



HEALTHY EATING FOR ACTIVE INDIVIDUALS

Total Energy	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 FUTURELIFE® High Protein Brown Bread 1 boiled egg, 30g grated cheddar cheese and sliced tomato 1 medium apple	1/2 cup or 100g low fat yoghurt FUTURELIFE® High Protein LITE SmartBar	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	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 tablespoon peanut butter, unsweetened	Chicken stir-fry and noodles 1 cup egg noodles 2 small chicken breasts cut into strips 1 1/2 cup mixed stir fry vegetables (starchy and non-starchy, fresh or frozen) with low sodium soya 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 Bread 4 slices FUTURELIFE® High Protein Brown Bread 90g tuna with 1 tablespoon lite mayonnaise 1 cup sliced tomato, cucumber, carrot and onion	1/2 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 1/4 round of feta cheese and 1/4 Avocado pear
DAY 3	2 slices FUTURELIFE® High Protein Brown Bread 2 eggs boiled/ scrambled / fried 1/4 avocado pear 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™ 1/2 cup or 100g low fat yoghurt 1/2 cup fruit salad/ berries	Grilled Chicken with roasted 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 1/4 round of feta cheese
DAY 4	50g FUTURELIFE® Smart Oats® and Ancient Grains 1/2 cup low-fat milk 1 teaspoon peanut butter (melted and drizzled on top)	1 medium apple 1 FUTURELIFE® High Protein SmartBar	Whole-wheat 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	1/2 cup or 100g low fat yoghurt 1 small pear 4 provitas 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 1/2 cup pumpkin with cinnamon

DAY 5	Mocha High Protein Smoothie 1/2 cup coffee, already prepared 1/2 cup low fat vanilla yoghurt 50g or 1/2 cup FUTURELIFE® HIGH PROTEIN Smart food™ Chocolate flavour 1 handful ice cubes	4 provita biscuits 2 tablespoons peanut butter, unsweetened 1 medium 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 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 1/4 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	1/2 cup or 100g low fat yoghurt 1/2 cup mango 1 FUTURELIFE® High Protein LITE SmartBar	Spaghetti Bolognese 1 1/2 cup pasta 90g lean savoury mince in 1/2 cup tomato and onion mix 1/2 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 meat of your choice 1 cup green salad and 1/4 feta round 1/2 cup sautéed carrots
DAY 7	2 slices FUTURELIFE® High Protein Brown Bread 1 boiled egg and 30g cheddar cheese	1/2 cup or 100g low fat yoghurt 1 medium banana 4 provitas 1/4 smashed avocado	Chicken, Rice and Veggies 1 cup stir-fry veggies with soya sauce 1 1/2 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 1/4 cup cooked tomato and onion 1 cup green salad

DAILY EXTRA ALLOWANCE

- 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.
- May have one 12g FUTURELIFE® Crunch Bar Protein Bar 1-2 times per week
- When cooking use spray and cook

