

HEALTHY EATING PLAN (± 8400KJ)



Total energy (TE)	Protein	% of TE	Carbohydrates	% of TE	Fat	% of TE
8400kJ	99g	20	247g	50	66g	30

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
DAY 1	50g FUTURELIFE® Smart food™ 1 cup low fat milk 4 strawberries for topping Sprinkle of chia seeds (optional)	Trail mix: 2 Tbsp. FUTURELIFE® CRUNCH Smart food™ 1 tbsp. nuts 1 tbsp. raisins	Tuna Salad: 90g tuna (canned in brine) 1½ cups salad (tomato, cucumber, red onion, kale) ¼ avocado ½ cup chickpeas	½ cup fruit salad 1 cup yoghurt	Cous Cous Salad: ½ cup cous cous ½ cup cooked veg (peppers, aubergine, onion) ½ cup rosa tomatoes and cubed cucumber 90g low fat feta
DAY 2	1 slice of a high fibre, low GI bread 2 poached eggs ¼ cup cooked mushroom, peppers, onion	1 cup low fat yoghurt 1 apple	Wrap: 1 medium whole grain wrap 90g grilled chicken strips 1 cup lettuce, carrots, tomato, cucumber, beetroot 1 Tbsp. hummus	1 FUTURELIFE® High Protein LITE Bar	Cottage Pie: 120g lean mince ¼ cup cooked tomato & onion 1 cup potatoes, mashed 1 cup salad (spinach, carrots, cucumber)
DAY 3	75g FUTURELIFE® HIGH PROTEIN Smart food™ 1 cup low fat milk	2 whole-wheat crackers 2 tbsp. low fat cottage cheese ¼ cup julienne carrots	Tofu Bowl: 200g tofu ½ cup brown rice and quinoa ¼ cup steam broccoli ¼ cup shredded cabbage ¼ cup raw spinach & radish Ginger slices in vinegar (optional) Handful of cashews	1 FUTURELIFE® HIGH PROTEIN Shake	Grilled Meat, Potato and Veg: 1 medium baked potato 120g grilled lean meat of choice 1 cup cooked non-starchy mixed vegetables (green beans, carrots) 2 tsp. plain yoghurt (on potato)
DAY 4	50g FUTURELIFE® Smart Instant Oats Classic 1 cup low fat milk 1 banana	½ cup homemade popcorn 30g lean biltong	Egg and Mayo Sandwich: 2 slices of a high fibre, low GI bread 2 boiled eggs 1 tsp. lite mayonnaise 1 cup carrot and cucumber sticks	1 FUTURELIFE® High Protein LITE Bar	Chicken, Rice and Veg: ½ cup brown rice 120g grilled chicken breast 1 cup broccoli, cauliflower and carrot mix (steamed)

DAY 5	FUTURELIFE® Mocha Protein Smoothie ½ cup coffee already prepared 1 cup low fat vanilla yoghurt 75g FUTURELIFE® HIGH PROTEIN Smart food™ Chocolate flavour 1 handful ice cubes	½ cup fruit salad ½ cup low fat yoghurt	Beef, Rice and Veg: 1 cup brown rice 120g lean beef fillet 1 cup spinach salad 1 tsp. pepper/mushroom sauce	1 small pear 2 tbsp. nuts 1 tsp. seeds	Grilled Fish, Potato and Sprouts: 1 medium baked potato 120g grilled fish 1 cup salad with bean sprouts
DAY 6	50g FUTURELIFE® Smart food™ WHEAT 1 cup low fat milk	1 cup low fat yoghurt 1 small apple	Stir Fry: ½ cup cooked egg noodles ½ cup cooked stir fry veg (cabbage, carrots, spinach, peppers, onion) 90g grilled chicken, strips	½ cup watermelon 30g biltong	Asparagus Quiche: 2 eggs (with 2 tbsp. milk) 30g mozzarella cheese 1 cup asparagus, spring onion, peppers, mushroom (sautéed in pan) 4 baby potatoes (for the base)
DAY 7	45g FUTURELIFE® Bran Flakes and Barley with Probiotic Capsules ½ cup low fat yoghurt or milk Top with either 1 banana or 4 strawberries	1 FUTURELIFE® High Protein LITE Bar	Chickpea Salad & Fish: ½ cup chickpeas 30g low fat feta ½ cup cubed tomato, cucumber, onion ¼ cup raw spinach 90g grilled fish	10 – 12 small grapes ½ cup low fat yoghurt	Roast Chicken, Potatoes and Veg: 1 cup sweet potato 120g oven roast chicken (no skin) 1 cup non-starchy roasted veg (peppers, onion, aubergine, marrows)

DAILY EXTRA ALLOWANCES

- Drink plenty of water (at least 8 glasses/day)
- See website for recipes
- 125ml low fat for coffee & tea during day
- Can use 1 tsp. olive oil in lunch & dinner preparation
- To lower energy intake it is suggested to make FUTURELIFE® with water
- May have FUTURELIFE® Crunch Protein Bar OR FUTURELIFE® Whole Grain Granola Bars 1-2 times per week

