

Meal plan for men *Kilojoules per day: +- 8500Kj*

Food group allowance for the day	
Low GI carbohydrate	7 portions 1 fist (120g) at main meals
Protein / Dairy	40g - 60g as snacks
Natural Fat	6 portions
Fruit	3 portions
Vegetables	1 - 2 cups
Salad	free



BREAKFAST						
Food Group	Portion size	Breakfast 1	Portion size	Breakfast 2	Portion size	Breakfast 3
Low GI carbohydrate (2 portions)	1 cup (1 fist)	High fibre cereal (e.g. All bran)	1 slice with 1/2 cup (1.5 fists)	Seed loaf toast with baked beans	1 Cup (1 fist)	1/2 cup rolled oats with 1/2 cup muesli soaked in
Protein/Dairy	250ml (1 fist)	Fat free milk or soya milk	3 eggs (1 whole + 2 extra whites) + 40g cheese	Cheesy egg omelette made with eggs & ricotta / mozzarella cheese	1 cup (1 fist)	Fat free plain yoghurt with some fat free milk overnight
Natural Fat (2 portions)	30ml (1/2 handpalm)	Flaked almonds	1/2 (1/2 handpalm)	Avocado	30ml (1/2 handpalm)	20ml Pumpkin seeds with 20ml walnuts
Fruit / Vegetable	1 medium (1 fist)	Banana	1/2 (1fist)	Grapefruit Tomato & gherkin slices with omelette	1 medium (1 fist)	Chopped apple
Condiments				Herb mixes		Dash of cinnamon and vanilla essence

SNACK 1						
Food Group	Portion size	Snack 1	Portion size	Snack 2	Portion size	Snack 3
Low GI carbohydrate (1 portion)	Small (1/2 fist)	Low GI bran muffin	750ml popped (2 cupped hands)	Popcorn	3 (1 handpalm)	Provitas
Protein/Dairy	40 - 60g (3 fingersizes)	Ostrich /game biltong	1 Cup (1 fist)	Fat free plain yoghurt	1/2 cup (1/2 fist)	Fat free flavoured chunky cottage cheese
Natural Fat (1 portion)	10ml (2 tsp)	Peanut butter	20ml (1/4 handpalm)	Unsalted pecan nuts in yoghurt	5 (1/4 handpalm)	Olives
Fruit / Vegetable	1 medium (1 fist)	Pear	1 Small (1 fist)	Banana	1/2 Cup (1 fist)	Fruit salad
Condiments						Use marmite, mustard or fishpaste as a base spread on provitas
LUNCH						
Food Group	Portion size	Lunch 1	Portion size	Lunch 2	Portion size	Lunch 3
Low GI carbohydrate (2 portions)	1 medium with 1 cup (2 fists)	Sweet potato with 1 cup butternut	1 Cup (1 fist)	Tinned or fresh chickpeas or sweetcorn kernels	2 Slices (2 handpalms)	Rye or seedloaf bread
Protein/Dairy	120g (1 fist)	Lean mince	1 tin (1 fist)	Tuna in brine or salmon	120g (1 fist)	Grilled chicken breast or 4 slices salmon
Natural Fat (1 portion)	1/4 (1/4 handpalm)	Avocado	5ml	Cold pressed olive oil	15ml (1/4 handpalm)	Raw cashew nuts
Fruit / Vegetable	FREE	Finger veggies(easy to eat) Snap peas, baby tomatoes, baby corn, baby carrots & baby gherkins	FREE	Mixed salad: Lettuce, cucumber, peppadews, orange peppers, gherkins, sprouts and tomatoes	FREE	Cooled roasted veggies Patty pans, beetroot, baby marrow, snap peas, carrots, asparagus, green pepper, red pepper, etc.. roasted with Ina Paarmans Rosemary and olive herbs
Condiments		Mixed herb salt		Balsamic vinegar & black pepper mixed into the olive oil as a dressing		1 tsp of hummus spread onto bread as a paste

SNACK 2						
Food Group	Portion size	Snack 1	Portion size	Snack 2	Portion size	Snack 3
Low GI carbohydrate (1 portion)	1/2 Cup (1/2 fist)	FRUIT yoghurt	1/2 cup (1/2 fist)	Low fat muesli	2 (1 handpalm)	Ryvita crackers
Protein/Dairy	25 g (2 flat tablespoons)	Pure protein shake	1/2 Cup (1/2 fist)	Fat free plain yoghurt	1 whole (1 fist)	Boiled egg or 1/2 pack tuna
Fruit / Vegetable	1 cupped handful	Grapes	2 Small (1 fist)	Plums	1 Medium(1 fist)	Naartjie or orange
DINNER						
Food Group	Portion size	Dinner 1		Dinner 2		Dinner 3
Low GI carbohydrate (1 portion)	1 Cup (1 fist)	Basmati or brown rice	1/2 cup (1/2 fist)	Cooked barley / couscous	1 Cup (1 fist)	Baked sweet potato with butternut (baked with olive oil & lemon juice)
Protein/Dairy	120g (1 fist)	Chicken breast baked in a low fat tomato based sauce	120g (1 fist)	Marinade a chicken or ostrich fillet in soya sauce, garlic, ginger & lemon juice	120g (1 fist)	Grilled fish or pork fillets in a low fat sauce made in the oven
Natural Fat (2 portions)	10ml	Carotina (palm fruit) oil	5ml oil with 20ml seeds	Olive oil and mixed seeds lightly stirfried with the vegetables	10ml	Cold pressed olive or carotina oil used for sweet potato/butternut dish
Fruit / Vegetable	FREE	Roasted gemsquash filled with sliced red & yellow peppers	FREE	Stirfried mixed vegetables: brocolli, cauliflower, baby marrow, aubergines, yellow patty pans, mange toutes	FREE	Mixed salad
AFTER DINNER SNACK						
Protein / dairy	25g	Protein shake	40 - 60g (3 fingersizes)	white cheese	40 - 60g (3 fingersizes)	Chicken breast