



WEIGHT LOSS EATING PLAN - MALE (+6500KJ)

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

	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 FUTURELIFE® High Protein SmartBar	Steak Wrap 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 provitas 1 tablespoon peanut butter unsweetened	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 1 small apple
DAY 2	50g FUTURELIFE® HIGH PROTEIN Smart food™ 1 cup Low fat milk (shake or meal)	1 pear ½ cup or 100g low-fat yoghurt	Mozzarella and Smoked Chicken Open Sandwich with Green Salad 2 slices FUTURELIFE® High Protein Brown Bread 40g grated mozzarella cheese 2 slices smoked chicken (cold meat) 1 cup green salad	1 cup cubed Paw-Paw FUTURELIFE® High Protein Smart-Bar	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 10-12 small grapes	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 low-fat yoghurt or 100g 3 cups homemade popcorn	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 small orange FUTURELIFE® High Protein LITE SmartBar	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 small banana	½ or 100g cup low fat yoghurt 1 FUTURELIFE® High Protein SmartBar	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 small pear ½ cup or 100g low-fat yoghurt	Homemade Burger 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 grated cheddar (matchbox size) ½ cup sweet potato fries made in the oven
DAY 6	50g FUTURELIFE® Smart Oats® and Ancient Grains 1 teaspoon peanut butter 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 bran muffin	Chicken stir fry with noodles, vegetables and salad 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 soya 1 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 30g lean biltong	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 small orange FUTURELIFE® High Protein 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 fat free milk for coffee or tea during day
- To lower energy intake it is suggested to make FUTURELIFE® with water
- You may have one 12g FUTURELIFE® Crunch Bar Protein Bar 1-2 times per week as a treat
- Use lite and low-fat options as far as possible
- When cooking use spray and cook

