

Week 1

2 Shake Per Day Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Shake	Shake 	Shake	Shake	Shake	Shake	2 poached/boiled/scrambled eggs + sautéed mushrooms, baby spinach, grilled tomato
Morning Tea	1 serve fruit	Choice of 30g nuts	Boiled egg + vegetable sticks 	1 serve fruit	Choice of 30g nuts	1 serve fruit	Small skim coffee 
Lunch	Shake + salad	Shake + steamed vegetables	Salad + Leftover Fish Cakes GF DF or 95-125g tinned tuna/salmon	Shake + steamed vegetables	Shake + salad 	Shake + steamed vegetables	Shake + salad
Afternoon Tea	1 tub/150g yoghurt 	2 slices low fat cheese & vegetable sticks	Choice of 30g nuts	95g tin tuna/salmon	1 serve fruit	2 tbsp hummus + vegetable sticks 	Choice of 30g nuts + vegetable sticks
Dinner	Stuffed Chicken Breast GF	Fish Cakes GF DF + Notatoes GF V + salad	Shake + Italian Eggplant Bake GF DF VG	Steak with Onion Salsa GF DF	Pork Skewers with Stir Fried Vegetables GF DF	Shepherd's Pie GF	Shake + Mushroom & Pak Choy Stir fry GF DF VG
After Dinner	Choice of 30g nuts	Aeroplane Jelly Lite + 1 serve fruit		Choice of 30g nuts		Aeroplane Jelly Lite + choice of 30g nuts	Aeroplane Jelly Lite + 1 serve fruit 

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

2 Shake per day Meal Plan = Total: 980 - 1450 calories per day

Week 2

2 Shake Per Day Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Shake	Shake 	¼ cup muesli + 1 tub/150g yoghurt	Shake	Shake 	Shake	2 poached/ boiled/ scrambled eggs + sliced cucumber & tomatoes
Morning Tea	1 serve fruit 	Choice of 30g nuts	Boiled egg + vegetable sticks	1 serve fruit	Choice of 30g nuts	1 serve fruit	Small skim coffee
Lunch	Shake + salad	Shake + steamed vegetables	Shake + salad 	Leftover Zucchini & Ricotta Frittata GF V + salad	Shake + steamed vegetables	Shake + salad	Shake + salad
Afternoon Tea	1 tub/150g yoghurt	2 slices low fat cheese + vegetable sticks	Choice of 30g nuts	95g tin tuna/ salmon 	1 serve fruit	2 tbsp hummus + vegetable sticks	Choice of 30g nuts + vegetable sticks
Dinner	Chilli Con Carne GF DF + Cauliflower Rice GF DF VG	Roast Tuna Steaks with Tomato GF DF	Zucchini & Ricotta Frittata GF V + salad	Shake + salad	Lemon Spice Chicken with Crunchy Cabbage Salad GF DF	Hearty Beef Casserole GF DF + Notatoes GF V	Fish Cakes GF DF + Notatoes GF V + salad
After Dinner	Choice of 30g nuts 	Aeroplane Jelly Lite + 1 serve fruit		Choice of 30g nuts	1 tub/150g yoghurt 	Aeroplane Jelly Lite + choice of 30g nuts	Aeroplane Jelly Lite + 1 serve fruit

GF Gluten Free
 DF Dairy Free
 V Vegetarian
 VG Vegan

2 Shake per day Meal Plan = Total: 980 - 1450 calories per day

Week 3

2 Shake Per Day Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Shake + ½ cup frozen berries blended together	Shake	Shake	Shake 	Shake	Shake 	50g smoked salmon + 1 egg + sautéed mushrooms, baby spinach, grilled tomato
Morning Tea	Aeroplane Jelly Lite	1 serve fruit	Boiled egg 	Choice of 30g nuts	Choice of 30g nuts	1 serve fruit	1 tub/150g yoghurt
Lunch	Shake + salad	Shake + steamed vegetables	Shake + salad	Salad + 80g grilled chicken + 20g grated low fat cheese	Shake + steamed vegetables	Shake + salad	Shake + salad + ¼ avocado
Afternoon Tea	2 slices low fat cheese + vegetable sticks	1 tub/150g yoghurt	Choice of 30g nuts	95g tin tuna/salmon	1 serve fruit 	2 tbsp hummus + vegetable sticks 	Aeroplane Jelly Lite + 1 serve fruit
Dinner	Grilled Kofta GF DF	Cajun Chicken and Avocado Salad GF DF	Spaghetti Bolognaise GF DF + Zucchini Noodles	Shake + salad	Stuffed Chicken Breast GF	Chilli & Lime Salmon with Thai Herb Salad GF DF	Roasted Tomatoes with Baby Spinach and Pesto GF + shake
After Dinner	Cup of tea 	Aeroplane Jelly Lite	1 serve fruit + Aeroplane Jelly Lite	1 serve fruit + Aeroplane Jelly Lite	1 tub/150g yoghurt 	Choice of 30g nuts	Cup of tea

