capsicum and cucumber salad 	<ul style="list-style-type: none"> • Celery, capsicum and carrot spears with low-fat hommus 	<ul style="list-style-type: none"> • 100g grilled or lightly fried kangaroo with sweet potato mash (no butter) and steamed veggies
<ul style="list-style-type: none"> • 2 Hi bran Weetbix with ½ cup skim milk 	<ul style="list-style-type: none"> • 1 cup fruit salad 	<ul style="list-style-type: none"> • Vegetable soup. Control calories by choosing a low-fat pre-made option 	<ul style="list-style-type: none"> • 200g low-fat yoghurt 	<ul style="list-style-type: none"> • 2-egg mushroom, ricotta and spinach omelette one rye toast
<ul style="list-style-type: none"> • 1 x 2-egg omelette with mushrooms, spinach and tomato 	<ul style="list-style-type: none"> • 2 Ryvita topped with cottage cheese and cherry tomatoes 	<ul style="list-style-type: none"> • 70g chicken breast, ¼ avocado, 20g low-fat semi-dried tomatoes plus wholegrain dinner roll 	<ul style="list-style-type: none"> • 1 glass low-fat protein shake 	<ul style="list-style-type: none"> • 100g ovenbaked lamb racks with 1½ cups of roast veggies and wholegrain mustard
<ul style="list-style-type: none"> • 1 cup Bircher muesli with a handful of prunes 	<ul style="list-style-type: none"> • 2 small peaches 	<ul style="list-style-type: none"> • 1 wholegrain Mountain Bread filled with alfalfa, 80g lean ham and 50g cottage cheese 	<ul style="list-style-type: none"> • 1 piece fruit toast 	<ul style="list-style-type: none"> • 1 Greek salad with 20g low-fat fetta, 1 serve veal cutlet on sweet potato mash (no butter)