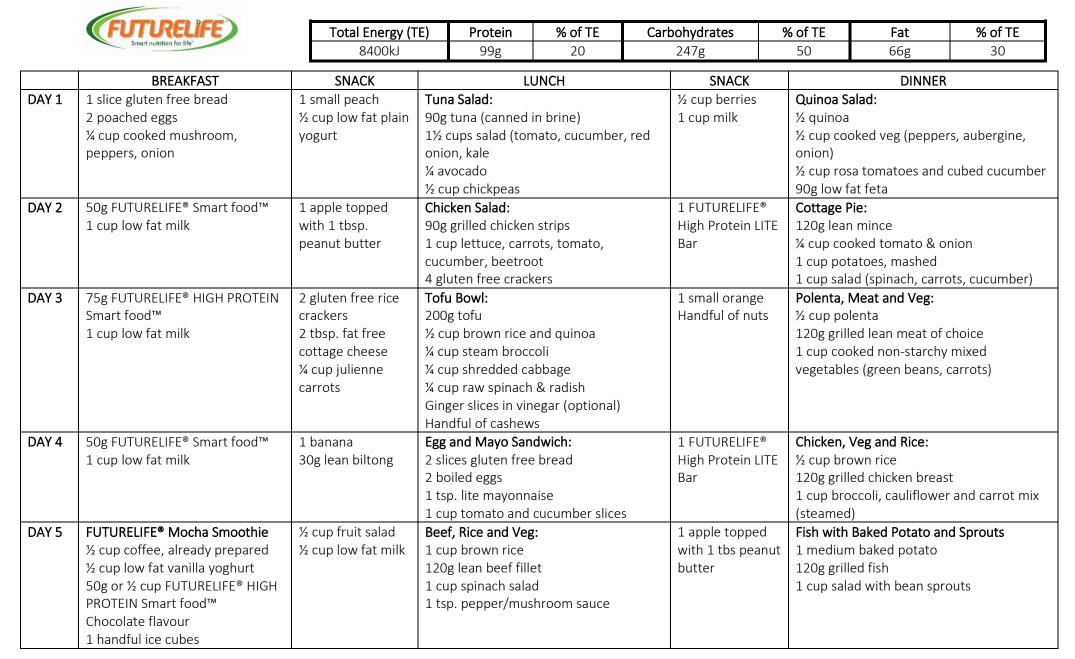
## INTELLECTUAL PROPERTY OF FUTURELIFE®





	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
DAY 6	40g FUTURELIFE <sup>®</sup> ZERO Smart	1 cup low fat	Stir Fry:	1 pear	Asparagus Quiche:
	food™	yoghurt	½ cup gluten free spaghetti	30g biltong	2 eggs (with 2 Tbsp. milk)
	1 cup low fat milk	1 banana	½ cup cooked stir fry veg (cabbage,		30g mozzarella cheese
			carrots, spinach, peppers, onion)		1 cup asparagus, spring onion, peppers,
			90g grilled chicken, strips		mushroom (sautéed in pan)
					4 baby potatoes (for the base)
DAY 7	75g FUTURELIFE <sup>®</sup> HIGH PROTEIN	1 FUTURELIFE®	Chickpea Salad & Fish:	½ cup fruit salad	Chicken and Veg:
	Smart food™	High Protein LITE	½ cup chickpeas	½ cup low fat	1 cup sweet potato
	1 cup low fat milk	SmartBar	30g low fat feta	yoghurt	120g oven roast chicken (no skin)
			½ cup cubed tomato, cucumber, onion		1 cup non-starchy roasted veg (carrots,
			¼ cup raw spinach		peppers, onion, aubergine, marrows)
			90g grilled fish		

## DAILY EXTRA ALLOWANCES

- Drink plenty of water (at least 8 glasses/day)
- See website for recipes
- 125ml low fat or fat free milk for coffee or tea during day
- Can use 1 tsp. olive oil in lunch & dinner preparation
- To lower energy intake it is suggested to make FUTURELIFE<sup>®</sup> with water

NOTE: This meal plan is <u>NOT</u> suitable for individuals with coeliac disease. Please consult your healthcare practitioner for a personalized eating plan.