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

2 Shake per day Meal Plan = Total: 980 - 1450 calories per day

Week 4

2 Shake Per Day Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Shake 	Shake	Shake	1 tub/150g yoghurt + 1 serve fruit	Shake 	2 poached/boiled/scrambled eggs + sautéed mushrooms, baby spinach, grilled tomato	Shake
Morning Tea	1 tub/150g yoghurt	Vegetable sticks + salsa dip	1 slice raisin toast + 1 tbsp lite ricotta	Choice of 30g nuts	Choice of 30g nuts	1 tub/150g yoghurt	1 serve fruit 
Lunch	Shake + salad	Leftover Spaghetti Bolognese GF DF + Zucchini Noodles	Shake + salad	Shake + salad 	Leftover Grilled Vegetables with Ginger Dressing GF DF VG + shake	Shake + salad + ¼ avocado	Shake + salad
Afternoon Tea	1 serve fruit	Small skim coffee 	Choice of 30g nuts	95g tin tuna/salmon	1 serve fruit	Cherry tomatoes	2 tbsp hummus + vegetable sticks
Dinner	Spaghetti Bolognese GF DF + Zucchini Noodles	Peach & Sugar Snap Salad GF DF VG + shake	Fish & Bean Salad GF DF	Grilled Vegetables with Ginger Dressing GF DF VG + shake	Chargrilled Chicken with Vegetables GF DF	Mushroom & Pak Choy Stir Fry GF DF VG + shake	Beef & Eggplant Curry GF DF + Cauliflower Rice GF DF VG
After Dinner	Cup of tea	Aeroplane Jelly Lite	Aeroplane Jelly Lite	Cup of tea 	1 tub/150g yoghurt	Aeroplane Jelly Lite	Choice of 30g nuts 

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

2 Shake per day Meal Plan = Total: 980 - 1450 calories per day

Week 5

2 Shake Per Day Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Shake	Shake + ½ cup frozen berries blended to a smoothie	Shake	Shake 	Shake	Shake	2 poached/boiled/scrambled eggs, grilled tomato & baby spinach + 1 grain toast
Morning Tea	Small skim coffee 	Vegetable sticks + 2 tbsps hummus	1 tub/150g yoghurt	Choice of 30g nuts	Choice of 30g nuts	1 tub/150g yoghurt	1 serve fruit
Lunch	Shake + salad + ¼ avocado	Leftover Zucchini & Ricotta Frittata GF V + salad	Shake + salad 	Shake + steamed vegetables	Leftover Pork Chops with Chargrilled Vegetable Salad GF DF	Shake + salad + ¼ avocado	Shake + salad
Afternoon Tea	1 serve fruit 	Choice of 30g nuts	Choice of 30g nuts	Boiled egg 	1 tub/150g yoghurt	Cherry tomatoes 	Vegetable sticks + ¼ avocado made into a dip
Dinner	Zucchini & Ricotta Frittata GF V + salad	Shake + salad	Chicken Provencal GF DF	Pork Chops with Chargrilled Vegetable Salad GF DF	Shake + salad	Roast Tuna Steaks with Tomato GF DF	Shake + steamed vegetables
After Dinner	Cup of tea	Aeroplane Jelly Lite	Aeroplane Jelly Lite + 1 serve fruit	Cup of tea 	1 serve fruit	Aeroplane Jelly Lite	Cup of tea

