

# Men's Lunch for a Month Week 1

## Daily Tips

- Stay hydrated: Drink at least 2.5L of water daily.
- Keep it balanced: Make sure your other meals are nutritious and wholesome.
- Move your body: Aim for at least 30 minutes of activity each day.
- Prioritise protein: Support your muscles with quality protein sources.
- Listen to your body: Eat mindfully and stop when satisfied.



|                    | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY  | SUNDAY  |
|--------------------|---|---|--|---|---|---|---|
| BREAKFAST<br>10:00 |    |    |    |    |    |    |    |
|                    | Carrot juice  | Beet juice  | Green juice  | Carrot juice  | Beet juice  | Green juice   |   |
| LUNCH<br>14:00     |   |   |   |   |   |   |   |
|                    | Chicken and chorizo Rosario   | Osso Bucco  | Italian Hunters Chicken  | Italian meatballs   | Roast chicken Risotto   |   |   |
| DINNER<br>18:00    |  |  |  |  |  |  |  |

# Men's Lunch for a Month Week 2

## Daily Tips

- Stay hydrated: Drink at least 2.5L of water daily.
- Keep it balanced: Make sure your other meals are nutritious and wholesome.
- Move your body: Aim for at least 30 minutes of activity each day.
- Prioritise protein: Support your muscles with quality protein sources.
- Listen to your body: Eat mindfully and stop when satisfied.



|                    | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY  | SUNDAY  |
|--------------------|---|---|--|---|---|---|---|
| BREAKFAST<br>10:00 |    |    |    |    |    |    |    |
|                    | Carrot juice  | Beet juice  | Green juice  | Carrot juice  | Beet juice  |   |   |
| LUNCH<br>14:00     |   |   |   |   |   |   |   |
|                    | Beef Stroganoff   | Braaiwors and Lamb chop   | Beef Bolognese   | BBQ Chicken breast  | Chilli Con Carne  | Coconut chicken curry   |   |
| DINNER<br>18:00    |  |  |  |  |  |  |  |

# Men's Lunch for a Month Week 3

## Daily Tips

- Stay hydrated: Drink at least 2.5L of water daily.
- Keep it balanced: Make sure your other meals are nutritious and wholesome.
- Move your body: Aim for at least 30 minutes of activity each day.
- Prioritise protein: Support your muscles with quality protein sources.
- Listen to your body: Eat mindfully and stop when satisfied.



|                    | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY  | SUNDAY  |
|--------------------|---|---|--|---|---|---|---|
| BREAKFAST<br>10:00 |    |    |    |    |    |    |    |
|                    | Carrot juice  | Beet juice  | Green juice  | Carrot juice  | Beet juice  | Green juice   |   |
| LUNCH<br>14:00     |   |   |   |   |   |   |   |
|                    | Syrian chicken  | Grilled chicken with<br>bacon cream fusilli   | Chicken tikka<br>masala  | Teriyaki pork fillet  | Pulled Lamb<br>Gnocchi  |   |   |
| DINNER<br>18:00    |  |  |  |  |  |  |  |

# Men's Lunch for a Month Week 4

## Daily Tips

- Stay hydrated: Drink at least 2.5L of water daily.
- Keep it balanced: Make sure your other meals are nutritious and wholesome.
- Move your body: Aim for at least 30 minutes of activity each day.
- Prioritise protein: Support your muscles with quality protein sources.
- Listen to your body: Eat mindfully and stop when satisfied.



|                    | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY  | SUNDAY  |
|--------------------|---|---|--|---|---|---|---|
| BREAKFAST<br>10:00 |    |    |    |    |    |    |    |
|                    | Carrot juice  | Beet juice  | Green juice  | Carrot juice  | Beet juice  |   |   |
| LUNCH<br>14:00     |   |   |   |   |   |   |   |
|                    | Chicken Biryani   | Moroccan beef mince   | Braised beef short rib   | Thai green chicken curry  | Smoked chicken Rigatoni   | Slow smoked pulled beef   |   |
| DINNER<br>18:00    |  |  |  |  |  |  |  |