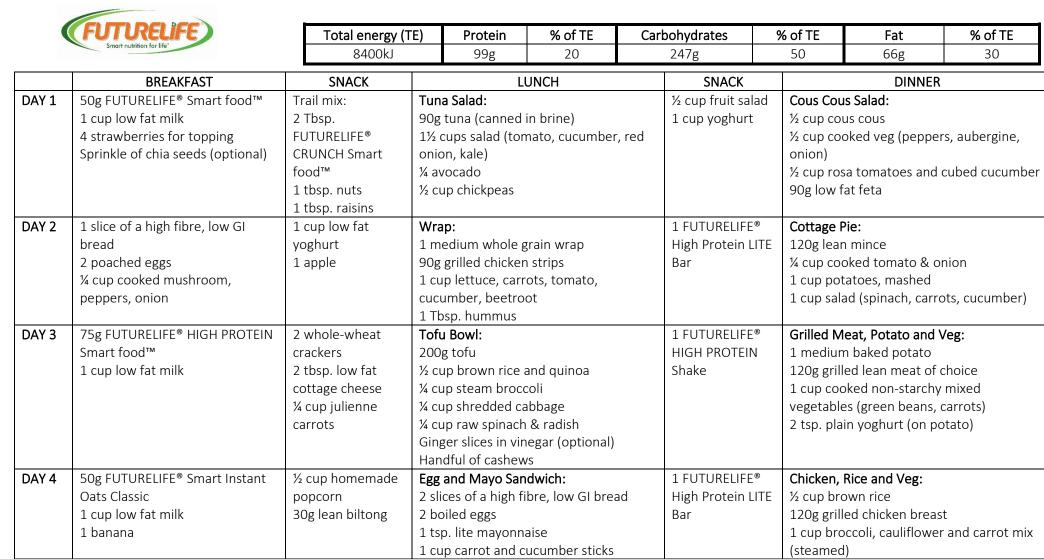
## HEALTHY EATING PLAN (± 8400KJ)



## INTELLECTUAL PROPERTY OF FUTURELIFE®

DAY 5	FUTURELIFE <sup>®</sup> Mocha Protein Smoothie ½ cup coffee already prepared 1 cup low fat vanilla yoghurt 75g FUTURELIFE <sup>®</sup> HIGH PROTEIN Smart food <sup>™</sup> 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	<ul> <li>45g FUTURELIFE<sup>®</sup> Bran Flakes</li> <li>and Barley with Probiotic</li> <li>Capsules</li> <li>2 cup low fat yoghurt or milk</li> <li>Top with either 1 banana or 4</li> <li>strawberries</li> </ul>	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<sup>®</sup> with water
- May have FUTURELIFE<sup>®</sup> Crunch Protein Bar OR FUTURELIFE<sup>®</sup> Whole Grain Granola Bars 1-2 times per week

