

Daily Meal Planner

Follow this nutritious daily meal plan based on great tasting meal replacements along with healthy fresh food choices for optimum success whilst on your Kate Morgan Weight Loss Program.

<i>MEAL</i>	<i>CONTENT</i>
Breakfast	1 Kate Morgan Meal Replacement Formula (Shake, Crème or Bar)
Morning Tea	1 Piece of Fruit (refer allowed list)
Lunch	1 Kate Morgan Meal Replacement Formula (Shake, Crème or Bar) 1 serve of Salad or Vegetables (refer allowed list) optional
Afternoon Tea	1 Piece of Fruit (refer allowed list)
Dinner	1 Serve of Protein (refer allowed list) AND 3 Cups of Vegetables or Salad (refer allowed list). Approved Sauces, Condiments, etc. (optional)
Snack	1 per day (refer list)
Extras	To be eaten at any time (refer list)
Recommended Supplements	Fibre, Multivitamins, Chromium
Water	Minimum of 8 glasses per day

Refer to the Kate Morgan Food Guide for all of the information you need to understand and create your own evening meals. There are also a wide variety of recipes in the Kate Morgan Recipe book.

Meat, meat products (protein source)

<h3>Allowed</h3> <p>(Serving size is a palm size - average 120 grams women and 200 grams men)</p>	<h3>Not allowed</h3>
<p>BEEF</p> <ul style="list-style-type: none"> Lean Beef Mince Lean Chuck Steak Lean Blade Steak Lean Skirt Steak Lean Rib Eye Steak Lean Round Steak Lean T-bone Steak Lean Rump Steak Lean Sirloin Steak Lean Topside Steak Silverside Steak Fillet Steak <p>LAMB</p> <ul style="list-style-type: none"> Lean Lamb Mince Lamb Fillet <p>PORK / HAM</p> <ul style="list-style-type: none"> Lean Pork Fillet Lite Sliced Leg Ham <p>VEAL</p> <ul style="list-style-type: none"> Veal Steak <p>CHICKEN</p> <ul style="list-style-type: none"> Chicken Breast Fillets (skin off) Chicken Tenderloins (skin off) Chicken Mince <p>TURKEY</p> <ul style="list-style-type: none"> Turkey Mince Turkey Breast <p>EGGS</p> <ul style="list-style-type: none"> 2 Eggs (max. 2 every 2 days) 	<ul style="list-style-type: none"> Bacon Chump Chops Forequarter Chops Lamb Chops Shanks Marinated Meats Roasted Meats Cabanossi Salami Frankfurters Ham Steak Sandwich Ham Strasbourg Pastrami Chicken (skin on) Chicken Drumsticks Chicken Wings Chicken Thigh BBQ Chicken Roast Chicken Pork Chops Veal Chops Satay Meats Beef Sausage Chicken Sausage Pork Sausage

Seafood/dairy products (protein source)

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<i>Allowed</i>	<i>Not allowed</i>
(Serving size is a palm size - average 120 grams women and 200 grams men)	
<ul style="list-style-type: none"> • Tinned Salmon (in water only) • Atlantic Salmon • Tinned Tuna (in water only) • White Fish (e.g. Barramundi, Perch, Snapper, Gurnard and Hoki) • Calamari (not crumbed) • Prawns or Shellfish (no more than 1 serve per week) • 1/2 cup Low Fat Cottage Cheese 1/2 cup Low Fat Ricotta Cheese 	<ul style="list-style-type: none"> • Salmon and Tuna in oil • Deep Fried or Fried Fish • Cheese • Milk • Long Life Milk • Flavoured Milk • Milk Powder • Cream • Coconut Cream

Seafood/dairy products (protein source)

<i>Allowed</i>	<i>Not allowed</i>
(Serving size is a palm size - average 120 grams women and 200 grams men)	
<ul style="list-style-type: none"> • Tinned Salmon (in water only) • Asparagus • Beans • Bok Choy • Broccoli • Brussels Sprouts • Cabbage • Celery • Cucumber • Capsicum • Carrots (max. 1/2 cup per day) • Cauliflower • Lettuce • Leeks • Mushrooms • Parsley • Radish • Shallots • Snow Peas • Spinach • Squash (Scallopini) • Tomato (max. 2 per day) • Sprouts (bean, alfalfa, etc) • Eggplant 	<ul style="list-style-type: none"> • Avocado • Beetroot • Corn • Parsnip • Peas • Potatoes • Pumpkin • Sweet Potato

<ul style="list-style-type: none"> Onions Zucchini 	
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Prepared meals (protein source)

<i>Allowed</i>	<i>Not allowed</i>
(Serving size is a palm size - average 120 grams women and 200 grams men)	
<p>SHELF GOODS - KRAFT</p> <ul style="list-style-type: none"> Braised Steak and Onions (can) <p>FROZEN FISH - SEALORDS</p> <ul style="list-style-type: none"> Dory Fillet Lite Hoki Fillets Lite (NZ Only) Simply Natural Dory and Hoki (AUS Only) <p>FROZEN FISH FILLETS</p> <p>Grill Bakes</p> <ul style="list-style-type: none"> Lemon Glaze Light and Tangy Glaze Mediterranean Glaze Mild Sweet Chilli Glaze Hoki Fillets <p>FROZEN CHICKEN - INGHAM</p> <p>Chicken Breast Steaks</p> <ul style="list-style-type: none"> Lemon and Coriander Original Lite Chicken Breast Fillets Garlic Lemon and Herbs Lime and Coriander (NZ Only) <p>TEGAL (NZ ONLY)</p> <ul style="list-style-type: none"> Char-grill Style Chicken Breast Steaks <p>FRONZEN STEAK</p> <p>FROZEN SOUPS</p> <p>Lean Cuisine</p> <ul style="list-style-type: none"> Grilled Tomato and Basil Soup 	<ul style="list-style-type: none"> Pies Pastries Pizza Chips