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

2 Shake per day Meal Plan = Total: 980 - 1450 calories per day

Week 6

2 Shake Per Day Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Shake	Shake 	Shake	Shake + ½ cup berries 	Shake	50g smoked salmon, 1 egg, ¼ cup low fat cottage cheese + sautéed mushrooms, spinach, onion + ¼ avocado	Shake + ½ cup mango cubes
Morning Tea	2 slices low fat cheese + cucumber	Cherry tomatoes + 1 serve fruit	Choice of 30g nuts	Choice of 30g nuts	1 tub/150g yoghurt + 1 tbsp chia seeds	1 tub/150g yoghurt 	Boiled egg + sliced cucumbers
Lunch	Shake + salad	Shake + steamed vegetables	Shake + salad	Grilled chicken + salad 	Shake + salad	Shake + salad	Shake + salad
Afternoon Tea	Choice of 30g nuts	1 tub/150g yoghurt + 1 tbsp chia seeds	1 serve fruit 	Boiled egg	4 dried apricots + 6-8 almonds	1 serve fruit	Choice of 30g nuts
Dinner	Pork Chow Mein with Cabbage GF DF	Fish Cakes GF DF + salad	Leftover Fish Cakes GF DF + salad	Italian Eggplant Bake GF DF VG + shake	Asian Style Mushroom Omelette GF DF V	Grilled Vegetables with Ginger Dressing GF DF VG + shake	Tuna Kebabs with Spicy Coleslaw GF DF
After Dinner	1 serve fruit	6-8 almonds + Aeroplane Jelly Lite 	1 glass low fat milk	Cup of tea		Aeroplane Jelly Lite	Cup of tea 

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

2 Shake per day Meal Plan = Total: 980 - 1450 calories per day

Week 7

2 Shake Per Day Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Shake + ½ small banana	Shake	Shake 	Shake	Shake	Shake 	Leftover Spinach & Ricotta Frittata GF V + sliced tomato & cucumber
Morning Tea	1 tub/150g yoghurt + ½ small banana	Aeroplane Jelly Lite + ½ cup strawberries	Choice of 30g nuts	30g nut bar	2 grain crackers + 1 slice low fat cheese + tomato	1 serve fruit + vegetable sticks	1 small skim cappuccino/latte
Lunch	Shake + salad 	Leftover Asparagus & Chicken Stir fry GF DF	Shake + salad	Shake + steamed vegetables	Shake + salad	Shake	Shake + Grilled Vegetables with Ginger Dressing GF DF VG
Afternoon Tea	Choice of 30g nuts	2 slices low fat cheese + cucumber	1 serve fruit 	Vegetable sticks + ¼ avocado mashed into a dip	Vegetable sticks + ¼ avocado mashed into a dip	1 tub/150g yoghurt 	Choice of 30g nuts
Dinner	Asparagus & Chicken Stir fry GF DF	Shake + steamed vegetables	Grilled Kofta GF DF + salad (no wrap)	Leftover Grilled Kofta GF DF + salad (no wrap)	Spiced Bream with Salsa GF DF	Spinach & Ricotta Frittata GF V + salad	Shake + Mushrooms & Pak Choy Stir Fry GF DF VG
After Dinner	Aeroplane Jelly Lite + ½ cup strawberries	Choice of 30g nuts 	1 glass lite milk + sugar-free flavouring	Cup of tea + 4-5 dried apricots	Aeroplane Jelly Lite + 1 serve fruit 	Choice of 30g nuts	Cup of tea + 4-5 dried apricots

