

VibraEating Maintenance Phase Week 3

	Breakfast	Snack	Lunch	Snack	Dinner
Mon	2 slices wholegrain toast Lite margarine 2 tsp 1 slice low fat cheese (10% fat) vegemite Low fat Café Latte	50g Nuts	1 mug vegetable soup 1 slice of wholegrain bread, 1tsp lite margarine 100g cold lean roast beef and salad 1 piece of fresh fruit (150g)	Protein Drink	200g piece of fish fried in 2 tsp olive oil with garlic, chopped tomatoes and parsley, peas, carrots and cauliflower Low fat custard with stewed rhubarb
Tues	¾ cup of Sultana Bran™ low fat milk – ½ cup 1 sliced banana	50g Nuts	Large baked potato 100g ham pineapple pieces 25g shredded cheese	Protein Drink	Peppered beef and mushroom stir fry (see recipe)
Wed	1 weetbix + ½ cup of allbran low fat milk – ½ cup 1 slice raisin toast + 1tsp lite margarine 1 sliced banana	50g Nuts	1 slice of wholegrain bread with a 100g tin of salmon, tossed with onion, capsicum tomatoes and lettuce Lite salad dressing 1 piece of fresh fruit	Protein Drink	Light vegetable soup (less than 160KJ) 200g chicken breast fried in 2 tsp olive oil ½ cup mashed pumpkin with sprinkle of nutmeg plus zucchini and green beans 2 tsp grainy mustard Low fat yoghurt
Thur	1 sachet instant porridge (40g) cooked with ¾ cup of low fat milk – Tinned peaches 150g	50g Nuts	Steak sandwich - 2 slices of wholegrain bread with 100g steak, lettuce, tomato and raw onion plus tomato sauce	Protein Drink	Italian Lamb Stew (see recipe) Stewed apple and 1 small tub low fat custard
Fri	¾ cup high fibre cereal (eg Allbran™) with ½ cup low fat milk 1 tub low fat yoghurt 200g	50g Nuts	25g cheddar or other cheese 4 Ryvita biscuits 1 pear 1 tub low fat yoghurt	Protein Drink	200g veal cutlets pan fried in 2 tsp olive oil with pesto topping with microwaved vegetables and steamed asparagus More stewed apple
Sat	2 slices raisin wholegrain toast Lite margarine 2 tsp Low fat Café Latte	50g Nuts	1 slice of wholegrain bread 1 large mug pumpkin soup made with low fat milk Low fat dairy dessert eg Fruche	Protein Drink	2 egg omelette with 100g ham, zucchini and spring onion cooked with 2 tsp oil Tossed salad with Lite dressing
Sun	F U N D A Y				