

Weight-loss Table For Men

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	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Breakfast	Low fat muesli Fat free milk – 2/3 cup or small yoghurt	Wholewheat Pronutro 50g or ½ Cup raw Fruit x 1	Toast x 2 Peanut butter or avocado pear ½ glass Fruit juice	All Bran – 1 cup Fat free milk Fresh fruit x 1	1 cup Cooked oats or 1 sachet Oat-so-easy Fat free milk 1 TBS Raisins or other dried fruit	Scrambled eggs – 2 eggs Toast x 2 ½ glass fruit juice	Weetbix x 2 1 cup fat free milk Fruit x1
Snack	2 x Fruit 1 Jungle Oats bar	Peanut butter sandwich	Fruit x 2 1 Jungle Oats bar	2 x Health rusk 2 x Fruit	Smoothie – use 1 cup seasonal fruits and yoghurt or milk	2 Small Bran and fruit muffins	2 Rusks 1 glass fruit juice
Lunch	Roll with ½ chicken breast tsp Mayonnaise Salad	Sandwich with 1 slice cold meat, mustard and salad. 2 tsp Mayonnaise or margarine	1 Nandos chicken pita – No mayonnaise Or 1 Steers plain burger Plain green salad or coleslaw	Baked potato with 1 Tin tuna 2 tsp Low fat mayonnaise Salad	1 pkt 2 minute noodles or 1 cup cooked regular pasta 2 tsp Basil pesto. Serve with chopped tomato	1 cup Thick soup (butternut, potato, lentil, etc.) 1 slice Bread	200g Fillet steak grilled with barbecue sauce. Large baked potato. Low fat cheese sauce Ratatouille
Snack	Repeat lunch (another roll)	2 Wholewheat or muesli rusk 1 x Fruit	1 x Large Bran muffin with jam	6 Provitas with cottage cheese Fruit x 1	Peanut butter sandwich Fruit x 1	Fruit smoothie or jam sandwich with large handful lean biltong (ostrich or game is best)	2 scoops Fat free ice-cream 1 TBS instant chocolate sauce
Dinner	Palm size fish grilled with spices. Large baked potato. Vegetables 2 tsp Margarine or 1 tsp olive oil	Ostrich/chicken meat loaf (see recipes for portion sizes). 1 cup Cous cous. Tomato and cucumber salad. Stirfried veg	Spaghetti bolognaise (see recipes for portion sizes) 1 cup Spaghetti. 1 tsp Parmesan. Large green salad	Chicken a la king (see recipes for portion sizes) Rice –1 cup Veggies	Mixed seafood stir fry or apple and chutney chicken(see recipes) Rice – 1 cup	Woolworths low fat meal or braaied chicken breasts Veggies and salad Roll or potato	Toast with avo or mashed sardines
Snack	Fat free yoghurt	Horlicks (2 tsp) with skim milk	1 x Small fruit yoghurt	Milo (2 tsp) with skim milk	Fruit salad tinned in juice or fresh with Ultramel Lite	1 scoop Low fat ice-cream	1 small Fruit yogurt