

FEMALE WEIGHT LOSS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Breaky Fritters	Protein shake with 1 tsp chia seeds, half frozen banana	Protein shake with 1 tsp chia seeds, half frozen banana	Protein shake with 1 tsp chia seeds, half frozen banana	Breaky Fritters	Protein shake with 1 tsp chia seeds, half frozen banana	Protein shake with 1 tsp chia seeds, half frozen banana
MID-MORNING SNACK	1 Boiled Egg	150g carrot sticks with 40g hommus	2 Boiled Eggs	2 Boiled Eggs	1 Boiled Egg	40g raw almonds	1 boiled egg
LUNCH	Light Lean Chicken	Light Classic Meatballs	Light Mex Bowl	Light Red Barra Curry	Light Classic Meatballs	Light Steak and Bake	Light Classic Meatballs
AFTERNOON SNACK	150g carrot sticks with 40g hommus	2 boiled eggs	150g carrot sticks with 40g hommus	40g Raw Almonds	40g Raw Almonds	2 boiled eggs	40g raw almonds
DINNER	Light Clean Chicken	Light Red Barra Curry	Light Classic Meatballs	Light Lean Chicken	Light Classic Meatballs	Light Harissa Chicken	Light Mex Bowl
SNACK		1x Protein Ball	1x Protein Ball	1x Protein Ball			1x Protein Ball
Notes	Protein: 85 Fat: 53 Carb: 121.5 Kj: 5714 Cal: 1365	Protein: 98 Fat: 50 Carb: 118 Kj: 5613 Cal: 1341	Protein: 107 Fat: 52 Carb: 114 Kj: 5777 Cal: 1380	Protein: 102 Fat: 70 Carb: 92 Kj: 5923 Cal: 1415	Protein: 98 Fat: 54 Carb: 128.5 Kj: 6086 Cal: 1454	Protein: 108 Fat: 61 Carb: 62 Kj: 5530 Cal: 1321	Protein: 109 Fat: 61 Carb: 103.5 Kj: 5944 Cal: 1420