Your feel-full weight-loss

## Meal Plan

### Monday
- **Breakfast**
  - Banana-berry muesli
  - ½ cup untoasted fruit & nut muesli topped with ½ cup milk, 1 small sliced banana, ¼ cup berries & 2 tbs Greek-style yoghurt (800kJ/190cal total)

### Tuesday
- **Breakfast**
  - Brekkie smoothie made of 200ml milk, ¼ cup yoghurt, ½ cup rolled oats, 1 banana & ¼ cup berries (1500kJ/360cal total)

### Wednesday
- **Breakfast**
  - Banana-berry muesli
  - ½ cup untoasted fruit & nut muesli topped with ½ cup milk, ½ cup banana, ¼ cup berries & 2 tbs Greek-style yoghurt (1500kJ/360cal total)

### Thursday
- **Breakfast**
  - Baked beans on toast
  - 2 slices soy-lineseed toast topped with 1 x 130g can reduced-salt baked beans & ½ cup yoghurt with ½ cup berries & 2 tbs Greek-style yoghurt (1800kJ/430cal total)

### Friday
- **Breakfast**
  - Tomato & avo toast
  - 2 slices soy-lineseed toast topped with ¼ medium avocado & sliced tomato & ½ cup yoghurt with ½ cup berries & 2 tbs Greek-style yoghurt (1600kJ/380cal total)

### Saturday
- **Breakfast**
  - Banana-berry muesli
  - ½ cup untoasted fruit & nut muesli topped with ½ cup milk, 1 small sliced banana, ½ cup berries & 2 tbs Greek-style yoghurt (1600kJ/380cal total)

### Sunday
- **Breakfast**
  - Ham & vegie omelette
  - 2 eggs, 50g ham, 2 cups veggies (spinach, tomato, mushrooms) & ¼ cup cheese with 2 slices soy-lineseed toast (2000kJ/480cal total)

---

### Snacks

**Monday**
- 1 mandarin with 200ml milk
- 1 cup Milo made with 200ml milk
- 10 almonds
- 1 orange (1200kJ/290cal total)

**Tuesday**
- 1 cup carrot sticks with 2 tbs reduced-fat hummos
- 1 cup yoghurt with ½ cup berries & 2 tbs Greek-style yoghurt (800kJ/190cal total)

**Wednesday**
- 1 tbs balsamic vinegar
- 1 cup grapes
- 1 mandarin (1200kJ/290cal total)

**Thursday**
- 1 mandarin
- 1 cup grapes
- 1 mandarin (1200kJ/290cal total)

**Friday**
- 1 mandarin
- 1 cup grapes
- 1 mandarin (1200kJ/290cal total)

**Saturday**
- 1 mandarin
- 1 cup grapes
- 1 mandarin (1200kJ/290cal total)

**Sunday**
- 1 mandarin
- 1 cup grapes
- 1 mandarin (1200kJ/290cal total)

### Each day’s menu gives you …
- 6300kJ (about 1500kcal) for gradual weight loss
- more than 30g of satisfying fibre
- two serves of fruit and five serves of veg
- high-protein snacks to stave off hunger

---

### Weekly Menu

**Monday**
- **Breakfast**
  - Banana-berry muesli
  - ½ cup untoasted fruit & nut muesli topped with ½ cup milk, 1 small sliced banana, ¼ cup berries & 2 tbs Greek-style yoghurt (2000kJ/480cal total)

**TUESDAY**
- **Breakfast**
  - Brekkie smoothie made of 200ml milk, ¼ cup yoghurt, ½ cup rolled oats, 1 banana & ¼ cup berries (1500kJ/360cal total)

**WEDNESDAY**
- **Breakfast**
  - Banana-berry muesli
  - ½ cup untoasted fruit & nut muesli topped with ½ cup milk, ½ cup banana, ¼ cup berries & 2 tbs Greek-style yoghurt (1500kJ/360cal total)

**THURSDAY**
- **Breakfast**
  - Baked beans on toast
  - 2 slices soy-lineseed toast topped with 1 x 130g can reduced-salt baked beans & ½ cup yoghurt with ½ cup berries & 2 tbs Greek-style yoghurt (1800kJ/430cal total)

**FRIDAY**
- **Breakfast**
  - Tomato & avo toast
  - 2 slices soy-lineseed toast topped with ¼ medium avocado & sliced tomato & ½ cup yoghurt with ½ cup berries & 2 tbs Greek-style yoghurt (1600kJ/380cal total)

**SATURDAY**
- **Breakfast**
  - Banana-berry muesli
  - ½ cup untoasted fruit & nut muesli topped with ½ cup milk, 1 small sliced banana, ½ cup berries & 2 tbs Greek-style yoghurt (1600kJ/380cal total)

**SUNDAY**
- **Breakfast**
  - Ham & vegie omelette
  - 2 eggs, 50g ham, 2 cups veggies (spinach, tomato, mushrooms) & ¼ cup cheese with 2 slices soy-lineseed toast (2000kJ/480cal total)

---

*For more information: under licence from Healthy Life Media Pty Limited and is subject to copyright in its entirety. Healthy Food Guide (ISSN 1832-875X) is published by nextmedia Pty Limited (ABN 84 128 805 970) issue of Healthy Food Guide. October 2015 www.healthyfoodguide.com.au*