

WEIGHT LOSS EATING PLAN FOR MALES (± 6500KJ)



Total Energy (TE)	Protein	% of TE	Carbohydrates	% of TE	Fat	% of TE
6510kJ	100g	26	185.5g	48	45g	26

	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 FUTURELIFE® High Protein Bar	<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 small banana	1 medium apple 4 high fibre crackers 1 tablespoon peanut butter unsweetened	<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 1 small apple
<b>DAY 2</b>	50g FUTURELIFE® HIGH PROTEIN Smart food™ 1 cup low fat milk (shake or meal)	1 pear ½ cup or 100g low- fat yoghurt	<b>Mozzarella and Smoked Chicken Open Sandwich with Green Salad</b> 2 slices of a high fibre, low GI bread 40g grated mozzarella cheese 2 slices smoked chicken (cold meat) 1 cup green salad	1 cup cubed paw- paw FUTURELIFE® High 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 fat free/ low fat cottage cheese 10-12 small grapes	<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 low-fat yoghurt or 100g 3 cups homemade popcorn	<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 small orange FUTURELIFE® High Protein LITE Bar	<b>Chicken and Pasta Salad</b> 1 cup wholewheat pasta 60g chicken breast shredded 1 cup (microgreens, cucumber, cherry tomatoes, onion, carrot, beetroot) ¼ low fat feta round (30g) 1 tablespoon lite mayonnaise/salad dressing	½ cup strawberries 2 high fibre crackerbread 4 tablespoons fat free/ low fat free 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

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
<b>DAY 5</b>	2 slices of a high fibre, low GI bread 60g medium fat cheese ½ cup sliced tomato, lettuce, cucumber 1 small banana	½ or 100g cup low fat yoghurt 1 FUTURELIFE® High Protein Bar	<b>Beef Stir-Fry with Rice and Salad</b> 1 cup brown rice 90g lean 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 small pear ½ cup or 100g low-fat yoghurt	<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 30g medium fat grated cheddar (matchbox size) ½ cup sweet potato fries made in the oven
<b>DAY 6</b>	50g FUTURELIFE® Smart Oats® and Ancient Grains or Instant Oats Classic 1 teaspoon sugar and salt free peanut butter 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 bran muffin	<b>Chicken Stir Fry with Noodles, Vegetables and Salad</b> 60g 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 1 cup green salad *Make enough chicken for lunch next day
<b>DAY 7</b>	45g FUTURELIFE® Bran Flakes and Barley with Probiotic Capsules ½ cup or 100g low-fat yoghurt	½ cup fruit salad 30g lean biltong	<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 small orange FUTURELIFE® High 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

