

## • QUICKLOSS MENU PLAN •

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	QuickLoss Shake with 250 to 300mL milk* or water	QuickLoss Shake with 250 to 300mL milk* or water	QuickLoss Shake with 250 to 300mL milk* or water	QuickLoss Shake with 250 to 300mL milk* or water	QuickLoss Shake with 250 to 300mL milk* or water	QuickLoss Shake with 250 to 300mL milk* or water	QuickLoss Shake with 250 to 300mL milk* or water
<b>MORNING SNACK</b> (if hungry)	1 piece of fruit ¼ cup almonds or cashews	100g of sardines/salmon/ tuna + 1 cup of green leafy vegetables	Small handful of pumpkin seeds + 1 raw carrot	½ cup of plain unsweetened yoghurt + 3 strawberries	½ cup of berries + 1 piece of cheese (size 6cm x 6cm)	One curried hard boiled egg	1 Tbsp hummus + 2 celery sticks
<b>LUNCH</b>	QuickLoss Shake with 250 to 300mL milk* or water	QuickLoss Shake with 250 to 300mL milk* or water	QuickLoss Shake with 250 to 300mL milk* or water	QuickLoss Shake with 250 to 300mL milk* or water	QuickLoss Shake with 250 to 300mL milk* or water	QuickLoss Shake with 250 to 300mL milk* or water	QuickLoss Shake with 250 to 300mL milk* or water
<b>AFTERNOON SNACK</b> (if hungry)	1 piece of fruit + 1 piece of cheese (size 6cm x 6cm)	½ small avocado with 4 olives, iodised salt and black pepper	2 Tbsp cottage cheese + 1 small handful of sunflower seeds or pepitas	1 apple or orange ¼ cup walnut halves	1 boiled egg + 1 cup green leafy salad/herbs	2 Tbsp ricotta cheese ¼ cup Brazil nuts	5 strawberries or ½ banana + ¼ cup almonds
<b>DINNER CHOICE</b>  OR	200g roasted beef with mustard and horseradish OR Veggie Burger (Recipe 1) + 2 cups of steamed vegetables + 1 cup of salad	200g grilled fish with lemon juice OR Chicken Curry (Recipe 2) + 2 cups steamed vegetables + 1 cup of salad	200g kebabs made from poultry/lean red meat and vegetable pieces + 1 cup of salad	200g stir-fry beef/chicken/ seafood OR tofu + 2 cups steamed vegetables + 1 cup salad	3 - 4 grilled lamb loin chops + 2 cups of steamed vegetables + 1 cup salad	200g grilled/baked fish + 2 cups of steamed/baked vegetables + 1 cup of salad	200g grilled pork/ veal/chicken OR Bean casserole (Recipe 3) + 2 cups stir-fry vegetables
<b>DINNER CHOICE</b>  OR	200g BBQ or grilled prawns (Recipe 4) + 2 cups of salad	200g grilled fish/chicken + 2 cups cooked vegetables + 1 cup of salad	3 marinated lamb cutlets (Recipe 5) + 2 cups of salad + 1 cup cooked vegetables	200g grilled beef /chicken + 2 cups of salad + ½ cup cooked brown rice	200g fish fillet with ginger and garlic + 2 cups salad + 1 cup cooked vegetables	200g tofu stir- fry (Recipe 6) + 2 cups cooked vegetables	2-4 egg omelette with finely cut vegetables, topped with 20g grated parmesan cheese + 1 cup salad
<b>DINNER CHOICE</b>  OR	1 grilled chicken breast + 2 cups steamed vegetables + 1 cup of salad	200g roast lamb with garlic, rosemary and lemon + 1 cup salad + 2 cups of steamed vegetables	1 serve lamb & lentil casserole (Recipe 7)	2- 4 egg omelette OR poached salmon (Recipe 9) + 2 cups of salad	200g grilled fish with basil and olives + 1 bunch steamed spinach, lemon juice + 1tsp butter	lemon chicken (Recipe 8) + 1 cup steamed broccoli and carrot + 1 cup of green salad	200g salmon steaks - grilled + 1 cup green salad + 1 cup cooked vegetables
<b>DINNER CHOICE</b>	200g spicy mince (Recipe 10) + 1 cup steamed broccoli	200g fish Cajun style (Recipe 11) + 2 cups of salad + 1 cup steamed broccoli	200g roasted chicken + 1 cup steamed asparagus/ green beans, 1tsp butter + 1 cup of green salad	Fish burgers (Recipe 13) + 1 cup of salad + 1 cup steamed green vegetables	3 Indian style lamb cutlets (Recipe 12) + 2 cups salad + 1 cup steamed broccolini	200g grilled/baked fish + 2 cups of steamed vegetables + 1 cup of salad	200g grilled fish/chicken + 1 cup steamed broccolini + 2 cups of salad