

**Female, Weight Maintenance**

**8758kJ, 263g CHO, 91g protein, 73g fat**

**SAMPLE CYCLE MENU**

| MEAL PLAN  | DAY 1  | DAY 2   | DAY 3  | DAY 4  | DAY 5   | DAY 6  | DAY 7                                    |
|--|--|---|--|--|---|--|--|
| <b>BEFORE SHORTER TRAINING SESSIONS &lt;90 MINUTES</b> | <b>SNACK</b>   | <b>SNACK</b>                                      | <b>SNACK</b>                                   | <b>SNACK</b>                                       | <b>SNACK</b>  | <b>SNACK</b>                                     | <b>SNACK</b>                             |
| <b>1 Fruit/ Starch Unit</b>                            | 1 Banana   | 1 Slice Rye Toast + Marmite                       | 1 Pear   | 1/2 Sachet Oats & Water                            | 1 Banana  | Longer Rids (Larger Snack Needed)                | Longer Rids (Larger Snack Needed)        |
| <b>BREAKFAST</b>                                       | <b>BREAKFAST</b>   | <b>BREAKFAST</b>                                  | <b>BREAKFAST</b>                               | <b>BREAKFAST</b>                                   | <b>BREAKFAST</b>  | <b>BREAKFAST</b>                                 | <b>BREAKFAST</b>                         |
|  | Mixed Berry Oats   | Yoghurt & Muesli                                  | High Fibre Cereal                              | Poached Eggs on Toast                              | ProNutro  | High Fibre Cereal                                | Beans on Toast                           |
| <b>2 Protein Units</b>                                 | 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                               | ¼ Cup Baked Beans                        |
| <b>2 Starch Units</b>                                  | 1 Cup Cooked Oats (e.g. Tiger) & Vanilla Essence   | ½ Cup of Low Wheat Muesli (e.g. Tia's Sugar Free) | 1 Cup All Bran Flakes                          | 2 Slices Rye Toast                                 | ½ Cup Whole Wheat ProNutro  | ½ Cup Shredded Bran                              | 2 Slices Seed Loaf, Toasted              |
| <b>1 Fruit Unit</b>                                    | ¼ 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                        |
| <b>MORNING SNACK</b>                                   | <b>MORNING SNACK</b>   | <b>MORNING SNACK</b>                              | <b>MORNING SNACK</b>                           | <b>MORNING SNACK</b>                               | <b>MORNING SNACK</b>  | <b>MORNING SNACK</b>                             | <b>MORNING SNACK</b>                     |
| <b>1 Protein Unit</b>                                  | 125ml Fat Free Yoghurt   | 30g Lean Biltong                                  | 1 Glass Fat Free Milk (250ml)                  | 125ml Fat Free Yoghurt                             | 3-4 Slices Cold Meat  | 1 Boiled Egg                                     | 30g Lean Game Biltong                    |
| <b>2 Fruit / Starch Units</b>                          | 1 Tbs Goji Berries & 1 Tbs Dried Cranberries   | 2 Naartjies & 1 Banana                            | 4 Ryvita's                                     | 1 Pear & 1 Apple                                   | 6 Corn Thins  | 2 Slices Rye Bread                               | 2 Tbs Raisins                            |
| <b>2 Fat Units</b>                                     | 18 Pistachio Nuts  | 10 Cashew Nuts                                    | 4 tsp Peanut Butter                            | 8 Almonds  | ½ Small Avocado (Mashed with Vinegar & Black Pepper)                        | 2 tsp Canola Margarine & Bovril                  | 20 Peanuts                               |
| <b>LUNCH</b>   | <b>LUNCH</b>   | <b>LUNCH</b>                                      | <b>LUNCH</b>                                   | <b>LUNCH</b>                                       | <b>LUNCH</b>  | <b>LUNCH</b>                                     | <b>LUNCH</b>                             |
|  | Tuna Avo Salad   | Chicken & Pesto Sandwich                          | Chickpea & Roast Butternut Couscous Salad      | Lentil & Vegetable Soup                            | Smoked Salmon & Cottage Cheese Quinoa Salad                                 | Sardines on Toast                                | Braai                                    |
| <b>2 Protein Units</b>                                 | 1 Tin Tuna (in brine)  | 1 Skinless Chicken Breast (80g ea), 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)               |
