

WEIGHT LOSS EATING PLAN FOR FEMALES (± 5500KJ)



Total Energy (TE)	Protein	% of TE	Carbohydrates	% of TE	Fat	% of TE
5510kJ	107g	33	120g	37	44g	30

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
<b>DAY 1</b>	2 slices of a high fibre, low GI bread 2 boiled eggs boiled/ scrambled/ fried ½ cup sautéed tomatoes and mushroom	½ cup or 100g low- fat yoghurt 1 small banana	<b>Steak Wrap</b> 1 whole grain wrap 90g grilled steak strips 1 cup raw grated carrots, tomato, onion, lettuce, beetroot 1 teaspoon lite mayonnaise	1 medium apple 3 teaspoon sugar and salt free peanut butter	<b>Roasted Chicken, Mashed Potato and Salad</b> 1 chicken thigh and 1 chicken drumstick, skinless ½ cup mashed potato ½ sweet corn on the cob 1 cup green salad
<b>DAY 2</b>	50g FUTURELIFE® HIGH PROTEIN Smart food™ 1 cup low fat milk (shake or meal)	1 pear	<b>Mozzarella and Smoked Chicken Open Sandwich with Green Salad</b> 2 slices of a high fibre, low GI bread 40g grated mozzarella cheese 1 slice smoked chicken (cold meat) 1 cup green salad (lettuce, tomato, cucumber)	1 FUTURELIFE® High Protein LITE Bar OR 1 BEAUTI FOOD™ Protein Bar	<b>Curried Mince, Rice and Vegetables</b> 90g lean mince, curried ½ cup tomato and onion 1 cup rice 1 cup mixed vegetables (peas, sweet corn, carrots, green beans)
<b>DAY 3</b>	45g FUTURELIFE® Bran Flakes and Barley with Probiotic Capsules 1 cup low fat milk  1 small banana	4 high fibre crackers 4 tablespoons cottage cheese	<b>Egg and Mayo Sandwich</b> 2 slices of a high fibre, low GI bread 2 eggs boiled or scrambled 1 tablespoon lite mayonnaise 1 cup carrot sticks, cucumber sticks and cherry tomatoes	1 small peach ½ cup or 100g low- fat yoghurt	<b>Grilled Hake, Sweet Potato and Salad</b> 120g grilled Hake 1 cup mashed sweet potato, sprinkled with cinnamon and 1 teaspoon of honey 1 cup green salad ¼ avocado
<b>DAY 4</b>	<b>Smoothie:</b> 50g FUTURELIFE® Smart food™ WHEAT 150ml water ½ cup berries 1 handful of ice	1 FUTURELIFE® HIGH PROTEIN Shake	<b>Chicken and Pasta Salad</b> 1 cup wholewheat pasta 60g chicken breast shredded 1 cup (microgreens, cucumber, cherry tomatoes, onion, carrot, beetroot) ¼ feta round (30g) 1 tablespoon lite mayonnaise/salad dressing	½ cup strawberries 2 crackerbread 4 tablespoons cottage cheese Sliced tomato	<b>Beef Stir-fry with Rice and Salad</b> 1 cup brown rice 90g beef strips, stroganoff style 1 cup onion, mushroom and garlic, sautéed 1 cup mixed vegetables (starchy and non- starchy) fresh or frozen, peas, corn, carrots, beans 1 cup green salad  *Make extra for lunch next day

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DAY 5	2 slices of a high fibre, low GI bread 60g cheese ½ cup sliced tomato, lettuce, cucumber 1 banana	10- 12 small grapes	<b>Beef Stir-Fry with Rice and Salad</b> 1 cup brown rice 90g beef strips, stroganoff style 1 cup onion, mushroom and garlic, sautéed 1 cup mixed vegetables (starchy and non-starchy, fresh or frozen) peas, sweet corn, carrots, beans 1 cup green salad	1 FUTURELIFE® HIGH PROTEIN Shake	<b>Homemade Burger</b> 1 lean beef patties 1 wholewheat bread rolls 1 cup salad for toppings on burger (lettuce, tomato, onion, gherkins, grated carrot) 2 teaspoons tomato sauce ½ cup sweet potato fries made in the oven
DAY 6	50g FUTURELIFE® HIGH PROTEIN Smart food™ 1 cup low fat milk (shake or meal)	½ cup mango ½ cup or 100g low-fat yoghurt	<b>Pulled Pork Toasted Sandwich</b> 2 slices of a high fibre, low GI bread 90g pulled pork, shredded 1 tablespoon pepper sauce 1 cup sliced tomato, cucumber, onion, gherkins, grated carrot	1 cup cubed papaya 1 muffin	<b>Chicken Stir Fry with Noodles, Vegetables and Salad</b> 1 ½ small chicken breasts cut into strips ½ cup egg noodles 1 cup mixed vegetables (peas, sweet corn, carrots, baby marrow, green beans) cooked in low sodium soy sauce ½ cup green salad  *Make enough chicken for lunch next day
DAY 7	45g FUTURELIFE® Bran Flakes and Barley with Probiotic Capsules OR FUTURELIFE® Instant Oats Classic 1 cup low fat milk	½ cup fresh fruit salad	<b>Chicken Wrap with Salad</b> 2 wholewheat wraps 90g chicken, shredded ½ cup mushrooms, onions, peppers and garlic sautéed 1 cup green salad 1 tablespoon pepper sauce	1 FUTURELIFE® High Protein LITE Bar OR 1 BEAUTI FOOD™ Protein Bar	<b>Grilled Fish with Cous-Cous and Veg</b> 90g grilled fish 1 cup Cous-cous and ½ cup mixed vegetables (carrots, broccoli, baby marrow, onion) sprinkled with 1 teaspoon olive oil

**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
- Use lite and low-fat options as far as possible
- When cooking use spray and cook
- Enjoy a FUTURELIFE® Crunch Protein Bar as a chocolate treat 1-2 times per week

