



WEIGHT LOSS EATING PLAN - FEMALE (+5500KJ)

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

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
DAY 1	2 slices FUTURELIFE® High Protein Brown Bread 2 boiled eggs boiled/ scrambled/ fried ½ cup sautéed tomatoes and mushroom	½ cup or 100g low-fat yoghurt 1 small banana	Steak Wrap 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 peanut butter	Roasted Chicken, Mashed Potato and Salad 1 chicken thigh and 1 chicken drumstick, skinless ½ cup mashed potato ½ sweet corn on the cob 1 cup green salad
DAY 2	50g FUTURELIFE® HIGH PROTEIN Smart food™ 1 cup Low fat milk (shake or meal)	1 pear	Mozzarella and Smoked Chicken Open Sandwich with Green Salad 2 slices FUTURELIFE® High Protein Brown Bread 40g grated mozzarella cheese 1 slice smoked chicken (cold meat) 1 cup green salad	1 FUTURELIFE® High Protein LITE SmartBar	Curried Mince, Rice and Vegetables 90g lean mince, curried ½ cup tomato and onion 1 cup rice 1 cup mixed vegetables (peas, sweet corn, carrots, green beans)
DAY 3	45g FUTURELIFE® Bran Flakes and Barley with Probiotic Capsules ½ cup or 100g low-fat yoghurt or 1 cup low fat milk 1 teaspoon of honey 1 small banana	4 provitas 4 tablespoons cottage cheese	Egg and Mayo Sandwich 2 slices FUTURELIFE® High Protein Brown 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	Grilled Hake, Sweet Potato and Salad 120g grilled Hake 1 cup mashed sweet potato, sprinkled with cinnamon and 1 teaspoon of honey 1 cup green salad ¼ avocado pear
DAY 4	Smoothie: 40g FUTURELIFE® ZERO Smart food™ 150ml water ½ cup berries 1 handful of ice	1 FUTURELIFE® HIGH PROTEIN Shake	Chicken and Pasta Salad 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	Beef stir-fry with rice and salad 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

DAY 5	2 slices FUTURELIFE® High Protein Brown Bread 60g cheese ½ cup sliced tomato, lettuce, cucumber 1 banana	10- 12 small grapes	Beef stir-fry with rice and salad 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	Homemade Burger 1 lean beef Patties 1 wholeheat 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	Pulled Pork Toasted Sandwich 2 slices FUTURELIFE® High Protein Brown Bread 90g pulled pork, shredded 1 tablespoon pepper sauce 1 cup sliced tomato, cucumber, onion, gherkins, grated carrot	1 cup cubed papaya 1 muffin	Chicken stir fry with noodles, vegetables and salad 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 soya ½ cup green salad * Make enough chicken for lunch next day
DAY 7	45g FUTURELIFE® Bran Flakes and Barley with Probiotic Capsules ½ cup or 100g low-fat yoghurt	½ cup fruit salad	Chicken wrap with Salad 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 SmartBar	Grilled Fish with Cous-cous and Vegetables 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 ALLOWANCE

- Drink plenty of water (at least 8 glasses/day)
- See website for more smoothie recipes
- 125ml low fat or full cream milk for coffee or tea during day
- To increase energy intake further it is suggested to make FUTURELIFE® with full cream milk
- 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 1-2 times per week
- Can use 1 teaspoon of olive oil/ lite salad dressing/hummus/margarine in lunch and dinner preparation

