

# Men'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 4 whole eggs and a slice of Low GI toast.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST 10:00							
LUNCH 14:00							
DINNER 18:00							

DIY breakfast      DIY breakfast      DIY breakfast      DIY breakfast      DIY breakfast      DIY breakfast      DIY breakfast

Chicken and chorizo Rosario      Chicken Risotto      Chicken Thigh Biryani      Beef bolognese      Pulled Lamb Gnocchi      Beef stroganoff      Grilled chicken fusilli

Osso Bucco      Teriyaki pork fillet      Italian meatballs      Moroccan beef mince      Smoked chicken and basil pesto      Mammas meatballs      Thai green chicken curry

# Men's Lunch n Dinner Week 2

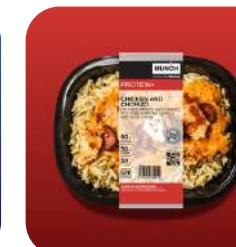


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<b>BREAKFAST</b> 10:00							
	DIY breakfast	DIY breakfast	DIY breakfast	DIY breakfast	DIY breakfast	DIY breakfast	DIY breakfast
<b>LUNCH</b> 14:00							
	Syrian chicken	Chilli Con Carne	Chicken Tikka Masala	Italian Hunters Chicken	Slow smoked pulled beef	Coconut chicken curry	Braised beef short rib
<b>DINNER</b> 18:00							
	Braaiwors and lamb chop	Grilled chicken breast	Moroccan beef mince	Teriyaki pork fillet	BBQ Chicken breast	Moroccan beef mince	Chicken and chorizo Rosario