

# Women's Lunch n Dinner Week 1

## Daily Allowances:

- Healthy balanced breakfast around 500 calories, containing at least 20g of protein.
- 1 citrus fruit, or 1 apple, or 100g blueberries/strawberries.
- 2.5L water minimum (or 250ml per 10kg of body weight).
- Up to 2 black coffees or coffee with fat-free milk and sweetener.
- Maximum of 2 sugar-free drinks.

## Workout Days (45min+ of exercise):

- 1 protein shake with water (preferably post-workout) OR 3 whole eggs and a slice of Low GI toast.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST 10:00							
	DIY breakfast	DIY breakfast	DIY breakfast	DIY breakfast	DIY breakfast	DIY breakfast	DIY breakfast
LUNCH 14:00							
	Chicken and chorizo Rosario	Chicken Risotto	Chicken Thigh Biryani	Beef bolognese	Pulled Lamb Gnocchi	Beef stroganoff	Grilled chicken fusilli
DINNER 18:00							
	Teriyaki pork fillet	Skinny meatballs	Moroccan beef mince	BBQ Pork fillet	Mammass meat balls	Basil pesto chicken	Grilled chicken breast

# Women's Lunch n Dinner Week 2

## Daily Allowances:

- Healthy balanced breakfast around 500 calories, containing at least 20g of protein.
- 1 citrus fruit, or 1 apple, or 100g blueberries/strawberries.
- 2.5L water minimum (or 250ml per 10kg of body weight).
- Up to 2 black coffees or coffee with fat-free milk and sweetener.
- Maximum of 2 sugar-free drinks.

## Workout Days (45min+ of exercise):

- 1 protein shake with water (preferably post-workout) OR 3 whole eggs and a slice of Low GI toast.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b> 10:00							
	DIY breakfast	DIY breakfast	DIY breakfast	DIY breakfast	DIY breakfast	DIY breakfast	DIY breakfast
<b>LUNCH</b> 14:00							
	Syrian chicken	Chilli Con Carne	Chicken Tikka Masala	Italian Hunters Chicken	Slow smoked pulled beef	Coconut chicken curry	Braised beef short rib
<b>DINNER</b> 18:00							
	Teriyaki pork fillet	Skinny meatballs	Moroccan beef mince	BBQ Pork fillet	Mammas meat balls	Basil pesto chicken	Grilled chicken breast