

## VibraEating Maintenance Phase Week 1

	Breakfast	Snack	Lunch	Snack	Dinner
Monday	¾ cup of high fibre cereal (eg Fibre Plus™) with low fat milk – 250ml and 1 sliced banana	50g Nuts	Salmon and salad sandwich - 2 slices of wholegrain bread, with 100g salmon and salad Low fat cappuccino or café latte	Protein Drink	Beef and vegetable kebabs (200g lean rump steak with capsicum and cherry tomatoes) Place on skewers, brush with oil and garlic. Barbecue/grill Tossed salad 150g tinned fruit and 200g low fat custard
Tuesday	1 weetbix + ½ cup of allbran with low fat milk – 250ml and 2 tbs sultanas	50g Nuts	1 mug of tomato soup Ham and tomato toasted sandwich (2 slices of wholegrain bread with 100g lean ham) 1 piece of fresh fruit (150g)	Protein Drink	chicken stir fry with 200g serve of lean chicken, 2 tsp oil and 2.5 cups mixed vegetables  1 low fat yoghurt
Wednesday	2 slices wholegrain toast + vegemite + lite margarine 1 low fat yoghurt	50g Nuts	Chicken salad 100g serve of skinless chicken 2 ryvita Sprinkle of Lite French dressing Fresh fruit	Protein Drink	Grilled snapper or your favourite fish steamed vegetables 1 small cup of fruit salad (150g)
Thursday	¾ cup of high fibre breakfast cereal with low fat milk – 250ml and 150g serve of tinned fruit - peaches in natural juice drained	50g Nuts	Small wholegrain roll (70g) with 1 small can of salmon (100g) with chopped onion +1 cup of greek salad (1 tsp of olive oil) + 2 cubes of low fat fetta)	Protein Drink	Lamb cutlets with 200g serve of lean lamb Chutney 1 tbs Peas, carrots, cauliflower 1 piece of fresh fruit
Friday	40g sachet oats with low fat milk 1 low fat yoghurt	50g Nuts	2 slices of wholegrain bread with 100g serve of corned beef and pickles and lettuce	Protein Drink	200g fish, fried with 2 tsp of olive oil garlic, lemon and 1tbs capers salad vegetables with balsamic vinegar
Saturday	2 slices raisin toast lite margarine café latte	50g Nuts	Steak and salad sandwich (2 slices wholegrain bread with 100g serve of cooked lean steak, rocket and tomato) 1 low fat custard	Protein Drink	Beef casserole (200g lean beef, baked with 2 cups of assorted vegetable tomato puree, oregano and garlic + 2 –3 tsp of olive oil) 1 fresh fruit (~ 150g)

Sunday **F U N D A Y**