

## VibraEating Maintenance Phase Week 2

	Breakfast	Snack	Lunch	Snack	Dinner
<b>Mon</b>	1 low fat diet yoghurt 1 piece of fresh fruit	50g Nuts	2 slices of wholegrain bread, 2tsp lite canola margarine with 100g lean leg ham + 1 slice of low fat cheese and salad 1 piece of fresh fruit (150g)	Protein Drink	Stir fry beef and vegetables (200g lean beef strips stir fried in 2 tsp canola oil with 2 cups snow peas, broccoli and carrot with soy sauce and garlic). Serve with ½ cup cooked rice and a splash of chilli sauce to taste
<b>Tues</b>	¾ cup of high fibre breakfast cereal (eg Fibre Plus™) with low fat milk – 250ml and 1 sliced banana	50g Nuts	2 slices of wholegrain bread with 100g turkey, cranberry sauce and lettuce + 1 slice of low fat cheese 1 piece of fresh fruit (150g)	Protein Drink	Moroccan chicken (200g chicken breast fillet coated in with 1½ cups sweetcorn, broccoli, pumpkin 150g of fruit salad ( no juice – unsweetened)
<b>Wed</b>	2 slices wholegrain toast + 2 tsp of lite canola margarine vegemite + low fat cheese*	50g Nuts	Egg and salad sandwich - 2 slices of wholegrain bread with 2 boiled eggs, lettuce and spring onions 1 banana	Protein Drink	Light vegetable soup (less than 160KJ) 200g any fish baked or fried in 2 tsp olive oil with 1 cup of salad ½ cup mashed pumpkin with sprinkle of nutmeg 1 Tbs tomato chutney Low fat yoghurt
<b>Thur</b>	1 weetbix + ½ cup of allbran with low fat milk – 250ml and 1 sliced banana	50g Nuts	1 slice of wholegrain bread with a 100g tin of tuna (in oil or brine, drained), tossed with onion, olives, capers and salad (1/2 cup) and 1 piece of fresh fruit	Protein Drink	200g Peppered steak with chargrilled vegetables 1 piece of fresh fruit
<b>Fri</b>	2 slices french toast (made with 2 eggs) small glass orange juice (~200ml)	50g Nuts	1 slice of wholegrain bread + 1 slice of low fat cheese 1 mug hearty beef and vegetable soup 1 piece of fresh fruit	Protein Drink	200g piece of fish fried in 2 tsp olive oil with garlic and ginger 2 cups peas, carrots and cauliflower Low fat custard with stewed rhubarb
<b>Sat</b>	¾ cup high fibre cereal (eg Fibre Plus™) with low fat milk – 125ml low fat yoghurt 200g	50g Nuts	1 slice of wholegrain bread 1 large mug pumpkin soup with 50g chopped lean ham 1 piece of fresh fruit	Protein Drink	Beef curry made with 250g lean beef, fried in 3 tsp cur paste, baked with zucchini, cauliflower and carrot and tinned tomatoes (1 cup) Serve with ½ cup of cooked rice 150g of fruit salad unsweetened
<b>Sun</b>	<b>F U N D A Y</b>				