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## DIET PLAN FOR NORMAL

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- Diet plan for men aged 19-50 years old.

### BREAKFAST

Wholemeal toast with  
baked beans and  
grilled tomato

*(2 slices of wholemeal bread,  
½ can of baked beans,  
1 medium tomato)*

Glass of milk

*(1 cup/250ml  
reduced fat milk)*



### MORNING BREAK

Apple

*(1 medium apple)*

Coffee with milk

*(200mL – small/medium size)*



### LUNCH

Roast beef, salad and  
cheese sandwich

*(2 x slices of wholemeal bread,  
65g roast beef, 20g/1 slice  
reduced fat cheese,  
1 cup mixed salad)*



### AFTERNOON BREAK

Coffee with milk

*(200mL - small/medium size)*

Unsalted mixed nuts

*(30g – small handful)*



### EVENING MEAL

Grilled fish on rice with  
lemon juice and vegetables

*(100g fillet of fish, 1 cup  
cooked rice, squeeze of lemon,  
1 small boiled potato,  
½ cup cooked zucchini,  
½ cup cooked broccoli)*



### EVENING SNACK

Fruit salad (tinned or fresh)  
and reduced fat yoghurt

*(1 cup mixed fruit plus  
small tub/100g yoghurt)*



Drink plenty of water  
throughout the day



- Diet plan for women aged 19-50 years old.

### BREAKFAST

Wholegrain breakfast cereal with reduced fat milk

*(60g cereal plus 1 cup/250mL milk)*



Reduced fat yogurt

*(small tub/100g)*



### MORNING BREAK

Coffee with milk

*(200mL – small/medium size)*



### LUNCH

Sandwich with salad and chicken

*(2 slices bread (preferably wholemeal), 40g roast chicken, 1 teaspoon margarine, 1 cup salad vegetables)*



Apple

*(1 medium apple)*



### AFTERNOON BREAK

Coffee with milk

*(200mL- small/medium size)*

Unsalted mixed nuts

*(30g – small handful)*



### EVENING MEAL

Pasta with lean beef mince and red kidney beans

*(1 cup of cooked pasta, 65g cooked lean beef mince / fist size scoop, ½ onion, ¼ cup kidney beans)*



Green salad with olive oil and vinegar dressing

*(1 ½ medium tomato, 2 cups green leafy salad, 2 teaspoon unsaturated oil plus vinegar to taste)*



### EVENING SNACK

Fruit salad (tinned or fresh) and reduced fat yoghurt

*(1 cup mixed fruit plus small tub/100g yoghurt)*



Drink plenty of water throughout the day

