

Female, Weight Loss

6277kJ, 186g CHO, 71g protein, 50g fat

SAMPLE CYCLE MENU

MEAL PLAN	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BEFORE SHORTER TRAINING SESSIONS <90 MINUTES	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
1 Fruit/ Starch Unit	1 Banana	1 Slice Rye Toast + Marmite	1 Pear	½ Sachet Oats + Water	1 Banana	Longer Ride (Larger Snack Needed)	Longer Ride (Larger Snack Needed)
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
2 Protein Units	Mixed Berry Oats	Yoghurt & Muesli	High Fibre Cereal	Poached Eggs on Toast	ProNutro	High Fibre Cereal	Beans on Toast
1 Starch Units	1 Cup Fat Free Berry Yoghurt (250ml)	1 Cup Fat Free Yoghurt (250ml)	1 Cup Low Fat Milk	2 Poached Eggs	1 Cup Low Fat Milk	1 Cup Low Fat Milk	½ Cup Baked Beans
1 Fruit Unit	½ Cup Cooked Oats (e.g. Tiger) & Vanilla	½ Cup of Low Wheat Muesli (e.g. Tia's Sugar Free)	½ Cup All Bran Flakes	1 Slice Rye Toast	½ Cup Whole Wheat ProNutro	½ Cup Shredded Bran	1 Slice Seed Loaf, Toasted
	½ Cup Mixed Berries	1 Cup Chopped Pawpaw	1 Banana, Sliced into Cereal	1 Cup Fruit Salad	1 Banana, Sliced into ProNutro	1 Tbs Dried Cranberries	1 Cup Sweet Melon
MORNING SNACK	MORNING SNACK	MORNING SNACK	MORNING SNACK	MORNING SNACK	MORNING SNACK	MORNING SNACK	MORNING SNACK
1 Protein Unit	125ml Fat Free Yoghurt	30g Lean Biltong	½ Cup Fat Free Cottage Cheese & Marmite	125ml Fat Free Yoghurt	3-4 Slices Lean Chicken (40g) & 2 tsp Sweet Chilli Sauce	1 Boiled Egg	30g Lean Game Biltong
1 Fruit / Starch Unit	1 Tbs Dried Cranberries	2 Naartjies	2 Ryvita's	1 Apple	3 Corn Thins	1 Slice Rye Bread	1 Pear
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
2 Protein Units	Tuna Avo Salad	Chicken & Pesto Sandwich	Chickpea & Roast Butternut Couscous Salad	Lentil & Vegetable Soup	Smoked Salmon & Cottage Cheese Quinoa Salad	Sardines on Toast	Braai
2 Starch Units	1 Tin Tuna (in Spring Water)	80g Skinless Chicken, Sliced	½ Cup Chickpeas & ½ Round Low Fat Feta	±½ Cup Lentils (in Soup)	30g Smoked Salmon & ½ Cup Fat Free Cottage Cheese	3 Sardines & 30g Mozzarella (On Toast & Grilled)	1 Lean Chicken Kebab (80g)
Vegetables	Lettuce, Asparagus, Grated Carrot & Cucumber	Rocket, Tomato etc	Roasted Butternut, Cherry Tomatoes & Coriander	Vegetables in Soup (±300ml)	Rocket & Sliced Tomato	Sliced Tomato & Red Onion (Layered on Toast)	Green Salad
2 Fat Units	½ Small Avocado	4 tsp Pesto	8 Almonds in Salad	2 tsp Olive/ Canola Margarine	½ Small Avocado	2 tsp Olive/ Canola Margarine	2 tsp Olive Oil & Balsamic
AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK
1 Protein Unit	½ Cup Fat Free Cottage Cheese & Sliced Tomato	2 Tbs Low Fat Humus	30g Lean Game Biltong	3-4 Slices Shaved Ham (40g) & Sliced Gherkin	125ml Fat Free Yoghurt	30g Lean Game Biltong	1 Skinny Decaf Cappuccino
1 Starch/ Fruit Unit	3 Provita's	2 Ryvita's	4-5 Dried Mango Strips	3 Corn Thins	½ Cup Blueberries	1 ½ Cups Popped Popcorn	1 Whole Grain Rusk
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
2 Protein Units	Roast Chicken	Grilled Salmon	Lentil Babooti	Chicken & Cashew Nut Stir-Fry	Sun Dried Tomato & Olive Baked Fish	Ostrich Bolognaise	Vegetable Frittata
1 Starch Unit	1 Skinless (80g ea) Chicken Breast	80g Grilled Salmon	½ Cup Lentils	80g Skinless Chicken Strips	1 Piece Grilled Sole (140g ea)	100g Ostrich Mince	2 Eggs
Vegetables	½ Small (90g) Sweet Potato	½ Cup Cooked Whole Wheat Couscous (Mix with Veg)	½ Cup Cooked Brown Rice	½ Cup Cooked Quinoa	3 Baby Boiled Potatoes	½ Cup Cooked Pasta	1 Slice Whole Grain Toast
2 Fat Units	Roasted Vegetables	Roasted Vegetables (Mix with Couscous)	Green Salad	Stir-Fried Vegetables	Puréed Sun Dried Tomatoes & Olives (Spread onto Fish Before Baking) & Salad	Side Salad	Mushrooms, Peppers & Tomato
	2 tsp Olive/ Canola Oil	2 tsp Olive/ Canola Oil	2 tsp Olive/ Canola Oil	10 Cashew Nuts	10 Olives	2 tsp Olive/ Canola Oil	2 tsp Olive/ Canola Oil
To Drink:	1.5 - 2 Litres Water (drink more around training) & 1/2 Cup Fat Free Milk (for Tea and Coffee- limit to 4 or less cups per day)						