

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 10:00							
	Carrot juice	Beet juice	Green juice	Carrot juice	Beet juice	Green juice	
LUNCH 14:00							
	Chicken and chorizo Rosario	Osso Bucco	Italian Hunters Chicken	Penne Polpette (Italian Meatballs)	Roast chicken Risotto		
DINNER 18:00							

Men's Lunch for a Month Week 2

Daily Tips

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- 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 10:00							
	Carrot juice	Beet juice	Green juice	Carrot juice	Beet juice		
LUNCH 14:00							
	Beef Stroganoff	Braaiwors and Lamb chop	Beef Bolognese	BBQ Chicken breast	Chilli Con Carne	Coconut chicken curry	
DINNER 18:00							

Men's Lunch for a Month Week 3

Daily Tips

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- 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 10:00							
	Carrot juice	Beet juice	Green juice	Carrot juice	Beet juice	Green juice	
LUNCH 14:00							
	Syrian chicken	Penne Polpette (Italian Meatballs)	Chicken tikka masala	Teriyaki pork fillet	Pulled Lamb Gnocchi		
DINNER 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 10:00							
	Carrot juice	Beet juice	Green juice	Carrot juice	Beet juice		
LUNCH 14:00							
	Chicken Biryani	Moroccan beef mince	Braised beef short rib	Thai green chicken curry	Smoked chicken Rigatoni	Slow smoked pulled beef	
DINNER 18:00							