

Weight-loss Table For Women

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	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Breakfast	Low fat muesli Fat free milk – 2/3 cup or small yoghurt	Wholewheat Pronutro 50g or ½ Cup raw Fruit x 1	Toast x 2 Peanut butter or avocado pear ½ glass Fruit juice	All Bran – 1 cup Fat free milk Fresh fruit x 1	1 cup Cooked oats or 1 sachet Oat-so-easy Fat free milk 1 TBS Raisins or other dried fruit	Scrambled eggs – 2 eggs Toast x 2 ½ glass fruit juice	Weetbix x 2 1 cup fat free milk Fruit x1
Snack	1 x Fruit ½ Yoghurt Jungle Oats bar	Biscoti x 3 Skinny cappacino	Fruit x 1 ½ Yoghurt Jungle Oats bar	Smoothie – use 1 cup seasonal fruits and yoghurt or milk	1 x Health rusk 1 x Fruit	Bran and fruit muffin	1 x slice Toast 1 x Fruit
Lunch	Roll with ½ chicken breast 2 tsp Mayonnaise Salad	Sandwich with 1 slice cold meat, mustard and salad. 2 tsp Mayonnaise or margarine	1 Nandos chicken pita – No mayonnaise Or 1 Steers plain burger Plain green salad	Baked potato with ½ Tin tuna 2 tsp Low fat mayonnaise Salad	1 pkt 2 minute noodles or 1 cup cooked regular pasta 2 tsp Basil pesto. Serve with chopped tomato	1 cup Thick soup (buttermut, potato, lentil, etc.) 1 slice Bread	200g Fillet steak grilled with barbecue sauce Large baked potato Low fat cheese sauce Ratatouille
Snack	2 x Corn thins with margarine Marmite/fish paste 1 x Fruit	1 Wholewheat or muesli rusk 1 x Fruit	1 x Bran muffin with jam	3 Provitas with cottage cheese Fruit x 1	1 x Slice wholewheat toast with peanut butter Fruit x 1	Yoghurt x 1 Fruit x1 Low fat snack bar x 1	2 scoops Fat free ice-cream 1 TBS instant chocolate sauce
Dinner	Palm size fish grilled with spices Medium baked potato Vegetables 2 tsp Margarine or 1 tsp olive oil	Ostrich/chicken meat loaf (see recipes for portion sizes) ½ cup Cous cous Tomato and cucumber salad	Spaghetti bolognaise (see recipes for portion sizes) 1 cup Spaghetti 1 tsp Parmesan Large green salad	Chicken a la king (see recipes for portion sizes) Rice –1 cup Veggies	Mixed seafood stir fry or apple and chutney chicken(see recipes) Rice – 1 cup	Woolworths low fat meal or braaied chicken breasts Veggies and salad	Toast with avo or mashed sardines
Snack	Fat free yoghurt	Horlicks (2 tsp) with skim milk	1 x Small fruit yoghurt	Milo (2 tsp) with skim milk	Fruit salad tinned in juice or fresh with Ultramel Lite	1 scoop Low fat ice-cream	1 small Fruit yogurt