

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	2 slices wholegrain toast Plus 1/2 avocado 1 cup tea/coffee	2 slices wholegrain toast Plus 1/2 avocado 1 cup tea/coffee	45g sachet/ ½ cup porridge Plus ½ cup blueberries	1 slice wholegrain bread 2 boiled/poached eggs, Plus one tomato or 70g Mushrooms	Egg Omelette- 2 eggs, skim Milk, 50g lean bacon or Ham, 2 tablespoons grated Cheese, 1 diced tomato
1600 cal	Add 1 tub low-fat yoghurt	Add 1 tub low-fat yoghurt	1 cup porridge	Add 1 slice bread or OJ cup	3 eggs
Morning Tea	Small handful mixed nuts (Approx 14 nuts, 20g)	1 cup vegetable sticks carrot, celery, capsicum Plus 1 tablespoon low fat hommous (35g)	1.5cups strawberries	Small skim milk latte or Coffee/tea 350mL	1 medium apple
Lunch	SALAD - 80g lean grilled Chicken plus 2 cups free Salads- carrots, lettuce, Tomato, cucumber, beetroot plus 20g cheese (1 slice) or 1/3 avocado, drizzled with balsamic vinegar or fat free dressing	SUSHI- 6 round sushi pieces or 1.5 rolls	SOUP- 1.5 cups vegetable/pasta soup plus one slice wholegrain bread with 1 tsp margarine	SW- 2 slices wholegrain bread plus 80g lean meat, fish or chicken plus 40g cheese (2 slices), tomato And 1-cup free salad.	WRAP- 1 wholemeal/ wholegrain pita bread wrap plus 1.5-2 cups left over stir-fry (80g lean meat plus 1 cup vegies) OR 1 x 90g can tuna plus salad.
1600 cal	Add 40g meat or 1 slice bread	2 sushi rolls or 9 pieces	Plus 1 glass Orange juice	Plus 1 tub low-fat yoghurt	Add 20g mixed nuts

Afternoon Tea	Low-fat/ diet tub of yoghurt 200g	1.5 cups air-popped popcorn	1 cup vegetable sticks plus 1 tbls low-fat hommous (35g)	1 cup vegetable sticks plus 1 tbls low-fat hommous (35g)	Fruit smoothie- 300mL skim milk plus 1 banana plus 1 tsp honey
Dinner	MEAT/VEG- 100g lean grilled meat or fish plus 2 cups steamed vegetables and ½ cup steamed rice or pasta.	FRITTATA- 40g fetta, sundried tomato and broccoli, 2 eggs plus 2 cups free vegetables or salad.	SALAD- 100g smoked salmon or lean meat or tofu plus 2 cups free salads- plus 20g cheese (1 slice) or 1/3 avocado, drizzled with balsamic vinegar or fat free dressing	STIR-FRY- 100g lean beef or chicken plus 2 cups free vegetables and ½ cup steamed rice. Add 1 tbls reduced salt soy sauce or marinade. Cook extra meat and veggies for lunch.	SALMON- 100g grilled or poached salmon plus 1.5 cups free vegetables plus ½ cup steamed or roasted sweet potato
1600 cal	120g meat	Add 2 eggs	Add 1 banana	Increase to ¾ cup rice	Increase to ¾ cup potato
Supper	1.5 cups strawberries or 1 piece fruit	Diet jelly (250mL)	100mL reduced fat ice-cream	1 cup fruit salad	1 std glass wine 150mL

Disclaimer. The information provided is intended to be used as a general reference only. The information is to be used as a general guide only and does not constitute advice on individual or specific circumstances, and is not a substitute for advice from a health professional on any specific health issue/condition. It is recommended that an Accredited Practising Dietitian or qualified health care professional be consulted to check that a weight loss plan is suitable and that specific advice be sought in relation to any specific health issues/conditions, as the information provided has been developed as a rough guide only. Kate Rose Nutrition accepts no responsibility whatsoever for any losses or for any failure to seek or follow the advice of a health care professional and will not be liable for such failure. Calories have been estimated and rounded to the nearest 100 Calories for ease of calculations and are approximations. Volumes have been rounded to the nearest ¼ cup or 50g and are approximations. Information adapted from Clark, A, Portion Perfection, Great ideas in Nutrition, 2008.