

MALE WEIGHT LOSS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Breaky Fritters	Protein Shake with 1tsp chia seeds, ½ frozen banana & 1T peanut butter	Protein Shake with 1tsp chia seeds, ½ frozen banana & 1T peanut butter	Protein Shake with 1tsp chia seeds, ½ frozen banana & 1T peanut butter	Protein Shake with 1tsp chia seeds, ½ frozen banana & 1T peanut butter	Breaky Fritters	Granola Bowl
MID-MORNING SNACK	Protein Shake with 1tsp chia seeds and ½ frozen banana	100g canned tuna in spring water, 50g avocado, 25g corn kernels	2 Boiled Eggs 20g Raw Mixed Nuts	150g Carrot Sticks with 40g Hommus	2 Boiled Eggs	Protein Shake with 1tsp chia seeds and ½ frozen banana	Protein Shake with 1tsp chia seeds and ½ frozen banana
LUNCH	Light Lean Chicken	Light Classic Meatballs	Light Mex Bowl	Light Mex Bowl	Light Red Barra Curry	Light Steak and Bake	Light Classic Meatballs
AFTERNOON SNACK		2 Boiled Eggs			40g Raw Almonds	2 Boiled Eggs	
DINNER	Light Steak and Bake	Light Red Barra Curry	Light Classic Meatballs	Light Classic Meatballs	Light Lean Chicken	Light Classic Meatballs	Light Red Barra Curry
SNACK	2 x Protein Ball	100g plain yoghurt (Chobani 0.5%) with 100g mixed berries	1 x Protein Ball	1 x Protein Ball	100g plain yoghurt (Chobani 0.5%) with 100g mixed berries	100g plain yoghurt (Chobani 0.5%) with 100g mixed berries	1 x Protein Ball
Notes	Protein: 118 Fat: 65 Carb: 126 Kj: 6681 Cal: 1596	Protein: 142.5 Fat: 54.3 Carb: 125 Kj: 6685 Cal: 1597	Protein: 120 Fat: 77 Carb: 104 Kj: 6781 Cal: 1620	Protein: 108 Fat: 64 Carb: 118 Kj: 6363 Cal: 1520	Protein: 121.5 Fat: 72.3 Carb: 110 Kj: 6681 Cal: 1596	Protein: 139 Fat: 49.3 Carb: 155 Kj: 6990 Cal: 1670	Protein: 99 Fat: 62 Carb: 167 Kj: 6936 Cal: 1657