

## Everyday Weight loss Diet – Eating Plan 1 - Week 4

Monday	Calories	Kilojoules
<b>Breakfast</b>	<b>289</b>	<b>1208</b>
<a href="#"><u>Blueberry, Apple &amp; Cinnamon Muffins (1 serve)</u></a>	264	1104
Tea or Coffee with Milk	25	105
<b>Snack</b>	<b>276</b>	<b>1154</b>
Dried apple rings (8 rings, 40g)	112	468
Uncle Toby's sports plus bar (45g)	164	686
Glass of water (250ml)	0	0
<b>Lunch</b>	<b>417</b>	<b>1743</b>
<i>Bacon Pineapple and Cheese Roll:</i>		
1 Wholemeal roll (65g)	159	665
25g Grated cheddar cheese, light	81	339
2 Grilled bacon, rashers (40g each raw)	113	472
1 Pineapple ring, canned (28g)	16	67
1 Cos lettuce leaf (small)	1	4
1 tbs Sultanas (15g)	47	196
Glass of water (250ml)	0	0
<b>Snack</b>	<b>176</b>	<b>736</b>
Low fat vanilla flavoured yoghurt (200g tub)	176	736
Glass of water (250ml)	0	0
<b>Dinner</b>	<b>553</b>	<b>2312</b>
<a href="#"><u>Mediterranean Lemon Fish (1 serve)</u></a>	435	1818
White sweet wine (1 small glass - 120ml)	118	493
<b>Dessert</b>	<b>191</b>	<b>798</b>
Riviana Air-Popped Popping Corn (25g)	91	380
Skinny Latte reduced fat milk	100	418
Glass of water (250ml)	0	0
<b>Total Energy</b>	<b>1902</b>	<b>7950</b>

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Tuesday	Calories	Kilojoules
<b>Breakfast</b>	<b>501</b>	<b>2094</b>
<i>Natural Muesli with Strawberries:</i>		
1/2 cup Natural muesli - Original Swiss (45g)	165	690
8 medium Strawberries (19g each)	33	138
1 tbs Sunflower seeds (11g)	63	263
1 cup Milk, low fat (250ml)	120	502
1 tsp Honey (6g)	20	84
Skippy Latte, reduced fat milk	100	418
<b>Snack</b>	<b>273</b>	<b>1141</b>
Rice crackers (10)	70	293
Light tzatziki dip (3tbs, 60g)	55	230
Grapes, small bunch (120g)	72	301
Orange Juice no added sugar (200ml)	76	318
<b>Lunch</b>	<b>336</b>	<b>1404</b>
<a href="#">Tuna Coleslaw Wraps (1 serve)</a>	336	1404
Glass of water (250ml)	0	0
<b>Snack</b>	<b>209</b>	<b>874</b>
Raisin toast (1 slice)	91	380
Margarine spread reduced fat (1tsp)	18	75
Tea or Coffee with Milk	25	105
Apple (1 medium)	75	314
<b>Dinner</b>	<b>381</b>	<b>1593</b>
<a href="#">Italian Gnocchi Bake (1 serve)</a>	381	1593
Diet coke (200ml)	0	0
<b>Dessert</b>	<b>124</b>	<b>518</b>
Jelly strawberry light (200g)	14	59
Vanilla custard (1/2 cup, 125g)	110	460
Glass of water (250ml)	0	0
<b>Total Energy</b>	<b>1824</b>	<b>7624</b>

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Wednesday	Calories	Kilojoules
<b>Breakfast</b>	<b>325</b>	<b>1359</b>
White bread toast (2 thin slices - 30g)	146	610
Vegemite (1tsp, 6g)	11	46
Skinny Latte reduced fat milk	100	418
Apple (1 medium)	68	284
<b>Snack</b>	<b>170</b>	<b>711</b>
<i>Protein Shake with Mixed Berries:</i>		
2 tbs Musashi protein powder vanilla flavoured	121	506
250ml Water	0	0
100g Frozen mixed berries	49	205
<b>Lunch</b>	<b>613</b>	<b>2562</b>
Tuna sushi hand rolls (2 pieces)	364	1522
Low fat fruit flavoured yoghurt (200g tub)	154	644
Pear (1 large)	95	397
Glass of water (250ml)	0	0
<b>Snack</b>	<b>147</b>	<b>614</b>
Arnott's Full O'Fruit Biscuit	77	322
Skinny cappuccino (regular)	70	293
<b>Dinner</b>	<b>360</b>	<b>1505</b>
<a href="#"><u>Beef &amp; Mushroom Stroganoff (1 serve)</u></a>	360	1505
Glass of water (250ml)	0	0
<b>Dessert</b>	<b>256</b>	<b>1070</b>
Pretzels (30g)	113	472
Bega So Tasty Extra Light Cheese (2 slices - 42g)	143	598
Glass of water (250ml)	0	0
<b>Total Energy</b>	<b>1871</b>	<b>7821</b>

