



FIT MEALS GET TONED WEIGHT LOSS MENU



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Oats	Oats Muffins	Oats & Berry Smoothy	Feta & Spinach Quiche	Oats	Oats Muffins	Oats
Low Fat Yoghurt	Scrambled Eggs	Low Fat Yoghurt	Green Apple	40 g Almonds	40 g Fat Free Biltong	Spinach Quiche
Tuna Salad	Basil Chicken & Zoodles	Basil Chicken & Zoodles	Hake & Spicy b/rice	Chicken Carrot & G/beans	Tuna & Veg Bake	Off Meal
Spinach Quiche	Scrambled Eggs	Green Apple	Tomato Quiche	Boiled eggs	Green Apple	Low Fat Yoghurt
Beef Stir-fry	Chicken & Parsnip Mash	Hake Cottage Pie	Chicken Stir fry	Steak & Roast veg	Hake & Spicy b/rice	Chicken, Corn Avo Salad
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Oats	Oats Muffins	Oats & Berry Smoothy	Feta & Spinach Quiche	Oats	Oats Muffins	Oats
Low Fat Yoghurt	Scrambled Eggs	Low Fat Yoghurt	Green Apple	40 g Almonds	40 g Fat Free Biltong	Spinach Quiche
Chicken Salad	Chicken Stir fry	Basil Chicken & Zoodles	Tuna and Veg Bake	Chicken Carrot & G/beans	Hake & Spicy b/rice	Off Meal
Spinach Quiche	Scrambled Eggs	Green Apple	Tomato Quiche	Boiled eggs	Green Apple	Low Fat Yoghurt
Chicken & G/bean Madras	Tuna Salad	Beef Stir-fry	Chicken, Corn Avo Salad	Steak & Roast veg	Basil Chicken & Zoodles	Mush & Pepper Omelette
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Oats	Oats Muffins	Oats & Berry Smoothy	Feta & Spinach Quiche	Oats	Oats Muffins	Oats
Low Fat Yoghurt	Scrambled Eggs	Low Fat Yoghurt	Green Apple	40 g Almonds	40 g Fat Free Biltong	Spinach Quiche
Chicken Salad	Chicken Carrot & G/beans	Basil Chicken & Zoodles	Basil Chicken & Zoodles	Tuna and Veg Bake	Basil Chicken & Zoodles	Off Meal
Spinach Quiche	Scrambled Eggs	Green Apple	Tomato Quiche	Boiled Eggs	Green Apple	Low Fat Yoghurt
Mush & Pepper Omelette	Tuna Salad	Chicken, Corn Avo Salad	Basil Chicken & Zoodles	Chicken Stir fry	Mush & Pepper Omelette	Beef Stir-fry
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Oats	Oats Muffins	Oats & Berry Smoothy	Feta & Spinach Quiche	Oats	Oats Muffins	Oats
Low Fat Yoghurt	Scrambled Eggs	Low Fat Yoghurt	Green Apple	40 g Almonds	40 g Fat Free Biltong	Spinach Quiche
Chicken Salad	Chicken Carrot & G/beans	Chicken Stir fry	Basil Chicken & Zoodles	Basil Chicken & Zoodles	Chicken & G/bean Madras	Off Meal
Spinach Quiche	Scrambled Eggs	Green Apple	Tomato Quiche	Boiled Eggs	Green Apple	Low Fat Yoghurt
Tuna and Veg Bake	Tuna Salad	Chicken, Corn Avo Salad	Hake & Spicy b/rice	Steak & Roast veg	Mush & Pepper Omelette	Pesto Chicken & Zoodles

Females 1300 Calories per day : MACRO SPLIT 40% Protein; 35 % Carbs; 25 % Fat

Male 1800 Calories per day : MACRO SPLIT 40% Protein (180G) ; 35% Carbs; 25 % Fat