

## GENERIC WEIGHT LOSS MEAL PLAN FOR MEN

TOTAL ENERGY - approximately 1780 Kcal (7500kJ)



THE HEART  
AND STROKE  
FOUNDATION  
SOUTH AFRICA

### NOTE:

- ♥ This meal plan is to be used as a **guideline** for reducing weight, in conjunction with regular exercise. Slow gradual weight loss is recommended at 0.5-1 kg per week. For a more personal approach, consult a registered dietitian. The best approach for long term weight loss and health is to change your lifestyle
- ♥ The days can be swapped around for variety and different foods included, keeping in mind portion sizes and choosing low fat, high fibre and low added sugar foods
- ♥ Alcohol is a high source of energy and should not be included in the diet when trying to lose weight
- ♥ 30g of meat/chicken/fish is the same size as 1 matchbox
- ♥ Free vegetables include: Lettuce, tomato, cucumber, mushroom, asparagus, onion, peppers, spinach, broccoli, cauliflower, cabbage, baby marrow - eat as much of these as you like! e.g. as a veggie soup, big salad, stir-fry, to bulk up sandwiches or stews
- ♥ Salt free herbs & spices, vinegar & lemon juice can be added to enhance the flavour of your dishes
- ♥ Diet drinks may also be included as part of your daily intake
- ♥ A daily intake of 6-8 glasses of water is recommended

### EXTRAS FOR THE DAY:

- ♥ Coffee and tea can be drunk through the day with LF/FF milk and no sugar or with an artificial sweetener. 1 cup of LF/FF milk is allocated for coffee/tea per day

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>BREAKFAST</b>	3 blocks Weet-Bix 1 cup LF/FF milk OR yoghurt	½ cups cooked oats 1 cup LF/FF milk	3 slices w/w bread 2 tsp peanut butter 1 cup LF/FF milk OR yoghurt	1 med. bran muffin, no raisins (90g) 1 tsp soft margarine 1 cup LF/FF milk OR yoghurt	¾ cup muesli (not toasted) 1 cup LF/FF milk OR yoghurt	3 slices w/w bread 2 tsp soft margarine 1 egg 1 cup LF/FF milk OR yoghurt	1½ cups high fibre cereal 1 cup LF/FF milk OR yoghurt 1 med. Fruit
<b>LUNCH</b>	1 w/w roll 60g grilled diced chicken breast (skinless) 1 tbsp LF mayonnaise Green salad	4 Ryvita crackers 1 tsp soft margarine 4 slices lean cold meat Tomato & cucumber slices 1 tbsp LF dressing	1 cup cooked pasta screws 60g tuna (canned in water) Any free vegetables 2 tbsp LF dressing	2 slices w/w bread 2 tsp soft margarine 2 boiled/scrambled eggs (discard 1 yolk) 1 tbsp LF mayonnaise Green salad	1 med. baked potato ½ cup LF/FF cottage cheese ½ cup green salad 1 tbsp LF dressing 1 tsp soft margarine	1 w/w pita 60g grilled chicken ½ avocado pear Free vegetables: lettuce, tomato, cucumber, peppers 1 tbsp LF dressing	2 Tortillas 60g LF cheese, grated ½ cup cooked beans Free vegetables: tomato, onion, cucumber, shredded lettuce
<b>SUPPER</b>	1 large baked potato 2 tsp soft margarine 90g baked fish 1 tsp vegetable oil 1 cup grilled mixed vegetables	1½ cups cooked brown/wild rice 90g grilled chicken breast (skinless) 2 tsp vegetable oil ½ cup cooked pumpkin 1 tsp soft margarine Spinach	1 large w/w roll 2 tsp soft margarine 90g lean grilled steak 1 tbsp LF dressing Any free vegetables of your choice	1½ cups cooked couscous 1 tsp soft margarine 90g roast chicken (skinless) 1 cup mixed roasted vegetables 2 tsp vegetable oil	1½ cups cooked spaghetti 1 tsp vegetable oil 90g lean beef mince with tomato & onion mix Any free vegetables of your choice	1½ cups cooked brown/wild rice 1 tsp soft margarine 90g grilled fish 1 tsp vegetable oil 1 cup mixed vegetables	1½ cups cooked noodles 2 tsp vegetable oil 90g chicken breast, sliced Vegetables to stir fry: peppers, onions, celery, cabbage
<b>MID MORNING and MID AFTERNOON SNACK</b>	1 medium fruit/½ cup 100% fruit juice <b>with</b> 1 slice ww or brown bread/3 Provita/2 Ryevita/2-3 cups homemade popcorn <b>and</b> 1 tsp peanut butter/soft margarine/hummus/¼ avocado pear						

KEY: LF= Low Fat FF= Fat Free w/w= Whole wheat tsp= teaspoon (5ml) tbsp= tablespoon (15ml) 1 cup/glass=250ml