



ENDURANCE TRAINING FOR 1-2 HRS/DAY (9400KJ)

Total Energy	Protein	% of TE	Carbohydrates	% of TE	Fat	% of TE
9400kJ	138g	30	248g	45	74g	25

	BEFORE TRAINING	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
DAY 1	50g FUTURELIFE® Smart food™ (Shake or meal) ½ cup low fat milk	2 slices FUTURELIFE® High Protein Brown Bread 1 boiled egg 30g grated cheese Sliced tomato 1 tsp. margarine	½ cup or 100g low fat yoghurt ½ cup fruit salad	Homemade Burger 1 wholewheat roll 1 lean beef pattie 1 tablespoon lite mayonnaise 1 tsp. tomato sauce 1 cup sliced tomato, lettuce, gherkins, onion, grated carrots	1 FUTURELIFE® HIGH PROTEIN Shake	Chicken Stir Fry and Rice 1 cup brown rice 1 ½ small chicken breasts cut into strips 1 cup mixed stir fry vegetables (starchy and non-starchy, fresh or frozen) with low sodium soya sauce 125ml fruit juice (100%)
DAY 2	½ cup low fat milk 75g or ¾ cup FUTURELIFE® HIGH PROTEIN Smart food™	45g or 1 cup FUTURELIFE® Bran Flakes and Barley with Probiotic Capsules 1 cup low fat milk 1 banana 2 tsp. honey	½ cup or 100g low fat yoghurt 1 small fruit juice 200ml (100%)	Tuna Mayonnaise Sandwich 2 slices FUTURELIFE® High Protein Brown Bread 60g tuna 1 tbsp. lite mayonnaise 1 cup sliced tomato, cucumber, carrot and onion	4 provitas 4 tablespoons low-fat cottage cheese with sliced tomato small bunch of grapes	Grilled Fish, Sweet Potato and Salad 1 cup sweet potato mashed 90g grilled fish with lemon juice 1 cup green salad mixed with ¼ round of feta cheese and ¼ avocado pear Sprinkle with lite salad dressing
DAY 3	2 slices FUTURELIFE® High Protein Bread 2 tsp. peanut butter, unsweetened 2 tsp. honey	Peanut Butter Banana Protein Bliss Smoothie 1 cup low fat milk 1 mashed medium Banana 50g FUTURELIFE® HIGH PROTEIN Smart food™ 1 handful ice cubes 1 tbsp. peanut butter, unsweetened	3 slices of pineapple 1 bran or blueberry muffin 30g unsalted, roasted nuts	Whole-wheat Steak Roll and Salad 2 wholewheat rolls 90g grilled steak, cut into strips cooked with 1 tablespoon BBQ sauce 1 cup sliced lettuce, tomato, carrot, cucumber, gherkins 1 tsp. lite mayonnaise	½ cup or 100g low fat yoghurt 2 dried pear halves 12g FUTURELIFE® Crunch Bar Protein Bar (bite sized as a treat)	Grilled Chicken with Roasted Veggies and Salad 1 cup roasted vegetables 1 chicken thigh and 1 drumstick, roasted, skinless 1 cup green salad ¼ round of feta cheese and 1 tsp. olive oil for veggies
DAY 4	50g or ½ cup FUTURELIFE® Smart food™ (meal or shake) ½ cup low fat milk 1 small pear	2 slices FUTURELIFE® High Protein Brown Bread 2 eggs scrambled / boiled /fried with spray and cook Sliced tomato 1 tsp. light mayonnaise	½ cup or 100g low fat yoghurt 1 cup sliced paw-paw	Chicken Wraps 2 whole-wheat wraps 90g grilled chicken strips 1 tsp. lite mayonnaise 1 tsp. sweet chilli sauce 1 cup sliced lettuce, tomato, carrot, cucumber, onion, beetroot	1 FUTURELIFE® HIGH PROTEIN Shake	Curry Mince with Rice and Vegetables 1 cup of brown rice 120g lean mince, curried 1 cup steamed broccoli and cauliflower made with a white sauce 125ml fruit juice (100%)

DAY 5	40g or 4 heaped tbsp. FUTURELIFE® CRUNCH Smart food™ ½ cup or 100g low fat yoghurt ½ cup fruit salad/ berries	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 provita biscuits 2 tbsp. peanut butter, unsweetened 1 small banana	Tomato and Cheese Toastie 4 slices FUTURELIFE® High Protein Brown Bread toasted 90g of cheddar cheese with slices of tomato 1 cup of green salad 2 tsp. margarine	4 dried apple rings	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 tsp. olive oil
DAY 6	1 FUTURELIFE® High Protein LITE SmartBar	1 cup or 45g FUTURELIFE® Bran Flakes and Barley with Probiotic Capsules 1 cup low fat milk 1 banana 2 tsp. honey	½ cup or 100g low fat yoghurt 1 cup fruit salad	Pasta and Mince 1 cup pasta 60g lean savoury mince ½ cup tomato and onion mix ½ cup carrot, peas and sweet corn 1 tsp. chutney	2 crackerbread 4 tbsp. cottage cheese 12g FUTURELIFE® Crunch Bar Protein Bar (bite sized as a treat)	Grilled Meat, Butternut and Salad 1 cup butternut sprinkled with cinnamon and 1 teaspoon of honey 120g grilled meat of your choice 1 cup green salad 15g feta
DAY 7	½ cup low fat milk 75g or ¾ cup FUTURELIFE® Smart food™	2 slices FUTURELIFE® High Protein Brown Bread 1 boiled egg and 30g cheddar cheese ¼ avocado pear smashed	½ cup or 100g low fat yoghurt 1 medium banana	Chicken, Rice and Veggies stir-fry veggies with soya sauce 1 cup rice 1 chicken breast grilled 1 tsp. lite mayo	1 small fruit juice (100%) 200ml ½ cup homemade pop-corn 30g lean biltong	Cottage Pie and Salad 120g lean mince 1 cup mashed potatoes ½ cup cooked tomato and onion 1 cup green salad

DAILY EXTRA ALLOWANCE

- Drink plenty of water
- When cooking use spray and cook
- 125ml low fat or fat free milk allowed for coffee or tea
- 12g FUTURELIFE® Crunch Bar Protein Bar bite size allowed 1-2 times per week
- 1 tsp. olive oil/lite mayonnaise/margarine/lite salad dressing allowed in lunch and dinner preparation

