

FRESH START WEIGHT-LOSS PROGRAMME

WEEKLY MEAL PLAN

WEEK 1

	AGE GROUP	VEGETABLES	FRUIT	GRAIN FOODS	LEGUMES, NUTS, SEEDS, FISH & OTHER SEAFOOD, EGGS, POULTRY OR RED MEAT WITH FAT REMOVED	MILK & MILK PRODUCTS	APPROX NUMBER OF ADDITIONAL SERVINGS FROM THE FOOD GROUPS**
MEN	19-50	●●●●●	●●	●●●●●	●●●	●●●	0 - 3
	50-70	●●●●●	●●	●●●●●	●●●	●●●	0 - 2.5
	70+	●●●●●	●●	●●●●●	●●●	●●●	0 - 2.5
WOMEN	19-50	●●●●●	●●	●●●●●	●●●	●●●	0 - 2.5
	51-70	●●●●●	●●	●●●●●	●●●	●●●	0 - 2.5
	70+	●●●●●	●●	●●●	●●	●●●	0 - 2
PREGNANT		●●●●●	●●	●●●●●	●●●	●●●	0 - 2.5
LACTATING		●●●●●	●●	●●●●●	●●●	●●●	0 - 2.5

● one serving ◐ half serving

Breakfast ideas

MEALS	kcal	PROTEIN(g)	FOOD GROUP	SEE RECIPE
Veg Packed Wholemeal Scones With Feta	163	6.2	0.3 0 0 0 0.25	CLICK

Lunch ideas

MEALS	kcal	PROTEIN(g)	FOOD GROUP	SEE RECIPE
Quinoa Summer Veggie Salad	327	15.9	2 0 0.3 1 0.3	CLICK
Soba Salad With Avocado & Tahini Dressing	440	18.4	2.5 0 1 0.5 0	CLICK

Snack ideas

MEALS	kcal	PROTEIN(g)	FOOD GROUP	SEE RECIPE
Salt & Vinegar Chickpeas	79	3.7	0 0 0 0.5 0	CLICK
Egg Muffins	92	10.6	0.25 0 0 2 0	CLICK