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

2 Shake per day Meal Plan = Total: 980 - 1450 calories per day

Week 8

2 Shake Per Day Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Shake + sliced cucumbers and tomato	Shake 	Shake	Shake + sliced cucumbers and tomato	Shake	Shake + sliced cucumbers and tomato	Shake + grilled mushrooms and tomato
Morning Tea	Vegetable sticks dipped into 40g mini tub light Philadelphia cream cheese	1 serve fruit	Vegetable sticks dipped into 40g mini tub light Philadelphia cream cheese	1 tub/150g yoghurt 	1 raisin toast + 1 tbsp low fat ricotta cheese	1 serve fruit 	Aeroplane Jelly Lite + 1 serve fruit
Lunch	Shake + salad	Shake + steamed vegetables	Shake + salad	Leftover Lemon Spice Chicken with Crunchy Cabbage Salad GF DF	Shake + salad 	Shake	Shake + Roasted Tomatoes with Baby Spinach & Pesto GF
Afternoon Tea	Aeroplane Jelly Lite + 1 serve fruit	1 tub/150g yoghurt + 1 tbsp chia seeds + 5-6 nuts	1 serve fruit	Cup of tea + Aeroplane Jelly Lite	3 dried apricots + 6-8 almonds	Choice of 30g nuts + cherry tomatoes	Choice of 30g nuts
Dinner	Steak Sandwich GF DF	Pork Chops with Chargrilled Vegetable Salad GF DF	Lemon Spice Chicken with Crunchy Cabbage Salad GF DF	Shake + steamed vegetables	Indian Lamb Meatball Curry GF DF + Cauliflower Rice GF DF VG	Leftover Indian Lamb Meatball Curry GF DF + Cauliflower Rice GF DF VG	Chargrilled Chicken with Vegetables GF DF
After Dinner	3 dried apricots + 6-8 almonds	Aeroplane Jelly Lite + cup of tea 	Choice of 30g nuts 	1 serve fruit	Aeroplane Jelly Lite	1 glass lite milk + sugar-free flavouring	1 tub/150g yoghurt

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

2 Shake per day Meal Plan = Total: 980 - 1450 calories per day

Week 9

2 Shake Per Day Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Shake + ½ cup berries 	Shake	Shake	Shake + ½ cup berries	Shake 	Shake + grilled mushrooms and tomato	Shake
Morning Tea	2 grain crackers + 1 slice lite cheese + tomato	Choice of 30g nuts + carrot sticks	Small skim cappuccino /latte 	1 tub/150g yoghurt	Choice of 30g nuts + carrot sticks	3 dried apricots + 6-8 almonds	Aeroplane Jelly Lite + 1 serve fruit
Lunch	Shake	Shake + salad 	Shake + salad	Shake + sliced cucumbers and cherry tomatoes	Shake + sliced cucumbers and cherry tomatoes	Shake + steamed vegetables	Shake
Afternoon Tea	1 serve fruit	1 tub/150g yoghurt	1 serve fruit + Aeroplane Jelly Lite	Cup of tea + choice of 30g nuts	1 serve fruit + Aeroplane Jelly Lite	1 tub/150g yoghurt 	Choice of 30g nuts 
Dinner	Pork Scaloppini with Salsa GF DF	Leftover Pork Scaloppini with Salsa GF DF	Cajun Chicken and Avocado Salad GF DF	Spaghetti Bolognese GF DF	Leftover Spaghetti Bolognese GF DF	Braised Chicken with Tomatoes & Olives GF DF + Notatoes GF V	Leftover Braised Chicken with Tomatoes & Olives GF DF + Notatoes GF V
After Dinner	Choice of 30g nuts	1 serve fruit 	3 dried apricots + 6-8 almonds	1 serve fruit	1 tub/150g yoghurt	Aeroplane Jelly Lite + ½ cup berries	1 tub/150g yoghurt

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

2 Shake per day Meal Plan = Total: 980 - 1450 calories per day

Week 10

2 Shake Per Day Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Shake	Shake 	Shake + ½ cup berries (blend for a smoothie)	Shake	Shake	Shake + grilled mushrooms and tomato	Shake 
Morning Tea	½ cup baked beans + sliced cucumbers	1 raisin toast + 1 tbsp low fat ricotta + cup of tea	½ cup baked beans + sliced cucumbers	3 dried apricots + 6-8 almonds	Choice of 30g nuts + carrot sticks	3 dried apricots + 6-8 almonds	Aeroplane Jelly Lite + 1 serve fruit
Lunch	Shake + steamed vegetables	Shake + salad	Shake + salad 	Shake + steamed vegetables	Shake	Shake + steamed vegetables	Leftover Eggplant Cannelloni with Spinach & Roasted Tomato GF V
Afternoon Tea	Choice of 30g nuts	Choice of 30g nuts + carrot sticks	3 dried apricots + 6-8 almonds	1 tub/150g yoghurt	1 serve fruit + Aeroplane Jelly Lite	95g tin tuna/salmon + cucumber 	Choice of 30g nuts
Dinner	Hearty Beef Casserole GF DF + Notatoes GF V	Leftover Hearty Beef Casserole GF DF + Notatoes GF V	Roast Tuna Steaks with Tomato GF DF	Turkey Skewers with Mango & Avocado Salsa GF DF	Chilli Lamb Stir Fry GF DF + Cauliflower Rice GF DF VG	Eggplant Cannelloni with Spinach & Roasted Tomato GF V	Shake + salad
After Dinner	1 serve fruit + Aeroplane Jelly Lite 	1 serve fruit	Aeroplane Jelly Lite	Cup of tea 	1 tub/150g yoghurt	Aeroplane Jelly Lite + ½ cup berries	1 tub/150g yoghurt 

