

Male, Weight loss

7667kJ, 224g CHO, 88g protein, 63g fat

SAMPLE CYCLE MENU

MEAL PLAN	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BEFORE SHORT TRAINING SESSIONS <90 MINUTES	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
1 Fruit/ Starch Unit	1 Banana	1 Pear	1 Slice Toast & Marmite	1/2 Sachet Oats with Water	1 Banana	Longer Ride (Larger Snack Needed)	Longer Ride (Larger Snack Needed)
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
	Poached Eggs on Toast	High Fibre Cereal	ProNutro	Beans on Toast	Pear & Cinnamon Oats	Yoghurt & Muesli	Wheat Bix
2 Protein Units	2 Poached Eggs	1 Cup Fat Free Milk	1 Cup Fat Free Milk	½ Cup Baked Beans	1 Cup Fat Free Milk	125ml Fat Free Yoghurt	1 Cup Fat Free Milk
2 Starch Units	2 Slices Whole Grain Toast	1 Cup All Bran Flakes	½ Cup Whole Wheat ProNutro	2 Slices Whole Grain Toast	1 Cup Cooked Oats (e.g. Tiger) Cooked with 1 tsp Cinnamon	½ Cup Low Sugar Muesli (e.g. Tia's Sugar Free)	2 Wheat Bix
1 Fruit Unit	½ Grapefruit	1 Banana, Sliced into Cereal	1 Cup Chopped Pawpaw & Sweet Melon	½ Glass (125ml) Fruit Juice (Diluted with 125ml Water)	1 Sliced Pear	½ Cup Mixed Berries	1 Cup Fruit Salad
MID MORNING SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
2 Fruit/ Starch Units	8-10 Dried Mango Strips	1 Apple & 1 Pear	6 Provita's	2 Naartjies & 1 Banana	2 Slices Seed Loaf + Anchovette	1 Medium Bunch of Grapes (30ea)	4 Dried Pear Halves
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
	Tuna Pasta Salad	Chicken Pesto Salad Roll	Ostrich & Humus Pita	Pink Salmon & Cottage Cheese Sandwich	Lentil & Feta Couscous Salad	Sardines on Toast	Sunday Roast
2 Protein Units	1 Tin Tuna	1 Chicken Breast (80g ea left overs)	50g Ostrich Strips (Left Overs) & 2 Tbs Low Fat Humus	½ Small Tin Pink Salmon & ½ Cup FF Cottage Cheese	½ Cup Lentils & ½ Round Low Fat Feta	3 Sardines & 30g Mozzarella (On Toast & Grilled)	80g Lean Beef (Visible Fat Removed)
2 Starch Units	1 Cup Cooked Pasta	1 Whole Grain Seed Roll	1 Small Whole Wheat Pita	4 Slices Rye Bread	2 Cups Cooked Whole Wheat Couscous	2 Slice of Whole Grain Toast	1 Small (180g) Sweet Potato
Vegetables	Diced Tomato, Peppers & Cucumber	Lettuce, Cucumber & Pepper Dews	Shredded Lettuce, Diced Tomato & Peppers	Rocket & Gherkins	Rocket, Coriander, Chopped Mushrooms & Tomatoes	Sliced Tomato & Onion (Layered on Toast)	Roasted Vegetables
2 Fat Unit (Optional)	2 Tbs Low Fat Mayonnaise	4 tsp Pesto	½ Small Avocado, Mashed on Pita	½ Small Avocado, Mashed on Bread	2 tsp Olive Oil & Lemon Juice	2 tsp Canola Margarine	2 tsp Olive/ Canola Oil
AFTERNOON SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
1 Protein Unit	2 Tbs Low Fat Humus	½ Cup FF Cottage Cheese & Marmite	Smoothie: 1 Cup Fat Free Milk (250ml)	30g Lean Game Biltong Strips	125ml Fat Free Yoghurt	Lentil Soup (±300ml)	1 Skinny Decaf Cappuccino
2 Fruit/ Starch Units	6 Provita's	4 Ryvita's & Sliced Tomato	1 Banana & ¼ Cup Blueberries	80g Dried Fruit	2 Cups Fruit Salad	1 Slice Low GI Toast	2 Whole Grain Rusks
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
	Roast Chicken	Ostrich Fillet	Baked Lemon & Caper Fish	Chicken Cashew Nut Stir-Fry	Mince & Lentil Babooti	Braai	Smoked Trout & Mushroom Omelette
4 Protein Units	2 Skinless Chicken Breasts (80g ea)	200g Ostrich Fillet	2 Piece of White Fish (eg.140g ea Hake)	160g Chicken Strips	2 Tbs Extra Lean Mince & ⅓ Cup Lentils	2 Chicken Kebabs (160g)	2 Eggs & 60g Smoked Trout
1 Starch Unit	½ Small (90g) Sweet Potato	½ Cup Cooked Quinoa	3 Baby Boiled Potatoes	½ Cup Cooked Whole Wheat Couscous	½ Cup Cooked Brown Rice	1 Medium Mealie	1 Slice of Whole Grain Toast
Vegetables (Free)	Roasted Vegetables	Roasted Vegetables (Mixed with Quinoa)	Steamed Vegetables	Stir-Fried Vegetables	Side Salad	Green Salad & Beetroot Salad	Black Mushrooms & Tomato
2 Fat Units (optional)	2 tsp Olive/ Canola Oil	2 tsp Olive/ Canola Oil	4 tsp Pesto & 5 Olives	10 Cashew Nuts (Use Spray & Cook)	2 tsp Olive/ Canola Oil	2 tsp Olive Oil & Balsamic	2 tsp Olive/ Canola Oil
To Drink:	1.5 - 2 Litres Water (drink more around training) & 1 Cup Fat Free Milk (for Tea and Coffee- limit to 4 or less cups per day)						