



### **Monday**

On waking: 375ml water

Before breakfast: 375ml hot water with juice of ½ lemon

Breakfast: 1 cup button mushrooms cooked in 1 teaspoon olive oil, half cup baked beans and 1 slice toasted grain bread; mug of tea, skim milk, no sugar with 37ml of water

½ hour after breakfast: 375ml water

Lunch: 1 medium grilled chicken breast, 1 cup shredded lettuce, half grapefruit sliced, half cup steamed green bean, dressed with 1 teaspoon olive oil, half teaspoon white wine vinegar and 1 tablespoon chopped coriander with 375ml of water

½ hour after lunch: 375ml water

Snack: 1 sliced red apple

½ hour after snack: 375ml water

Dinner: two grilled thin beef sausages, half cup steamed broccoli, 1 small piece dry baked sweet potato (60g) with

### **Tuesday**

On waking: 375ml water

Before breakfast: 375ml hot water with juice of ½ lemon

Breakfast: half cup low sugar untoasted muesli, 4 prunes, 1 cup whole strawberries, 4 tablespoons natural fat-free yogurt, 1 teaspoon honey; skim milk, no sugar with 375ml of water

½ hour after breakfast: 375ml water

Lunch: sandwich with 2 slices wholegrain bread, 3 slices avocado, small serving tuna, grated carrot, beetroot, snow pea sprouts, tomato and lettuce; 375ml of water

½ hour after lunch: 375ml water

Snack: 1 red apple and cup of green tea

½ hour after snack: 375ml water

Dinner: 3 grilled lamb cutlets (fat trimmed), wild rice salad made from half cup cooked wild rice\*, 1 tablespoon canned kidney beans, steamed green beans, steamed carrot, chopped fresh mint, 1 teaspoon currants, 10 chopped almonds, with a dressing made with 3 teaspoons olive oil and 1 teaspoon balsamic vinegar with 375ml of water

### **Wednesday**

On waking: 375ml water

Before breakfast: 375ml hot water with juice of ½ lemon

Breakfast: two slices grain bread toasted with 2 teaspoons tahini spread and 1 sliced tomato; 4 prunes, one sliced ruby red grapefruit and three tablespoons low-fat natural yoghurt; mug of tea, skim milk, no sugar with 375ml of water

½ hour after breakfast: 375ml water

Lunch: half red capsicum baked, stuffed with one small can red salmon in brine, half cup cooked wild rice, 1 teaspoon capers and chopped coriander with 375ml of water

½ hour after lunch: 375ml water

Snack: 1 red apple; 10 roasted (unsalted) cashews

½ hour after snack: 375ml water

Dinner: 2 grilled beef patties made with onion and premium minced beef (150g), half cup pasta sauce with chili and half cup kidney beans with green salad and grated carrot with 375ml of water

### **Thursday**

On waking: 375ml water

Before breakfast: 375ml hot water with juice of ½ lemon

Breakfast: half cup untoasted muesli, half cup mixed berries and half cup low-fat natural yoghurt with 375ml of water

½ hour after breakfast: 375ml water

Lunch: 1 small wholemeal pita pocket, 1 teaspoon humus, 3 falafel patties, 3 slices avocado, lettuce and tomato; 1 red apple with 375ml of water

½ hour after lunch: 375ml water

Snack: 1 red apple; 10 roasted (unsalted) cashews

½ hour after snack: 375ml water

Dinner: two-egg omelette made with spinach and 30g feta cheese, 1 cup green salad and vinaigrette with 375ml of water

### **Friday**

On waking: 375ml water

Before breakfast: 375ml hot water with juice of ½ lemon

Breakfast: 1 poached egg, half cup cooked spinach, half cup sautéed mushrooms, 2 slices full grain toast with 2 slices avocado spread onto toast with 375ml of water

½ hour after breakfast: 375ml water

Lunch: salad made with third of a cup cooked wholemeal pasta, third of a cup canned mixed beans, 1 tablespoon sun-dried tomatoes (oil blotted from them), 1 cup lettuce, half grilled chicken breast (cubed), 1 tablespoon balsamic vinegar with 375ml of water

½ hour after lunch: 375ml water

Snack: small handful of sunflower seeds and 3 dried apricots halves

½ hour after snack: 375ml water

Dinner: grilled flathead fillet served on half cup brown lentils cooked in fish stock, combined with quarter cup sweetcorn kernels, chopped parsley and steamed broccoli with 375ml of water

### **Saturday**

On waking: 375ml water

Before breakfast: 375ml hot water with juice of ½ lemon

Breakfast: muesli made with half cup rolled oats, half grated apple, Quarter cup apple juice, 1 tablespoon slivered almonds and half cup fat-free natural yoghurt; with 375ml of water

½ hour after breakfast 375ml water

Lunch: mixed sushi pack (5 pieces) and 1 cup miso soup

½ hour after lunch: 375ml water

Snack: quarter cup hummus with 2 sticks celery and 1 small carrot with 375ml of water

½ hour after snack: 375ml water

Dinner: homemade prawn pizza, made with 1 wholemeal pita bread, 3 tablespoons pasta sauce, chopped capsicum and chopped onion, 5 king prawns, fresh chopped chilli and fresh basil and quarter cup reduced-fat mozzarella cheese; 1 cup mixed green salad with dressing with 375ml of water

### **Sunday**

On waking: 375ml water

Before breakfast: 375ml hot water with juice of ½ lemon

Breakfast: 2 slices fruit toast with 2 tablespoons low-fat ricotta; cup of tea with skimmed milk, no sugar; 1 brown pear with 375ml of water

½ hour after breakfast: 375ml water

Lunch: salad made with 1 cup broad beans, 3 slices chopped avocado and 5 black olives, 1 teaspoon olive oil and fresh lemon juice — serve under a piece of grilled tuna with 375ml of water

½ hour after lunch 375ml water

Snack: 1 red apple; 10 roasted (unsalted) cashews

½ hour after snack: 375ml water

Dinner: 2 slices roast chicken (no skin) with quarter cup rice and nut stuffing, half cup green beans, half cup baked pumpkin (no fat) and 1 small baked onion with 375ml of water