| <b>2 Starch Units</b>                                  | 1 Cup Sweet Corn Kernels   | 2 Slices Rye Bread                                | 1 Cup Cooked Whole Wheat Couscous              | 1 Cup Whole Grain Seed Roll                        | 1 Cup Cooked Quinoa (Left Overs)  | 2 Slices Seed Loaf                               | 2 Medium Mealies                         |
| <b>Vegetables</b>                                      | 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                              |
| <b>2 Fat Units</b>                                     | ½ Small Avocado  | 4 tsp Pesto                                       | 8 Almonds in Salad                             | 2 tsp Olive/ Canola Margarine                      | 1/2 Avocado   | 2 tsp Olive/ Canola Margarine                    | 2 tsp Olive Oil & Balsamic               |
| <b>AFTERNOON SNACK</b>                                 | <b>AFTERNOON SNACK</b>   | <b>AFTERNOON SNACK</b>                            | <b>AFTERNOON SNACK</b>                         | <b>AFTERNOON SNACK</b>                             | <b>AFTERNOON SNACK</b>  | <b>AFTERNOON SNACK</b>                           | <b>AFTERNOON SNACK</b>                   |
| <b>2 Protein Units</b>                                 | ½ Cup Fat Free Cottage Cheese & 3-4 Sliced Ham   | 4 Tbs Low Fat Humus                               | 60g Lean Game Biltong                          | 3-4 Slices Shaved Chicken (40g) & 1 Sliced Gherkin | Smoothie: 1 Cup (250ml) Fat Free Yoghurt                                    | 60g Lean Game Biltong                            | 1 Skinny Decaf Cappuccino                |
| <b>2 Starch/ Fruit Units</b>                           | 3 Provita's  | 4 Ryvita's  | 8-10 Dried Mango Strips                        | 3 Corn Thins                                       | 1 Banana & ¼ Cup Blueberries  | 3 Cups Popped Popcorn                            | 2 Whole Grain Rusks                      |
| <b>DINNER</b>  | <b>DINNER</b>  | <b>DINNER</b>                                     | <b>DINNER</b>                                  | <b>DINNER</b>                                      | <b>DINNER</b>   | <b>DINNER</b>                                    | <b>DINNER</b>                            |
|  | Roast Chicken  | Grilled Salmon                                    | Lentil Babooti                                 | Chicken & Cashew Nut Stir-Fry                      | Sun Dried Tomato & Olive Baked Fish   | Ostrich Bolognaise                               | Smoked Trout Frittata                    |
| <b>3 Protein Units</b>                                 | 1 ½ Skinless Chicken Breast (80g ea)   | 120g Grilled Salmon                               | 1 Cup Lentils                                  | 120g Skinless Chicken Strips                       | 1 Piece Grilled Sole (140g ea) & ½ Three-Bean-Salad                         | 150g Ostrich Mince                               | 2 Eggs & 30g Smoked Trout                |
| <b>1 Starch Unit</b>                                   | 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                |
| <b>Vegetables</b>                                      | 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              |
| <b>2 Fat Units</b>                                     | 2 tsp Olive/ Canola Oil  | 2 tsp Olive/ Canola Oil                           | 2 tsp Olive/ Canola Oil                        | 10 Cashew Nuts (Use Spray & Cook)                  | 10 Olives   | 2 tsp Olive/ Canola Oil                          | 2 tsp Olive/ Canola Oil                  |
| <b>AFTER SUPPER SNACK</b>                              | <b>SNACK</b>   | <b>SNACK</b>                                      | <b>SNACK</b>                                   | <b>SNACK</b>                                       | <b>SNACK</b>  | <b>SNACK</b>                                     | <b>SNACK</b>                             |
| <b>1 Fruit/ Starch Unit</b>                            | 1 ½ Cups Popped Popcorn  | 1 Whole Grain Rusk                                | 1 Pear   | 10 Small Strawberries                              | 2 Tinned Pear Halves (in Natural Juice)                                     | 1 Cup Fruit Salad                                | 2 Tinned Peach Halves (in Natural Juice) |
| <b>To Drink:</b>                                       | <b>1.5 - 2 Litres Water (drink more around training) &amp; 1/2Cup Low Fat Milk (for Tea and Coffee- limit to 4 or less cups per day)</b> |   |  |  |   |  |  |