

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	1 tub/150g yoghurt + glass water 	Shake + 1 piece fruit OR 1 serve high protein yoghurt + glass water 	1 slice raisin toast + 1 tbsp lite ricotta + glass water 	1 tub/150g yoghurt + 1 serve fruit + glass water 	Shake + 1 piece of fruit e.g. banana + glass water 	1 egg on whole meal toast/boiled + sautéed mushrooms, baby spinach, grilled tomato + glass water 	Shake + glass water 
Morning Tea	Shake + glass water 	Vegetable sticks + salsa dip + glass water 	Shake + glass water 	Choice of 30g nuts + glass water 	Leftover Grilled Vegetables with Ginger Dressing + glass water 	1 tub/150g yoghurt + glass water 	1 serve low fat high protein yoghurt + glass water 
Lunch	Shake + salad + 2 boiled eggs + glass water 	Leftover Spaghetti Bolognese GF DF + Zucchini Noodles + glass water 	Shake + salad + 120g grilled chicken OR 1 tin tuna + glass water 	Shake + salad + glass water 	GF DF VG Shake + glass water 	Shake + salad + ¼ avocado + glass water 	Shake + salad + glass water 
Afternoon Tea	1 serve fruit + glass water 	Small skim coffee + glass water 	Choice of 30g nuts + glass water 	95g tin tuna/salmon + 3 rice cakes & cucumber/ tomato + glass water 	1 serve fruit + glass water 	Cherry tomatoes + 1 piece fruit + glass water 	2 tbsp hummus + vegetable sticks + glass water 
Dinner	Spaghetti Bolognese GF DF + Zucchini Noodles + glass water 	Peach & Sugar Snap Salad GF DF VG + shake + glass water 	Fish & Bean Salad GF DF + glass water 	Grilled Vegetables with Ginger Dressing GF DF VG + shake + glass water 	Chargrilled Chicken with Vegetables GF DF + glass water 	Mushroom & Pak Choy Stir Fry GF DF VG + shake + glass water 	Beef & Eggplant Curry GF DF + Cauliflower Rice GF DF VG + glass water 
After Dinner	Cup of tea + glass water 	Aeroplane Jelly Lite + glass water 	Aeroplane Jelly Lite + glass water 	Cup of tea + glass water 	1 tub/150g yoghurt + glass water 	Aeroplane Jelly Lite + glass water 	1 serve fruit + glass water 

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

Tony Ferguson Rapid 2 shakes per day Meal Plan = Total: 800 - 1100 calories per day