

Maintenance Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	½ cup untoasted muesli + 1 tub/150g yoghurt 	2 poached/boiled/scrambled eggs + grilled tomato, mushrooms & baby spinach	½ cup high fibre fruit & flake cereal + ½ cup lite/skim milk + 2 tsp chia seeds	1 tub/150g yoghurt + 2 tsp chia seeds + small banana	2 raisin toast + 2-3 tbsp low fat ricotta + ½ sliced banana	1 cup lite/skim milk, ½ cup fruit, 2 tsp chia seeds, 1 tbsp oats, sweetener (blend into smoothie)	Leftover Zucchini & Ricotta Frittata Salad GF V
Morning Tea	1 serve fruit	30g almonds	1 tub/150g yoghurt	1 serve fruit	30g almonds 	1 serve fruit	Small skim coffee 
Lunch	Roast Beetroot & Pumpkin Salad GF V	130g grilled chicken + steamed vegetables 	Leftover Fish Cakes GF DF + salad	Thin grain wrap with salad + 2 slices/40g low fat cheese	Leftover Grilled Steak + salad	Steamed vegetables + 95g tinned tuna/salmon + ¼ - ½ cup tinned 4 bean mix	65g grilled chicken + grain sandwich + 1 slice low fat cheese + salad
Afternoon Tea	2 slices low fat cheese + vegetable sticks	1 tub/150g yoghurt + 2 tsp chia seeds	30g almonds	30g almonds + carrot sticks	1 serve fruit 	2 tbsp hummus + vegetable sticks 	Vegetable sticks + ¼ avocado made into a dip
Dinner	Stuffed Chicken Breast GF	Fish Cakes GF DF + salad + ½ cup roast sweet potato	Beef Enchiladas	Steak with Onion Salsa GF DF	Pork Skewers with Stir Fried Vegetables GF DF	Zucchini & Ricotta Frittata Salad GF V	Shepherd's Pie GF
After Dinner	30g almonds	Aeroplane Jelly Lite + 1 fruit	Cup of tea 	1 glass lite milk + sugar-free flavouring	1 tub/150g yoghurt	30g almonds	Aeroplane Jelly Lite + 1 fruit

GF Gluten Free **DF** Dairy Free **V** Vegetarian **VG** Vegan