

Male, Weight maintenance

11 975kJ, 374g CHO, 122g protein, 95g 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	½ Sachet Oats with Water	1 Banana	Longer Ride (Bigger Snack Needed)	Longer Ride (Bigger 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 Low Fat Milk	1 Cup Low Fat Milk	¾ Cup Baked Beans	1 Cup Low Fat Milk	1 Cup Fat Free Yoghurt	1 Cup Low Fat Milk
4 Starch Units	4 Slices Whole Grain Toast	2 Cups All Bran Flakes	1 Cup Whole Wheat ProNutro	4 Slices Whole Grain Toast	2 Cups Cooked Oats (e.g. Tiger) Cooked with 1 tsp Cinnamon	1 ½ Cup Low Sugar Muesli (e.g. Tia's Sugar Free)	4 Wheat Bix
2 Fruit Units	1 Grapefruit	1 Banana & 1 Tbs Raisins	2 Cups Chopped Pawpaw & Sweet Melon	1 Small Glass (250ml) Fruit Juice	1 Sliced Pear & 1 Tbs Dried Cranberries	¾ Cup Mixed Berries & 1 Tbs Dried Goji Berries	2 Cups 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 Tbs Raisins	2 Slices Seed Loaf	1 Medium Bunch of Grapes (30ea)	4 Dried Pear Halves
3 Fat Units	±30g (12 ea) Almonds	±30g (15 ea) Cashew Nuts	½ Medium Avocado (Mashed with Vinegar & Black Pepper)	±35g (30 ea) Peanuts	±2 Tbs Peanut Butter	±1 Tbs Peanut Butter	±30g Mixed Nuts
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
	Tuna Pasta Salad	Chicken Pesto Salad Rolls	Ostrich & Humus Pita's	Pink Salmon & Cottage Cheese Sandwiches	Lentil & Feta Couscous Salad	Sardines on Toast	Sunday Roast
4 Protein Units	1 Tin Tuna (in Spring Water) & ¾ Cup Chickpeas	2 Skinless Chicken Breasts (80g ea left overs)	100g Ostrich Strips (Left Overs) & 4 Tbs Low Fat Humus	1 Small Tin Pink Salmon & ¾ Cup FF Cottage Cheese	¾ Cup Lentils & 1 Round Low Fat Feta	6 Sardines & 60g Mozzarella (On Toast & Grilled)	160g Lean Beef (Visible Fat Removed)
4 Starch Units	2 Cups Cooked Pasta	2 Whole Grain Seed Rolls	2 Small Whole Wheat Pita's	4 Slices Rye Bread	2 Cups Cooked Whole Wheat Couscous	4 Slice of Whole Grain Toast	1 Small (180g) Sweet Potato & 1 Cup Cooked Brown Rice
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's	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
2 Protein Units	4 Tbs Low Fat Humus	¾ Cup FF Cottage Cheese & 3-4 Slices Shaved Ham (40g)	Smoothie: 1 Cup Low Fat Milk	60g Lean Game Biltong Strips	1 Cup Fat Free Yoghurt	Beef & Lentil Soup (±500ml)	1 Skinny Decaf Cappuccino
2 Fruit/ Starch Units	6 Provita's	4 Ryvita's & Sliced Tomato	1 Banana & ¾ Cup Blueberries	80g Dried Fruit	2 Cups Fruit Salad	2 Slices Whole Grain 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	¼ Cup Extra Lean Mince & ¾ Cup Lentils	2 Chicken Kebabs (160g)	2 Eggs & 60g Smoked Trout
2 Starch Units	1 Small (180g) Sweet Potato	1 Cup Cooked Quinoa	6 Baby Boiled Potatoes	1 Cup Cooked Whole Wheat Couscous	1 Cup Cooked Brown Rice	2 Medium Mealies	2 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)	1 Tbs Olive/ Canola Oil	2 tsp Olive Oil & Balsamic	2 tsp Olive/ Canola Oil
AFTER SUPPER SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
2 Fruit/ Starch Units	3 Cups Popped Popcorn	2 Whole Grain Rusks	1 Mango, Sliced	10 Medium Strawberries	4 Tinned Pear Halves (in Natural Juice)	2 Cups Fruit Salad	4 Tinned Peach Halves (in Natural Juice)
To Drink:	1.5 - 2 Litres Water (drink more around training) & 1 Cup Low Fat Milk (for Tea and Coffee- limit to 4 or less cups per day)						