

VibraEating Maintenance Phase Week 4

	Breakfast	Snack	Lunch	Snack	Dinner
Monday	1 mug (250ml) low-fat cappuccino or café latte Two slices raisin toast with 2 tsp light margarine	50g Nuts	Tuna salad (100g canned tuna, corn, tomatoes, green beans and lettuce with oil-free salad dressing) 2 Ryvita 1 piece of fruit	Protein Drink	Beef stir fry 200g beef strips and 2 cups carrots, baby bok choy, button mushrooms stir-fried in 2 tsp canola oil with soy, honey and garlic sauce). Serve with 1/3 cup cooked rice Baked or fresh pear with 50g reduced fat ricotta cheese
Tuesday	1 cup high-fibre breakfast cereal with low-fat milk (250ml) and a piece of fruit	50g Nuts	2 slices of wholegrain bread with 100g turkey, 2 tsp light margarine, cucumber and snow pea sprouts 1 piece of fruit	Protein Drink	Chicken casserole made with 200g chicken breast (diced) fried in 2 tsp canola oil, add carrots, celery, corn, beef stock and tinned tomatoes. 200g low fat yoghurt
Wednesday	1 sachet instant porridge (40g) cooked with 250ml low fat-milk and 2 tbsp sultanas or dried apple	50g Nuts	Pumpkin soup made with 250ml low-fat milk 1 wholegrain bread roll (60g) with 100g lean ham, mustard, lettuce and sliced fresh tomato	Protein Drink	Baked fish (200g) with cherry tomatoes, lemon, garlic, capers and 2 tsp olive oil. Serve with baked pumpkin and steamed broccoli or asparagus 1 piece of fresh fruit
Thursday	1 serve fruit salad (unsweetened, 150g) with diet yoghurt (200g) 1 slice wholegrain toast with 1 teaspoon margarine and vegemite	50g Nuts	Smoked salmon (100g) served with 2 tsp light cream cheese, capers and lettuce on 4 ryvita 1 mug (250ml) low-fat cappuccino or café latte	Protein Drink	Fried veal minute steaks (200g) - brush with lemon pepper and 1 tsp olive oil before frying. Slice and serve on spinach salad (baby spinach, sugar snap peas, peas, onion, mint and basil leaves and oil-free salad dressing) 1 piece of fresh fruit
Friday	1 cup high-fibre breakfast cereal with low-fat milk (250ml) and a piece of fruit	50g Nuts	Burger – 100g lean beef mince pattie, salad vegetables and small bread roll (60g)	Protein Drink	Grilled snapper (200g), or your favourite fish (brush with 1 tsp olive oil and lemon juice). Serve with mesclun salad and oil-free salad dressing 1 piece of fresh fruit and low fat custard
Saturday	Grilled cheese and tomato on toast (1 slice wholegrain bread, 25g cheddar cheese, fresh slices of tomato) 1 piece of fresh fruit	50g Nuts	Thai beef salad (made with 100g lean beef, cucumber, green onions, bean sprouts, mint leaves, cherry tomatoes and coriander leaves) 200g low fat yoghurt	Protein Drink	Barbecued or pan-fried lamb backstraps (or lamb fillets) 200g (marinate with a mixture of soy, lemon, garlic and 2 tsp olive oil) Serve with stir-fried vegetables (snow-peas, baby corn, red capsicum) Fruit salad (150g, unsweetened)
Sunday	F U N D A Y				