

HEALTHY EATING FOR ACTIVE INDIVIDUALS PLAN (± 9000KJ)



Total Energy (TE)	Protein	% of TE	Carbohydrates	% of TE	Fat	% of TE
9000kJ	132g	25	238g	45	71g	30

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
DAY 1	2 slices of a high fibre, low GI bread 1 boiled egg, 30g grated cheddar cheese and sliced tomato 1 medium apple	½ cup or 100g low fat yoghurt FUTURELIFE® High Protein LITE Bar	Homemade Burger 1 wholewheat roll 1 lean beef pattie 1 tablespoon lite mayonnaise 1 teaspoon tomato sauce 1 cup tomato, lettuce, gherkins, onion	Smoothie 1 cup low fat milk 1 mashed medium banana 50g FUTURELIFE® HIGH PROTEIN Smart food™ 1 handful ice cubes 1 tablespoon peanut butter, unsweetened	Chicken Stir-Fry and Noodles 1 cup egg noodles 2 small chicken breasts cut into strips 1½ cup mixed stir fry vegetables (starchy and non-starchy, fresh or frozen) with low sodium soy sauce
DAY 2	1 cup or 45g FUTURELIFE® Bran Flakes and Barley with Probiotic Capsules 1 cup low fat milk 1 banana 2 teaspoons of honey	3 cups home-made popcorn 60g lean biltong	Tuna Mayo Sandwich 4 slices of a high fibre, low GI bread 90g tuna with 1 tablespoon lite mayonnaise 1 cup sliced tomato, cucumber, carrot and onion	½ cup or 100g low fat yoghurt 1 small (200ml) 100% fruit juice	Grilled Fish, Sweet Potato and Salad 1 cup sweet potato, mashed 120g grilled fish with lemon juice 2 cups green salad mixed with ¼ round of feta cheese and ¼ avocado
DAY 3	2 slices of a high fibre, low GI bread 2 eggs boiled/ scrambled / fried ¼ avocado, smashed	3 slices of pineapple 1 bran or blueberry muffin 1 cup low-fat milk	Steak Wraps 2 wholewheat wraps 120g grilled steak strips 1 tablespoon lite mayonnaise, 1 teaspoon sweet chilli sauce 1 cup sliced lettuce, tomato, carrot, cucumber, onion, beetroot	40g or 4 heaped tablespoons FUTURELIFE® CRUNCH Smart food™ ½ cup or 100g low fat yoghurt ½ cup fruit salad/ berries	Grilled Chicken with Roast Veggies and Salad 1 cup roasted vegetables (starchy + non-starchy) 1 chicken thigh + 1 drumstick, grilled, skinless (make enough, leftovers for next day) 1 cup green salad ¼ round of feta cheese
DAY 4	50g FUTURELIFE® Smart Oats® and Ancient Grains ½ cup low-fat milk 1 teaspoon peanut butter (melted and drizzled on top)	1 medium apple 1 FUTURELIFE® High Protein Bar OR 1 REPAIR FOOD™ Protein Bar	Chicken Roll and Salad 2 wholewheat rolls 90g grilled chicken, cut into strips cooked with 1 tablespoon BBQ sauce 1 cup sliced lettuce, tomato, carrot, cucumber, gherkins 1 teaspoon lite mayonnaise	½ cup or 100g low fat yoghurt 1 small pear 4 high fibre crackers 4 tablespoons cottage cheese	Curry Mince with Rice and Vegetables 1 cup of brown rice 120g lean mince, curried 1 cup steamed broccoli and cauliflower made with a bechamel sauce ½ cup pumpkin with cinnamon

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DAY 5	Mocha High Protein Smoothie ½ cup coffee, already prepared ½ cup low fat vanilla yoghurt 50g or ½ cup FUTURELIFE® HIGH PROTEIN Smart food™ Chocolate flavour 1 handful ice cubes	4 high fibre crackers 2 tablespoons peanut butter, unsweetened 1 medium banana	Tomato and Cheese Toastie 4 slices of a high fibre, low GI bread 90g of cheddar cheese with slices of tomato 1 cup of green salad 1 teaspoon margarine	Fruit Smoothie 1 cup low fat milk, handful of ice mixed with 1 cup strawberries/berries 3 cups of homemade popcorn	Grilled Pork Chop with Potato and Green Beans 4 baby potatoes with skin 90g grilled pork chop, fat removed 1 cup grilled green beans with cherry tomatoes, sprinkled with ¼ round of feta cheese and 1 teaspoon olive oil
DAY 6	50g FUTURELIFE® Smart Oats® and Ancient Grains 1 teaspoon peanut butter 1 cup low fat milk 1 banana 1 teaspoons of honey	½ cup or 100g low fat yoghurt ½ cup mango 1 FUTURELIFE® High Protein LITE Bar	Spaghetti Bolognese 1½ cups pasta 90g lean savoury mince in ½ cup tomato and onion mix ½ cup carrot, peas and sweet corn 1 teaspoon chutney	2 crackerbread 4 tablespoons cottage cheese	Grilled Meat, Butternut and Salad 1 cup butternut, sprinkled with cinnamon and 1 teaspoon of honey 120g grilled lean meat of your choice 1 cup green salad and ¼ feta round ½ cup sautéed carrots
DAY 7	2 slices of a high fibre, low GI bread 1 boiled egg and 30g cheddar cheese	½ cup or 100g low fat yoghurt 1 medium banana 4 high fibre crackers ¼ smashed avocado	Chicken, Rice and Veggies 1 cup stir-fry veggies with soya sauce 1½ cups brown rice 2 chicken breasts, grilled	1 small fruit juice (100%) 200ml 3 cups homemade popcorn 30g lean biltong	Cottage Pie and Salad 120g lean mince 1 cup mashed potatoes ¼ cup cooked tomato and onion 1 cup green salad

DAILY EXTRA ALLOWANCES

- Drink plenty of water (at least 8 glasses/day)
- See website for more smoothie recipes
- 125ml low fat or fat free milk for coffee or tea during day
- To lower energy intake it is suggested to make FUTURELIFE® with water
- FUTURELIFE® HIGH PROTEIN Shake can be enjoyed as a snack when there is no time to prepare food.
- When cooking use spray and cook

