

High Protein/Classic Shake Meal Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	High Protein/Classic Shake KCal: 200 Kj: 836	2 slices of grain toast + 1/8 small avo + 2 slices of low fat cheese + tomato KCal: 340 Kj: 1421	High Protein/Classic Shake KCal: 200 Kj: 836	3/4 High fibre cereal + 250ml light milk + 1 banana (e.g. Kellogs Guardian) KCal: 315 Kj: 1317	High Protein/Classic Shake KCal: 200 Kj: 836	2 eggs (poached/boiled/scrambled) + 2 slices grain toast + sauteed mushrooms, baby spinach, grilled tomato + 2 slices of short cut bacon KCal: 470 Kj: 1965	High Protein/Classic Shake KCal: 200 Kj: 836
Morning Tea	1 serve of fruit + 2 slices of reduced fat cheddar cheese KCal: 250 Kj: 1045	1 boiled egg + raw vegetables + 2 slices of reduced fat cheese KCal: 184 Kj: 769	Small skim milk latte KCal: 100 Kj: 418	3 tbsp hummus + raw vegetables KCal: 215 Kj: 899	1 boiled egg + raw vegetables + 2 slices of reduced fat cheese KCal: 210 Kj: 878	Small skim milk latte KCal: 100 Kj: 418	1 serve of fruit + 2 slices of reduced fat cheddar cheese KCal: 217 Kj: 907
Lunch	<u>Roast Beetroot + Pumpkin Salad</u> serviced + 1 cup of cooked Quinoa KCal: 544 Kj: 2274	High Protein/Classic Shake + Salad KCal: 300 Kj: 1254	<u>Yoghurt Chicken + Mango Chutney</u> served + a tomato + onion salad + 100g of wholemeal cous cous KCal: 654 Kj: 2734	High Protein/Classic Shake + Salad KCal: 300 Kj: 1254	<u>Lemon Spice Chicken + Crunchy Cabbage</u> + 1 cup of cooked quinoa KCal: 630 Kj: 2633	High Protein/Classic Shake + Salad KCal: 300 Kj: 1254	<u>Fish + Bean Salad</u> + 1 cup of cooked high fibre pasta KCal: 602 Kj: 2516
Afternoon Tea	200g of low fat yoghurt (plain or flavoured) KCal: 120 Kj: 502	200g of low fat yoghurt (plain or flavoured) KCal: 120 Kj: 502	30g of your choice of nuts + piece of fruit KCal: 250 Kj: 1045	1 serve of fruit + 1 tsp of peanut butter (no added sugar or salt) KCal: 140 Kj: 585	1/2 cup low fat cottage cheese + vegetables sticks KCal: 120 Kj: 502	200g of low fat yoghurt (plain or flavoured) + 1/2 cup of diced peaches in fruit juice KCal: 190 Kj: 794	30g of your choice of nuts + 1 serve of fruit KCal: 250 Kj: 1045
Dinner	<u>Chilli Con Carne + Cauliflower rice</u> KCal: 433 Kj: 1810	<u>Asparagus + Chicken Stir-fry</u> + 1 cup cooked egg noodles KCal: 573 Kj: 2395	<u>Fish Cakes + Salad</u> KCal: 300 Kj: 1254	<u>Asian Style Mushroom Omelette</u> + 2 slices of grain toast KCal: 574 Kj: 2399	<u>Shepherd's Pie</u> KCal: 401 Kj: 1676	<u>Grilled Kofta</u> + 1 Mountain bread Rye wrap KCal: 326 Kj: 1363	<u>Chicken Provencale + Notatoes</u> KCal: 315 Kj: 1317
After Dinner	1/2 cup of strawberries + 1 tsp of cocoa powder + 1 tbsp of mixed seeds or nuts KCal: 190 Kj: 794	Diet jelly + 1/2 cup diced peaches in fruit juice + 1/2 cup of reduced fat custard KCal: 186 Kj: 777	200g of low fat yoghurt + 1 cup of berries (plain or flavoured) KCal: 190 Kj: 794	200g of low fat yoghurt + 1 cup of berries (plain or flavoured) KCal: 190 Kj: 794	Diet jelly + 1 cup diced peaches in fruit juice KCal: 137 Kj: 573	1 serve of fruit + 2 slices reduced fat cheese KCal: 260 Kj: 1087	200g of low fat yoghurt + 1 cup of berries (plain or flavoured) KCal: 120 Kj: 502
Total	KCal: 1737 Kj: 7261	KCal: 1703 Kj: 7119	KCal: 1694 Kj: 7081	KCal: 1734 Kj: 7248	KCal: 1698 Kj: 7098	KCal: 1646 Kj: 6880	KCal: 1704 Kj: 7123