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Thursday	Calories	Kilojoules
<b>Breakfast</b>	<b>334</b>	<b>1396</b>
<a href="#"><u>Ham &amp; Spinach Omelette (1 serve)</u></a>	334	1396
Glass of water (250ml)	0	0
<b>Snack</b>	<b>213</b>	<b>890</b>
Le Snack corn crackers with mild salsa dip (1 snack pack)	28	117
Sunbeam dried sultanas (50g)	160	669
Tea or Coffee with Milk	25	105
<b>Lunch</b>	<b>598</b>	<b>2500</b>
<i>Chicken Olive Avocado and Rocket Sandwich:</i>		
2 slices Wholemeal bread (thick)	190	794
150g Baked chicken breast meat, shredded	230	961
30g Kalamata Olive dip	70	293
50g Avocado, sliced	103	431
1 cup Baby rocket leaves (20g)	5	21
Glass of water (250ml)	0	0
<b>Snack</b>	<b>218</b>	<b>911</b>
<i>Protein Shake with Banana and Mixed Berries:</i>		
2 tbs Musashi protein powder vanilla flavoured	121	506
250ml Water	0	0
100g Frozen mixed berries	49	205
1 Banana (small)	48	201
<b>Dinner</b>	<b>260</b>	<b>1087</b>
Beef Chow Mein (website)	260	1087
Glass of water (250ml)	0	0
<b>Dessert</b>	<b>375</b>	<b>1568</b>
<a href="#"><u>Milk Way Fluffy Ice Cream (1 serve)</u></a>	375	1568
Glass of water (250ml)	0	0
<b>Total Energy</b>	<b>1998</b>	<b>8352</b>

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Friday	Calories	Kilojoules
<b>Breakfast</b>	<b>555</b>	<b>2320</b>
Fruit salad (1 cup)	92	385
Low fat fruit flavoured yoghurt (100g)	154	644
Pumpkin seeds (1tbs - 11g)	87	364
Just Right Cereal (3/4 cup - 45g)	160	669
Milk, low fat (1/2 cup)	62	259
Glass of water (250ml)	0	0
<b>Snack</b>	<b>134</b>	<b>560</b>
Carrot sticks (10)	29	121
Light hommus (60g)	105	439
Glass of water (250ml)	0	0
<b>Lunch</b>	<b>340</b>	<b>1421</b>
<a href="#"><u>Hoi Sin Lamb Salad (1 serve)</u></a>	340	1421
Glass of water (250ml)	0	0
<b>Snack</b>	<b>97</b>	<b>405</b>
Dry roasted almonds (12 nuts)	72	301
Tea or Coffee with Milk	25	105
<b>Dinner</b>	<b>837</b>	<b>3499</b>
<a href="#"><u>Chicken Risotto (1 serve)</u></a>	837	3499
Diet coke (200ml)	0	0
<b>Dessert</b>	<b>23</b>	<b>96</b>
Apricot (2 small)	23	96
Glass of water (250ml)	0	0
<b>Total Energy</b>	<b>1986</b>	<b>8301</b>

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Saturday	Calories	Kilojoules
<b>Breakfast</b>	<b>335</b>	<b>1400</b>
<i>Crumpets with Honey:</i>		
2 Wholemeal crumpets	168	702
1 tsp Honey	19	79
Banana (1 small)	48	201
Skinny Latte, reduced fat milk	100	418
<b>Snack</b>	<b>154</b>	<b>644</b>
Glass of water (250ml)	0	0
Vaalia Light Passionfruit yoghurt (150g)	154	644
<b>Lunch</b>	<b>268</b>	<b>1120</b>
<i>Tuna and Cottage Cheese Sandwich:</i>		
2 slices Wholegrain bread (thin)	140	585
1 can Tomato & Capsicum canned tuna (95g)	81	339
50g Cottage cheese, low fat	45	188
2 Lettuce leaves (medium)	2	8
Glass of water (250ml)	0	0
<b>Snack</b>	<b>189</b>	<b>790</b>
Pretzels (30g)	113	472
Orange Juice no added sugar (200ml)	76	318
<b>Dinner</b>	<b>750</b>	<b>3135</b>
<i>Take Away - Italian:</i>		
Fettuccini Bolognese	580	2424
Tomato & red onion Bruschetta (1 slice)	170	711
Diet coke (200ml)	0	0
<b>Dessert</b>	<b>157</b>	<b>656</b>
Fat free frozen mango yoghurt (100g)	157	656
Glass of water (250ml)	0	0
<b>Total Energy</b>	<b>1853</b>	<b>7746</b>

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Sunday	Calories	Kilojoules
<b>Breakfast</b>	<b>256</b>	<b>1070</b>
Kellogg's Special K cereal (3/4 cup - 30g)	113	472
Cantaloupe melon, balls (138g)	40	167
<i>Toast and Jam:</i>		
1 thin slice Multigrain toast (28g)	62	259
1 tsp Strawberry jam (15g)	41	171
Glass of water (250ml)	0	0
<b>Snack</b>	<b>162</b>	<b>677</b>
<i>Grilled Cheese and Tomato Crumpet:</i>		
1 Wholemeal crumpet	84	351
2 slices Tomato	7	29
2 tbs Mozzarella cheese, light shredded (25g)	71	297
Glass of water (250ml)	0	0
<b>Lunch</b>	<b>349</b>	<b>1459</b>
<a href="#"><u>Field Mushrooms with Chickpeas &amp; Tomato (1 serve)</u></a>	175	732
Ciabatta bread (2 slices - 20g each)	88	368
Margarine spread, light variant (1tbls - 20g)	86	359
Glass of water (250ml)	0	0
<b>Snack</b>	<b>373</b>	<b>1559</b>
<i>Protein Shake with Banana and Mixed Berries:</i>		
2 tbs Musashi protein powder vanilla flavoured	121	506
250ml Water	0	0
100g Frozen mixed berries	49	205
1 Banana (small)	48	201
Mixed nuts & seeds or LSA Mix (30g)	155	648
<b>Dinner</b>	<b>435</b>	<b>1818</b>
<a href="#"><u>Beef cutlets with caramelised onions (1 serve)</u></a>	435	1818
Glass of water (250ml)	0	0
<b>Dessert</b>	<b>229</b>	<b>957</b>
<i>Peaches and Ice Cream:</i>		
Low fat ice cream (2 scoops)	165	690
Canned peaches (1/2 cup)	64	268
Glass of water (250ml)	0	0
<b>Total Energy</b>	<b>1804</b>	<b>7541</b>