Fruit (2 pieces per day)

<i>Allowed</i>	<i>Not allowed</i>
(Serving size is a palm size - average 120 grams women and 200 grams men)	
<ul style="list-style-type: none">• Apple (both red and green)• Apricots• Banana (max. 1 per day)• Blackberries• Cherries• Grapes (1 small bunch)• Lemon• Mandarin• Mango• Kiwi Fruit• Nectarine• Orange• Passionfruit• Peach• Pear• Rockmelon• Strawberries• Tinned or Canned Fruit in Natural Juice	<ul style="list-style-type: none">• No Dried Fruit• No Fruit or Vegetable Juices• Figs• Dates• Pineapple• Watermelon

Snacks (1 snack per day from the list)

- 1 Boiled Egg
- Nestle Diet Yoghurt (any flavour) – 200 gram tub
- Nestle Diet Chocolate Mousse – 62 gram tub (AUS only)
- 10 Raw Almonds (not roasted)
- Popcorn, Air-Popped (no butter, oil) – 2 cups
- 5 Sakata Rice Crackers, Plain with 3 tblsp Old El Paso Salsa Dip
- Chopped Celery/Carrot sticks with 3 tblsp Low Fat Raita
- Kate Morgan Snack Bar

Herbs and spices

<i>Allowed</i>
<ul style="list-style-type: none">• Basil, Fresh or Dry• Cardamon

<ul style="list-style-type: none"> • Chilli Powder • Chives • Coriander, Fresh or Dry • Cumin • Curry Powder • Garlic • Ginger • Lemongrass • Mint, Fresh or Dry • Mixed Herbs, Fresh or Dry • Oregano, Fresh or Dry • Paprika • Parsley, Fresh or Dry • Pepper, Black or White • Rosemary • Sage, Fresh or Dry • Salt • Seasoning Mix
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Sauces, dressings, pastes and condiments

<i>Allowed</i>	<i>Not allowed</i>
(Serving size is a palm size - average 120 grams women and 200 grams men)	
GRAVY <ul style="list-style-type: none"> • Gravy from Powder with added water only SAUCES <ul style="list-style-type: none"> • Fish Sauce • Soy Sauce (light and dark) • Worcestershire Sauce • Teriyaki Sauce • Oyster Sauce PASTES <ul style="list-style-type: none"> • Tomato Paste • Tomato Puree • Fish Paste MAGGI MARINADE <ul style="list-style-type: none"> • Black Pepper • Chilli and Lime 	<ul style="list-style-type: none"> • Baking Products • Caesar Dressing • Mayonnaise • Pesto • Seafood Dressing • Sweet Chilli Sauce • Tomato Sauce

<p>CURRY POWDER (mild and hot)</p> <p>BALSAMIC VINEGAR</p> <p>CAPERS</p> <p>HORSERADISH</p> <p>MUSTARD (all types)</p> <p>VINEGAR</p> <p>HEINZ LITE TOMATO SAUCE</p> <p>KRAFT DRESSINGS</p> <ul style="list-style-type: none"> • Fat Free Balsamic Italian Salad Dressing • Fat Free French Dressing • Fat Free Greek Dressing • Fat Free Italian Salad Dressing <p>PRAISE DRESSINGS</p> <ul style="list-style-type: none"> • 97% Fat Free Dijonnaise Dressing <p>ROSELLA</p> <ul style="list-style-type: none"> • Chutney, Reduced Joule • Pickles, Sweet Mustard <p>SUGAR FREE MAPLE SYRUP</p>	
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Extras To Be Eaten At Any Time

- Artificial Sweetener (Splenda recommended)
- Diet Jam (up to 2 tbsp per day max)
- Diet Jelly
- Diet Soft Drinks
- Diet Topping
- Sugar Free Lollies (max. 3 per day)
- Fresh/Dried Herbs – Parsley, Garlic, Ginger, Basil, Rosemary, Thyme, etc.
- Listerines
- Sugar Free Chewing Gum
- Tomato and Capsicum Salsa
- Home Made Vegetable Soups (refer to Kate Morgan recipes only)
- Vegetables (refer list)

Recommended Supplements To Be Taken Daily

- Multivitamins
- Fibre
- Chromium

Foods To Avoid

- Alcoholic Beverages
- Bread and Rolls
- Butter, Margarine and Oils
- Cakes, Desserts and Pastries
- Cereal Products
- Confectionery
- Flour Products
- Pasta
- Processed Foods
 - Canned Foods
 - Packaged Foods
 - Chips
 - Chocolate
 - Donuts
 - Biscuits
- Rice
- Spreads
- Sugar