

FRESH START WEIGHT-LOSS PROGRAMME

WEEKLY MEAL PLAN

WEEK 2

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
<p>Chia Pudding with Berries & Almonds</p>	188	4.9	0 0.5 0.5 1 0.5	CLICK

Lunch ideas

MEALS	kcal	PROTEIN(g)	FOOD GROUP	SEE RECIPE
<p>Broccoli and Peanut Noodles with Sesame Avocado</p>	443	15.2	2.5 0 0.5 1 0	CLICK
<p>Freekeh Summer Salad</p>	201	8.5	3.5 0 0.5 0.25 0	CLICK

Snack ideas

MEALS	kcal	PROTEIN(g)	FOOD GROUP	SEE RECIPE
<p>Healthier Savoury Muffins</p>	167	6.7	0.25 0 0.33 0.08 0.15	CLICK
<p>Chickpea Blondies</p>	136	4.3	0 0 0 0.57 0	CLICK