GF Gluten Free DF Dairy Free V Vegetarian VG Vegan

2 Shake per day Meal Plan = Total: 980 - 1450 calories per day

Week 11

2 Shake Per Day Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Shake 	Shake + sliced cucumbers & tomatoes	Shake + ½ cup berries (blend for a smoothie)	Shake	Shake + ½ small banana (blend for a smoothie)	Shake	Shake + grilled mushrooms and tomato
Morning Tea	1 serve fruit	1 tub/150g yoghurt	Boiled egg 	½ cup berries + Aeroplane Jelly Lite	1 tub/150g yoghurt + ½ small banana	Vegetable sticks dipped into 40g mini tub light Philadelphia cream cheese	Vegetable sticks dipped into 40g mini tub light Philadelphia cream cheese
Lunch	Shake + sliced cucumbers & tomatoes	Shake + salad 	Shake + salad	Shake + steamed vegetables	Shake	Shake 	Shake
Afternoon Tea	Choice of 30g nuts	Choice of 30g nuts + carrot sticks	3 dried apricots + 6-8 almonds	1 tub/150g yoghurt 	Aeroplane Jelly Lite	3 dried apricots + 6-8 almonds	Choice of 30g nuts
Dinner	Stir Fried Pork Mince with Eggplant GF DF	Spaghetti Bolognese GF DF	Leftover Spaghetti Bolognese GF DF	Stuffed Chicken Breast GF	Leftover Stuffed Chicken Breast GF	Pork Chops with Chargrilled Vegetable Salad GF DF	Leftover Pork Chops with Chargrilled Vegetable Salad GF DF
After Dinner	1 glass lite milk + sugar-free flavouring	1 serve fruit + Aeroplane Jelly Lite	Aeroplane Jelly Lite 	Cup of tea	Choice of 30g nuts 	Aeroplane Jelly Lite + ½ cup berries	1 serve fruit: baked apple + Aeroplane Jelly Lite

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

2 Shake per day Meal Plan = Total: 980 - 1450 calories per day

Week 12

2 Shake Per Day Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Shake	Shake + ½ cup berries (blend for a smoothie) 	Shake	Shake	Shake 	Leftover Zucchini & Ricotta Frittata GF V + salad	Shake + ½ cup berries (blend for a smoothie)
Morning Tea	Vegetable sticks + cup of tea	1 tub/150g yoghurt	1 serve fruit	Vegetable sticks + ¼ avocado mashed into a dip	Small skim cappuccino, latte or hot chocolate	1 raisin toast	3 dried apricots + 6-8 almonds
Lunch	Shake	Shake + salad	Shake + salad	Shake + steamed vegetables	Shake	Shake + salad 	Shake
Afternoon Tea	1 raisin toast + 1 tbsp low fat ricotta + cup of tea	1 serve fruit 	1 tub/150g yoghurt	2 slices low fat cheese + tomatoes	Choice of 30g nuts + vegetable sticks	3 dried apricots + 6-8 almonds	1 tub/150g yoghurt 
Dinner	Fish & Bean Salad GF DF	Chilli Con Carne GF DF + Notatoes GF V	Leftover Chilli Con Carne GF DF + Notatoes GF V	Yoghurt Chicken with Mango Chutney GF	Zucchini & Ricotta Frittata GF V + salad	Shake + Mushroom & Pak Choy Stir Fry GF DF VG	Lemon Spice Chicken with Crunchy Cabbage Salad GF DF
After Dinner	3 dried apricots + 6-8 almonds	Vegetable sticks + ¼ avocado mashed into a dip	Choice of 30g nuts 	½ cup berries + Aeroplane Jelly Lite	1 serve fruit: baked apple with 1 tbsp yoghurt	Aeroplane Jelly Lite 	Aeroplane Jelly Lite

GF Gluten Free DF Dairy Free V Vegetarian VG Vegan

2 Shake per day Meal Plan = Total: 980 - 1450 calories per day