












# More **COLOURS** less beige *for weight management*

This meal plan has 4 ideas for breakfast, lunch and dinner.

Breakfast	Lunch	Dinner
<p>Mixed <b>berries</b> with plain <b>yoghurt</b>, <b>nuts</b> and <b>seeds</b></p> <p><b>Optional +</b> handful of oats</p> 	<p><b>Fresh Greek salad</b> (cucumber, tomato, olives, red onion, feta, olive oil)</p> <p><b>Add fruit</b></p> 	<p><b>Mexican beans</b> (Onions, garlic, paprika, cumin, canned mixed beans, canned tomatoes, tomato puree, yoghurt, coriander) with <b>roast cauliflower</b> (add lemon juice)</p> 
<p><b>Omelette</b> with spinach and greens</p> <p><b>Add fruit</b></p> 	<p><b>"Quick Lunch"</b> – supermarket salad with chicken leg/can OR tuna</p> <p><b>Add fruit</b></p> 	<p>Steak with steamed broccoli (add sesame seeds and lemon juice), kumara, pumpkin and carrot mash.</p> 
<p>Mushrooms, spinach, tomatoes, Avocado and cottage cheese</p> <p><b>Optional +</b> Slice of bread</p> 	<p><b>Raw energy salad</b> - grated beetroot and carrot, pumpkin seeds, olive oil, balsamic, raisins, mint.</p> <p><b>Add fruit</b></p> 	<p><b>Red baked eggs</b> "shakshuka" (onions, garlic, paprika, canned tomatoes, tomato paste, spinach, poach eggs in tomato liquid, butter beans) with <b>roast eggplant</b></p> 
<p><b>Smoothie</b> (avocado, berries, lemon juice, spinach/greens, ½ banana, water and ice)</p> 	<p><b>Cabbage slaw</b> (red cabbage, carrot, spring onion, herbs, olive oil) with hardboiled <b>egg</b> and dry toasted <b>peanuts</b></p> <p><b>Add fruit</b></p> 	<p><b>Chicken stir fry</b> (onion, carrot, beans, broccoli, cauliflower, capsicum, chicken, peanut butter, ginger, garlic, chicken stock, coriander, cashews) <i>optional add small amount of rice</i></p> 